

Care of Your Largest Organ – Your Skin

By Julianna Holden, copyright 2005

Every day throughout the US (and the world), literally thousands of tons of chemicals are used on our body to cleanse, beautify, and moisturize. In trusting the manufacturers of cleansing products, we might lose sight of the fact that our skin is the largest organ of the human body. The skin absorbs most anything we place on it. This is one reason we're seeing an increase in pharmaceutical patches that deliver consistent and lower dosages of medicine, such as birth control. Medicine, chemicals, and nutritive elements can enter the bloodstream this way, without filtering through our other organs first. Imagine how sick we would get (or even die) if we were to consume some of the chemicals that we use on our skin. We believe that if we only use these things in small portions and rinse them off right away, that it will have no effect.

The good news is, there are body and hair care products that are safe, natural, nontoxic and organic. The bad news is, most companies produce unsafe products, even those that claim they are nontoxic, organic and not tested on animals. The company themselves may not test their product on animals, but the products they buy individually to combine in their product often have been tested by independent laboratories. They will often claim that their ingredient was "derived naturally through plant sources." This can mean any number of things. It is hard to discover if this statement is actually true.

What is the role of regulators and consumer safety advocates? The cosmetic industry is not required to register their product with the United States Food and Drug Administration (FDA). The FDA encourages *voluntary* registration, called the "Voluntary Cosmetic Registration Program." The only penalty appears to be that if your product is discovered to contain prohibited ingredients, they will require the company to recall the product. A substantial amount of toxic products are shipped overseas with no product safety monitoring.

Eye makeup is allowed to contain up to 65 parts per million of mercury. Any cosmetic product is allowed to contain 1 part per million of mercury. Many chemicals that are restricted by the FDA are allowed, if they restrict the area of the body of exposure or the amount they add to the product.

A visit to Sephora, a store that merchandises only cosmetics (it's like a cosmetic superstore), was an enlightening experience for me. I went in search of a natural cosmetic called "Bare Minerals." That particular location did not carry the product, nor any product even similar. I wondered how such a large store with such an extensive amount of products could lack a single one that was natural and nontoxic. Similar results were found when looking at cosmetic ingredients at a local health food store. These products are typically very expensive and sell because people trust a health food store will carry only the healthiest products.

We grow up handing over our hard-earned money to stores we trust will sell us safe and quality products. We don't know about or commonly see that these seemingly safe products in their pretty packaging have damaged people. When our friends or loved ones experience certain ailments, we've become complacent believing it's just an unlucky part of aging. But what if those very products are the ones causing your friend "simple" eczema or dandruff? Other more serious ailments that are attributed to aging or bad diet are overlooked. They have no way to know what really caused the illness. Who would even think of blaming a cleaning or cosmetic product?

I have found in several energy readings I've done on clients, that the hair care products they use cause real and serious toxicity. In one particular health reading I gave, first came the discovery that there was toxicity from hair coloring and liver problems related to that.

If you must color your hair, it's best to have it foiled and by all means, use henna or the least toxic product, available in health food stores only. Hair coloring packaging asks individuals to do patch tests for a reason. Take it seriously and don't believe you're one of the lucky ones that will escape reactions. The reactions may take time and damage organs. By that time, it's almost too late to repair the damage. Hair coloring isn't worth the price of one's health.

Did you know that the very ingredients in dandruff shampoo often cause dandruff and worse? We think, wow, if I wasn't using this product, look how bad my dandruff would really be then! And it just goes on like that.

When I was a teen with acne, I bought some soap that promised to clear up my skin. Even though my acne got worse using it, it took me awhile to figure out that the soap itself was causing worse acne. When I discontinued using it, the acne cleared up to at least the level it was before I first started the product. Over-stripping the skin with harsh soaps and other chemical products depletes the natural acid mantle of the skin. The skin then becomes susceptible to more infection instead of less. To protect and restore the natural acid mantle of the skin, detergent-type soaps aren't even required. If we look at ancient Rome, using oil and strigils (for scraping the oil and dead skin layers) to cleanse the body was a common practice.



We are exposed to chemicals daily. It's almost impossible to avoid, being that there are up to 75,000 chemicals in daily use in our environment – and once we use or consume these chemicals, they make their way into our waste water system and pollute the environment. The very production of these chemicals is toxic, the use of them is toxic, and they are toxic to the environment.

We now live in a society that requires we become conscious consumers. We can no longer trust our local favorite store to make our buying choices. When we become label readers, we take charge of our own health and buying decisions. The attractive packaging or enticing advertising takes a second seat to what's really inside the container.

I've included a list of fairly common ingredients to avoid and that you might run across but it's by no means a complete list. There are links in the reference section for more study. I've made the list on one page so that it's printable (without having to print the whole article) and you can carry it to the store with you when you read labels.

Unfortunately, it's extremely difficult to get exact labeling information from body care and cosmetic producers. They say their formulas are proprietary and they likely won't disclose some actual ingredients. One of the main ways I find my products is by looking to see if there are any mysterious sounding ingredients. If it's not plain and simple, I avoid it and save my money.

These companies produce nontoxic products. There are probably many others that I've yet to research. I'd enjoy hearing from anyone that has other sources so I can add it to my list.

1. Uncle Harry's Body Care Products - The simplest, nontoxic and pH balanced products I've found. <http://uncleharrys.com>
2. Aubrey Organics - Nontoxic products for hair and body care. Not all of their products are completely chemical free, so read the label. www.aubrey-organics.com
3. Giovanni Hair and Body Care Products – Nontoxic products but they are not cooperative in giving information about actual ingredients. They appear to be becoming more commercial and leaning towards saving costs by utilizing cheaper, synthetic products. I have no way to verify the actuality of it since they are uncooperative. Be sure to read their labels. Some products do contain unsatisfactory ingredients, such as alcohol and a chemical that has no current research on it yet. <http://giovannicosmetics.com>
4. Bare Minerals by Bare Escentuals – natural cosmetics recommended by the Skin Cancer Foundation. <http://www.bareminerals.com/index.jsp>
5. Jason products -- I haven't researched all their labels, but their Nutrismile (fluoride free) toothpaste is one of the safest I've seen on any shelf and it's an award winner for taste. http://jason-natural.com/products/oral_care.php

6. Coral Inc. Coral White (fluoride free) toothpaste.
<http://coralcalcium.com/moreinformation-toothpaste.htm>
7. Burt's Bees – Award winning Orange Essence facial cleanser has no foaming agents. It feels oily to use it, but it cleanses and softens any skin type – even oily skin.
http://www1.burtsbees.com/webapp/wcs/stores/servlet/ProductDisplay?catalogId=10001&storeId=10001&productId=10067&langId=-1&parent_category_rn=10015
8. Deep Steep – Bodycare products – Shea Butter Body Wash (and others).
<http://deepsteep.com>

A complete listing of prohibited or restricted products is listed at the Food and Drug Administration's website, <http://vm.cfsan.fda.gov/~dms/cos-210.html>. You can also go to their Consumer Alert page at <http://www.cfsan.fda.gov/~dms/cos-prd.html>. There is a wealth of (disturbing and enlightening) information there.

Please write for permission to use this article. It has taken me a long time and lots of research to compile. I'm happy to share this information to help others at no cost to individuals. Contact: julianna@NOSPAMcorerelease.com (remove the NOSPAM from the address line – this is to hopefully prevent screen scrapers from spamming me).

Cosmetic Ingredients to Avoid

QUICK ALPHABETICAL LIST	7
DETAILED LIST	8
ANIONIC SURFACTANTS	8
SARCOSINATES:.....	8
Sodium Cocoyl Sarcosinate	8
Sodium Lauryl Sarcosinate	8
SULFATES:	8
Ammonium Laureth Sulfate (ALES).....	8
Ammonium Lauryl Sulfate (ALS).....	8
Sodium Laureth Sulfate (SLES).....	8
Sodium Lauryl Sulfate (SLS).....	8
TEA (Triethanolamine) Laureth Sulfate.....	8
TEA (Triethanolamine) Lauryl Sulfate	8
SULFOSUCCINATES:.....	8
Disodium Dioctyl Sulfosuccinate	8
Disodium Laureth Sulfosuccinate.....	8
Disodium Oleamide Sulfosuccinate	8
OTHER:	8
Sodium Methyl Cocoyl Taurate	8
Potassium Coco Hydrolysed Collagen.....	8
Butylated Hydroxyanisole (BHA).....	8
CATIONIC SURFACTANTS	8
Benzalkonium Chloride	8
Cetrimonium Chloride	8
Cetalkonium Chloride.....	8
Lauryl Dimonium Hydrolysed Collagen	8
Stearalkonium Chloride.....	8
Chlorine	9
Cocoamidopropyl Betaine.....	9
ETHOXYLATED SURFACTANTS	9
1, 4 Dioxane.....	9
Polyethylene Glycol (PEG) compounds	9
FD & C Color Pigments (synthetic colors).....	10
FORMALDEHYDE (and formaldehyde causing agents)	10
Imidazolidinyl Urea.....	10
Diazolidinyl Urea	10
DMDM Hydantoin.....	10
Imidazolidinyl Urea.....	10
Germall II	10
Germall 115	10
Quaternium-7, 15, 31, 60, etc.	10
Fragrance, i.e. Synthetic Fragrance.....	10
Isopropyl Alcohol.....	11
Isopropyl Palmitate	11

Lanolin	11
MINERAL OIL	11
Petrolatum	11
Paraffin Oil	11
Paraffin Wax	11
Liquidum Paraffinum (aka Posh Mineral Oil).....	11
NITROSATING AGENTS (NITROSAMINES - NITRATES)	12
2-Bromo-2-Nitropropane-1, 3-Diol.....	12
Ammonium Laureth Sulfate	12
Ammonium Lauryl Sulfate	12
Cocoyl Sarcosine	12
DEA (Diethanolamine)	12
Formaldehyde	12
Hydrolysed Animal Protein.....	12
Imidazolidinyl Urea.....	12
Lauryl Sarcosine	12
MEA (Momoethnanolamine)	12
Quaternium-7, 15, 31, 60, etc.	12
Sodium Laureth Sulfate (SLES).....	12
Sodium Lauryl Sulfate (SLS).....	12
Sodium Methyl Cocoyl Taurate	12
TEA (Triethanolamine).....	12
PARABEN PRESERVATIVES	13
Butyl Paraben	13
Ethyl Paraben	13
Methyl Paraben.....	13
Propyl Paraben	13
Phthalates.....	13
Propylene/Butylene Glycol.....	13
PVP/VA Copolymer.....	14
Emollients - Rancid Natural Emollients	14
SILICONE DERIVED EMOLLIENTS.....	14
Dimethicone	14
Dimethicone Copolyol	14
Cyclomethicone	14
Sodium Hydroxide.....	14
Talc.....	14
TOLUENE	15
Butylated Hydroxytoluene (BHT).....	15
Phenyl Methane	15
Methyl Benzene	15
Methyl Benzol	15
Toluol	15

QUICK ALPHABETICAL LIST

1, 4 Dioxane
2-Bromo-2-Nitropropane-1, 3-Diol
Ammonium Laureth Sulfate (ALES)
Ammonium Lauryl Sulfate (ALS)
Benzalkonium Chloride
Butyl Paraben
Butylated Hydroxyanisole (BHA)
Butylene Glycol
Cetalkonium Chloride
Cetrimonium Chloride
Chlorine
Cocoamidopropyl Betaine
Cocoyl Sarcosine
Cyclomethicone
DEA (Diethanolamine)
Diazolidinyl Urea
Dimethicone
Dimethicone Copolyol
Disodium Dioctyl Sulfosuccinate
Disodium Laureth Sulfosuccinate
Disodium Oleamide Sulfosuccinate
DMDM Hydantoin
Emollients - Rancid Natural
Emollients
Ethyl Paraben
FD&C Color Pigments (synthetic colors)
Formaldehyde
Fragrance, i.e. Synthetic Fragrance
Germall 115
Germall II
Hydrolysed Animal Protein
Imidazolidinyl Urea
Isopropyl Alcohol
Isopropyl Palmitate
Lanolin
Lauryl Dimonium Hydrolysed Collagen (may contain animal and chemical contaminants)
Lauryl Sarcosine
Liquidum Paraffinum (aka Posh Mineral Oil)
MEA (Momoethnanolamine)
Methyl Paraben
Mineral Oil
Paraffin Oil
Paraffin Wax
Petrolatum
Phthalates
Polyethylene Glycol (PEG) Compounds
Potassium Coco Hydrolysed Collagen
Propyl Paraben
Propylene Glycol
PVP/VA Copolymer
Quaternium-7, 15, 31, 60, etc.
Sodium Cocoyl Sarcosinate
Sodium Hydroxide
Sodium Laureth Sulfate (SLES)
Sodium Lauryl Sarcosinate
Sodium Lauryl Sulfate (SLS)
Sodium Methyl Cocoyl Taurate
Stearalkonium Chloride
Talc
TEA (Triethanolamine)
TEA (Triethanolamine) Laureth Sulfate
TEA (Triethanolamine) Lauryl Sulfate
Toluene

DETAILED LIST

ANIONIC SURFACTANTS

SARCOSINATES:

Sodium Cocoyl Sarcosinate

Sodium Lauryl Sarcosinate

SULFATES:

Ammonium Laureth Sulfate (ALES)

Ammonium Lauryl Sulfate (ALS)

Sodium Laureth Sulfate (SLES)

Sodium Lauryl Sulfate (SLS)

TEA (Triethanolamine) Laureth Sulfate

TEA (Triethanolamine) Lauryl Sulfate

SULFOSUCCINATES:

Disodium Dioctyl Sulfosuccinate

Disodium Laureth Sulfosuccinate

Disodium Oleamide Sulfosuccinate

OTHER:

Sodium Methyl Cocoyl Taurate

Potassium Coco Hydrolysed Collagen

Anionic refers to the negative charge these surfactants have. They may be contaminated with nitrosamines, which are carcinogenic. Surfactants can pose serious health threats. They are used in car washes, as garage floor cleaners and engine degreasers - and in 90% of personal-care products that foam.

Butylated Hydroxyanisole (BHA)

BHA is a chemical antioxidant used as a preservative in some edible fats and oils, fat- or oil-containing foods (e.g., baked goods, pork sausage), chewing gum, cosmetics, animal feed, food packaging, and in rubber and petroleum products. This chemical is carcinogenic. Also known to cause allergic contact dermatitis, and can mimic the hormonal action of estrogen.

CATIONIC SURFACTANTS

Benzalkonium Chloride

Cetrimonium Chloride

Cetalkonium Chloride

Lauryl Dimonium Hydrolysed Collagen

Stearalkonium Chloride

These chemicals have a positive electrical charge. They contain a quaternary ammonium group and are often called "quats". These are used in hair conditioners, but originated from the paper and fabric industries as softeners and anti-static agents. In the long run they cause the hair to become dry and brittle. They are synthetic, irritating, allergenic and toxic, and oral intake of them can be lethal.

Chlorine

Even though you will not see chlorine on personal care product labels, it is important for you to be aware of the need to protect your skin when bathing and washing your hair. Exposure to chlorine in tap water, showers, pool, laundry products, cleaning agents, food processing, sewage systems and many others, can effect health. Chlorine can contribute to asthma, hay fever, anemia, bronchitis, circulatory collapse, confusion, delirium, diabetes, dizziness, irritation of the eye, mouth, nose throat, lung, skin and stomach, heart disease, high blood pressure and nausea. It is also a possible cause of cancer.

Chloromethylisothiazolinone and Isothiazolinone

Causes contact dermatitis. Eye contact: corrosive to the eyes with possible permanent damage. Skin contact: corrosive to the skin, possibly resulting in third degree burns. Can be harmful if absorbed. Can cause allergic contact dermatitis in susceptible individuals. Ingestion: can be fatal. Inhalation: can be corrosive to the mucous membranes and the lungs. Can cause an allergic reaction in susceptible individuals.

Cocoamidopropyl Betaine

Can cause skin and eye irritation.

ETHOXYLATED SURFACTANTS

1, 4 Dioxane

Polyethylene Glycol (PEG) compounds

Ethoxylated surfactants are widely used in cosmetics as foaming agents, emulsifiers and humectants. As part of the manufacturing process, the toxic chemical 1, 4-dioxane, a potent carcinogen, is generated.

1, 4 Dioxane

1, 4-dioxane may exert its effects through inhalation, skin absorption, and ingestion. It is listed as a carcinogen. Effects of overexposure: 1, 4-dioxane is an eye and mucous membrane irritant, primary skin irritant, central nervous system depressant, nephrotoxin, and hepatotoxin. Acute exposure causes irritation, headache, dizziness, and narcosis. Chronic inhalation exposure can produce damage to the liver and kidneys, and blood disorders. Medical conditions aggravated by exposure preclude from exposure those individuals with disease of the blood, liver, kidneys, central nervous system, and those susceptible to dermatitis. 1, 4-dioxane was found to produce cancer of the liver and the nasal turbinates. It also caused systemic cancer in a skin painting study.

On the label, ethoxylated surfactants are identified by the prefix "PEG", "polyethylene", "polyethylene glycol", "polyoxyethylene", "-eth-", or "-oxynol-".

Polyethylene Glycol (PEG) Compounds

PEG is a potentially carcinogenic petroleum ingredient that can alter and reduce the skin's natural moisture factor. This could increase the appearance of aging and leave you more vulnerable to bacteria. Used in cleansers to dissolve oil and grease. It adjusts the melting point and thickens products. Also used in caustic spray-on oven cleaners.

FD & C Color Pigments (synthetic colors)

Many color pigments cause skin sensitivity and irritation. Absorption of certain colors can cause depletion of oxygen in the body and even death. Colors that can be used in foods, drugs, and cosmetics are made from coal tar. There is a great deal of controversy about their use, because animal studies have shown almost all of them to be carcinogenic.

FORMALDEHYDE (and formaldehyde causing agents)

Imidazolidinyl Urea

Diazolidinyl Urea

DMDM Hydantoin

Imidazolidinyl Urea

Germall II

Germall 115

Quaternium-7, 15, 31, 60, etc.

Formaldehyde is a known carcinogen (causes cancer). Causes allergic, irritant and contact dermatitis, headaches and chronic fatigue. The vapor is extremely irritating to the eyes, nose and throat (mucous membranes). See Nitrosating Agents.

Imidazolidinyl Urea

Diazolidinyl Urea

DMDM Hydantoin

These are just three of the many preservatives that release formaldehyde (formaldehyde-donors). According to the Mayo Clinic, formaldehyde can irritate the respiratory system, cause skin reactions and trigger heart palpitations. Exposure to formaldehyde may cause joint pain, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness and loss of sleep. It can also aggravate coughs and colds and trigger asthma. Serious side effects include weakening of the immune system and cancer. Nearly all brands of skin, body and hair care, antiperspirants and nail polish found in stores contain formaldehyde-releasing ingredients. These are the most commonly used preservatives after the parabens. They are well established as a primary cause of contact dermatitis. Two trade names for these chemicals are Germall II and Germall 115. Neither of the Germall chemicals have a good antifungal, and must be combined with other preservatives. Germall 115 releases formaldehyde at just over 10°.

Quaternium-7, 15, 31, 60, etc.

Toxic, causes skin rashes and allergic reactions - formaldehyde releasers. Substantive evidence of causal relation to leukemia, multiple myeloma, non-Hodgkin's lymphoma and other cancers.

Fragrance, i.e. Synthetic Fragrance

Present in most deodorant, shampoo, sunscreen, skin care, body care and baby products. Many of the compounds in fragrance are carcinogenic or otherwise toxic. Fragrance on a label can indicate the presence of up to 4,000 separate

ingredients. Most or all of them are synthetic. Symptoms reported to the FDA have included headaches, dizziness, rashes, skin discoloration, violent coughing and vomiting, and allergic skin irritation. Clinical observation by medical doctors has shown that exposure to fragrances can affect the central nervous system, causing depression, hyperactivity, irritability, inability to cope, and other behavioral changes.

Isopropyl Alcohol

A very drying and irritating solvent and dehydrator that strips the skin's natural acid mantle, making one more vulnerable to bacteria, molds and viruses. It is made from propylene, a petroleum derivative. It may promote brown spots and premature aging of skin. This is a solvent and denaturant (poisonous substance that changes another substances' natural qualities). Isopropyl alcohol is found in hair color rinses, body rubs, hand lotions, after-shave lotions, fragrances and many other cosmetics. Also used in antifreeze and as a solvent in shellac. Inhalation or ingestion of the vapor may cause headaches, flushing, dizziness, mental depression, nausea, vomiting, narcosis and even coma.

Isopropyl Palmitate

A fatty acid from palm oil combined with synthetic alcohol. Industry tests on rabbits indicate the chemical can cause skin irritation and dermatitis. Also shown to be comedogenic (acne promoting).

Lanolin

Any chemicals used on sheep will contaminate the lanolin obtained from the wool. The majority of lanolin used in cosmetics is highly contaminated with organo-phosphate pesticides and insecticides.

Methylisothiazolinone and Methylchloroisothiazolinone

Cause cosmetic allergies and potential neuro-toxic effects. It's a big leap to suggest there may be a parallel between environmental exposure and the noticeably higher rates of diagnosed childhood developmental disabilities, but based on some research data, there could be neuro-developmental consequences from MIT. This has been refuted by some, so research this for yourself and decide.

MINERAL OIL

Petrolatum

Paraffin Oil

Paraffin Wax

Liquidum Paraffinum (aka Posh Mineral Oil)

The best baby oil is made from almonds. However, most commercial baby oil is 100% mineral oil. These commonly used (and incredibly cheap) petroleum products coat the skin just like plastic wrap. The skin's natural skin barrier is disrupted as this plastic coating inhibits its ability to breathe and absorb the natural moisture factor (moisture and nutrition). The skin's ability to release toxins

is impeded by this "plastic wrap," which can promote acne and other disorders. This process slows down skin function and normal cell development causing the skin to prematurely age.

NITROSATING AGENTS (NITROSAMINES - NITRATES)

2-Bromo-2-Nitropropane-1, 3-Diol

Ammonium Laureth Sulfate

Ammonium Lauryl Sulfate

Cocoyl Sarcosine

DEA (Diethanolamine)

Formaldehyde

Hydrolysed Animal Protein

Imidazolidinyl Urea

Lauryl Sarcosine

MEA (Momoethanolamine)

Quaternium-7, 15, 31, 60, etc.

Sodium Laureth Sulfate (SLES)

Sodium Lauryl Sulfate (SLS)

Sodium Methyl Cocoyl Taurate

TEA (Triethanolamine)

Used as detergents and surfactants, these closely related compounds are found in car wash soaps, garage floor cleaners and engine degreasers. Yet both SLS and SLES are used more widely as one of the major ingredients in cosmetics, toothpaste, hair conditioner and about 90% of all shampoos and products that foam. In tests, animals that were exposed to SLS experienced eye damage, along with depression, labored breathing, diarrhea, severe skin irritation and corrosion and death. Both SLS and SLES can cause malformation in children's eyes. Other research has indicated SLS may be damaging to the immune system, especially within the skin. Skin layers may separate and inflame due to its protein denaturing properties. It is possibly the most dangerous of ingredients in personal care products. Research has shown that SLS when combined with other chemicals can be transformed into nitrosamines, a potent class of carcinogens, which causes the body to absorb nitrates at higher levels than eating nitrate contaminated food. SLS stays in the body for up to five days. Other studies have indicated that SLS easily penetrates through the skin and enters and maintains residual levels in the heart, the liver, the lungs and the brain. This poses serious questions regarding its potential health threat through its use in shampoos, cleansers and toothpaste. These nitrosating agents have been determined to form cancer in laboratory animals. There are wide and repeated concerns in the USA and Europe about the contamination of cosmetics products with nitrosamines.

DEA (Diethanolamine)

MEA (Momoethanolamine)

TEA (Triethanolamine)

DEA and MEA are usually listed on the ingredients label in conjunction with the compound being neutralized. Thus look for names like Cocamide DEA or MEA,

Lauramide DEA, etc. These hormone disrupting chemicals and are known to form cancer causing nitrates and nitrosamines. . These are commonly found in most personal care products that foam, including bubble baths, body washes, shampoos, soaps and facial cleansers. Readily absorbed into the skin. Repeated skin applications of DEA-based detergents resulted in a major increase in the incidence of two cancers - liver and kidney cancers. The risk equation changes significantly for children.

PARABEN PRESERVATIVES

Butyl Paraben

Ethyl Paraben

Methyl Paraben

Propyl Paraben

Used as inhibitors of microbial growth and to extend shelf life of products. Widely used even though they are known to be toxic. Have caused many allergic reactions and skin rashes. Highly toxic.

Phthalates

Toxic gender bending chemical used as a plasticizer in food wraps and many pliable plastics and containers. Also used in hairsprays and some cosmetics including nail varnishes from where it is readily absorbed into the system. All 289 people in a recent test for body load of chemicals tested positive for phthalates. Phthalates are implicated with low sperm counts and also causing sexual abnormalities and deformities.

Propylene/Butylene Glycol

As a "surfactant" or wetting agent and solvent, this ingredient is actually the active component in antifreeze. There is no difference between the PG used in industry and the PG used in personal care products. It is used in the cosmetic industry to break down protein and cellular structure (what the skin is made of) yet is found in most forms of make-up, hair products, lotions, after-shave, deodorants, mouthwashes and toothpaste. It is also used in food processing. Because of its ability to quickly penetrate the skin, the EPA requires workers to wear protective gloves, clothing and goggles when working with this toxic substance. PG has systemic consequences such as brain, liver and kidney abnormalities. Consumers are not protected nor is there a warning label on products such as stick deodorants, where the concentration is greater than that in most industrial applications. INHALATION: May cause respiratory and throat irritation, central nervous system depression, blood and kidney disorders. May cause nystagmus, lymphocytosis. SKIN: Irritation and dermatitis, absorption. EYES: Irritation and conjunctivitis. INGESTION: Pulmonary edema, brain damage, hypoglycemia, intravascular hemolysis. Death may occur.

PVP/VA Copolymer

A petroleum-derived chemical used in hairsprays, hair care and other cosmetics. It can be considered toxic, since particles may contribute to foreign bodies in the lungs of sensitive persons.

Emollients - Rancid Natural Emollients

Natural oils used in cosmetics should be cold pressed. The refined vegetable oils found on supermarket shelves and many health food stores which lack color, odor and taste are devoid of nutrients, essential fatty acids, vitamins and unsaponifiables - all valuable skin conditioning agents. They also contain poisonous "trans" fatty acids as a result of the refining process. Another important factor to consider with creams made from plant oil is the use-by date. The most beneficial plant oils (like rosehip, borage and evening primrose oils) are polyunsaturated, which means they oxidize and go rancid fairly quickly (about 6 months). Most off-the-shelf cosmetics have a shelf life of three years. Rancid oils are harmful because they form free radicals, which damage and age your skin. Pay attention to the product's expiration date.

SILICONE DERIVED EMOLLIENTS

Dimethicone

Dimethicone Copolyol

Cyclomethicone

Silicone emollients are occlusive - that is they coat the skin, trapping anything beneath it, and do not allow the skin to breathe (much like plastic wrap). Recent studies have indicated that prolonged exposure of the skin to sweat, by occlusion, causes skin irritation. Some synthetic emollients are known tumor promoters and accumulate in the liver and lymph nodes. They are also non-biodegradable, a hazard to the environment.

Sodium Hydroxide

Also known as caustic soda. A powerful alkali used in the industry for cleaning drains and pipelines and also used in oven cleaners. Workers exposed to steam containing sodium hydroxide have suffered lung damage and an increased risk of throat cancer. Used in toothpaste and as a pH adjuster in skin creams. Causes contact dermatitis and may sensitize individuals to other chemicals.

Talc

Talc is a mineral, produced by the mining of talc rocks and then processed by crushing, drying and milling. Processing eliminates a number of trace minerals from the talc, but does not separate minute fibers, which are very similar to asbestos. Talc is found in a wide variety of consumer products ranging from home and garden pesticides to antacids. However, the products most widely used and that pose the most serious health risks are body powders. Talc is the main ingredient in baby powder, medicated powders, perfumed powders and designer perfumed body powders. Because talc is resistant to moisture, it is also used by the pharmaceutical industry to manufacture medications and is a listed

ingredient of some antacids. Talc is the principal ingredient in home and garden pesticides and flea and tick powders. Talc is used in smaller quantities in deodorants, chalk, crayons, textiles, soap, insulating materials, paints, asphalt filler, paper, and in food processing. Talc is closely related to the potent carcinogen asbestos. Talc particles have been shown to cause tumors in the ovaries and lungs of cancer victims. For the last 30 years, scientists have closely scrutinized talc particles and found dangerous similarities to asbestos. Responding to this evidence in 1973, the FDA drafted a resolution that would limit the amount of asbestos-like fibers in cosmetic grade talc. However, no ruling has ever been made and today, cosmetic grade talc remains non-regulated by the federal government. This inaction ignores a 1993 National Toxicology Program report which found that cosmetic grade talc, without any asbestos-like fibers, caused tumors in animal subjects. Clearly with or without asbestos-like fibers, cosmetic grade talcum powder is a carcinogen. Talc particles are able to move through the reproductive system and become imbedded in the lining of the ovary. Researchers have found talc particles in ovarian tumors and have found that women with ovarian cancer have used talcum powder in their genital area more frequently than healthy women.

TOLUENE

Butylated Hydroxytoluene (BHT)

Phenyl Methane

Methyl Benzene

Methyl Benzol

Toluol

Toluene occurs naturally in crude oil and in the tolu tree. It is also produced in the process of making gasoline and other fuels from crude oil and making coke from coal. Toluene is used in making paints, paint thinners, fingernail polish, lacquers, adhesives, and rubber and in some printing and leather tanning processes, an agent to expel or destroy roundworms and hookworms, and a food and cosmetics preservative for oils. It is also used as a treatment for AIDS, Herpes Simplex I & II, Infectious Mononucleosis, and Epstein-Barr virus. Vapor harmful. Flammable liquid and vapor. May affect liver, kidneys, blood system, or central nervous system. Causes irritation to the skin, eyes and respiratory tract.

INHALATION: Common from intentional or unintentional inhalation of glue - may cause irritation of the upper respiratory tract. Symptoms of overexposure may include fatigue, confusion, headache, dizziness and drowsiness. Peculiar skin sensations (e. g. pins and needles) or numbness may be produced. Very high concentrations may cause unconsciousness and death. **INGESTION:** swallowing may cause abdominal spasms and other symptoms that parallel over-exposure from inhalation. Aspiration of material into the lungs can cause chemical pneumonitis, which may be fatal. **SKIN CONTACT:** causes irritation. May be absorbed through skin. **EYE CONTACT:** causes severe eye irritation with redness and pain. **CHRONIC EXPOSURE:** reports of chronic poisoning describe anemia, decreased blood cell count and bone marrow hypoplasia. Liver and kidney damage may occur. Repeated or prolonged contact has a defatting

action, causing drying, redness, and dermatitis. Exposure to toluene may affect the developing fetus.

REFERENCES

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