



Natural & Organic Personal Care Products

Read the Label!

Commonly Found Chemicals in Personal Care Products to AVOID!

How can you tell when a product that claims to be natural, really is? You might try reading the label; however this may get a little confusing. Ingredients in skin care and beauty products are listed by the chemical names. An all-natural product should stand out from the rest because it should contain more easily recognizable ingredients. But if you want to be sure, you should carefully scrutinize the label and research any ingredients that you are unsure about. Here are a few in particular to avoid:

1)ALCOHOL, ISOPROPYL (SD-40): is found in hair color rinses, body rubs, hand lotions, after-shave lotions, fragrances and many other cosmetics; a very drying and irritating solvent and dehydrator that strips your skin's moisture and natural immune barrier, making you more vulnerable to bacteria, molds and viruses. It is made from propylene, a petroleum derivative and is found in many skin and hair products, fragrance, antibacterial hand washes as well as shellac and antifreeze. It can act as a "carrier" accelerating the penetration of other harmful chemicals into your skin. It may promote brown spots and premature aging of skin. A Consumer's Dictionary of Cosmetic Ingredients says it may cause headaches, flushing, dizziness, mental depression, nausea, vomiting, narcosis, anesthesia, and coma. Fatal ingested dose is one ounce or less.

2) MINERAL OIL & PETROLATUM: Mineral oil is a derivative of crude oil (petroleum) that is used industrially as a cutting fluid and lubricating oil. The oil which being sold as baby oil is 100% mineral oil. This commonly used petroleum ingredient **coats the skin and hair just like plastic wrap**. The skin's natural 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 and wastes is impossible through this "plastic wrap," which can promote acne and other disorders. It further hinders normal skin respiration/transpiration by keeping oxygen out. This process slows down skin function and normal cell development causing the skin to prematurely age. Holding in large amounts of moisture in the skin can "flood" the biology and may result in immature, unhealthy, sensitive skin that dries out easily. Mineral Oil has a tendency to dissolve the skin's own natural oil and thereby increase dehydration. Mineral Oils have been found to be probably the single greatest cause of breakouts in women who use a new product." Deborah Chase, 'The New Medically-Based No-Nonsense Beauty Book, 1989. **Petrolatum** - A petroleum-based grease that is used industrially as a grease component. Petrolatum exhibits many of the same potentially harmful properties as mineral oil."



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3) PEG: This is an abbreviation for polyethylene glycol that is used in making cleansers to dissolve oil and grease as well as thicken products. Because of their effectiveness, PEG's are often used in caustic spray on oven cleaners and yet are found in many personal care products. PEG's contribute to stripping the Natural Moisture Factor, leaving the immune system vulnerable. They are also potentially carcinogenic.

4) PROPYLENE GLYCOL (PG): 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 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. The Material Safety Data Sheets warn against skin contact, as PG has systemic consequences such as brain, liver and kidney abnormalities. **May inhibit skin cell growth and be irritating to the skin. 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.**

5) CHLORINE: According to Doris J. Rapp, M.D., author of *Is This your Child's World?* exposure to chlorine in tap water, showers, pool, laundry products, cleaning agents, food processing, sewage systems and many others, can effect health by contributing 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. 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.



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6) SODIUM LAURYL SULFATE (SLS) & SODIUM LAURETH SULFATE (SLES): SLS is a strong detergent which can cause eye irritation, permanent damage to the eyes, especially in children, skin rashes, hair loss, flaking skin and mouth ulceration. It's used in testing labs as the standard ingredient to irritate skin. Used as detergents and surfactants, these closely related compounds are found in car wash soaps, garage floor cleaners and engine degreasers. SLES is the alcohol form (ethoxylated) of SLS. It is slightly less irritating than SLS, but may be more drying. 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. They both corrode the hair follicle and impede hair growth. They are used in personal-care products because they are cheap. A small amount generates a large amount of foam, and when salt is added it thickens to give the illusion of being thick and concentrated. (SOME OF THE NITROSATING AGENTS ARE: SLS, SLES, DEA, TEA, MEA). Shampooing the hair with a product contaminated with these substances can lead to its absorption into the body at levels much higher than eating nitrite-contaminated foods. When combined with other ingredients, can form nitrosamines, which are carcinogenic. Easily penetrates the skin and can lodge itself in the heart, lungs, liver and brain. **(Could contain nitrosamines and dioxane (potential carcinogens). May damage children's teeth; contain endocrine disrupters, estrogen mimics; and possibly cause hair loss. Builds up in the heart, liver, lungs, and brain. Could retard healing, cause cataracts, roughen skin, and lead to improper eye development in children under 6 years. May cause mouth ulcers.**

7) DEA (diethanolamine) MEA (monoethanolamine) 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 MES, Lauramide DEA, etc. These are **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. On the show, CBS This Morning, Roberta Baskin revealed that a recent government report shows DEA and MEA are readily absorbed in the skin. Dr. Samuel Epstein, Professor of Environmental Health at the University of Illinois said "repeated skin applications of DEA-based detergents resulted in a major increase in the incidence of two cancers - liver and kidney cancers." John Bailey, who oversees the cosmetic division for the FDA said the new study is especially important since "the risk equation changes significantly for children." **Foam-boosting surfactant. A potential carcinogen that may form carcinogenic nitrosamines.**



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8) FD & C Color PIGMENTS: Many color pigments cause skin sensitivity and irritation. Absorption of certain colors can cause depletion of oxygen in the body and even death according to A Consumer's dictionary of Cosmetic Ingredients. Debra Lynn Dadd says in Home Safe Home: "Colors that can be used in foods, drug, 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.**"

9) FRAGRANCE: Fragrance is present in most deodorants shampoos, sunscreens, 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 have shown that exposure to fragrances can affect the central nervous system, causing depression, hyperactivity, irritability, inability to cope, and other behavioral changes," (Home Safe Home).

10) IMIDAZOLIDINYL UREA and DMDM HYDANTOIN: These are just two 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 formaldehyde-forming preservatives can cause joint pain, allergies, depression, headaches, chest pain, chronic fatigue, dizziness, insomnia and asthma. Can also weaken the immune system and even cause cancer. Found in skin, body and hair products, antiperspirants and nail polish.



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11) TRICLOSAN: a synthetic "antibacterial" ingredient - with a chemical structure similar to Agent Orange! The EPA registers it as a pesticide, giving it high scores as a risk to both human health and the environment. It is classified as a chlorophenol, a class of chemicals suspected of causing cancer in humans. Its manufacturing process may produce dioxin, a powerful hormone- disrupting chemical with toxic effects measured in the parts per trillion; that is only one drop in 300 Olympic-size swimming pools! Hormone disruptors pose enormous long-term chronic health risks by interfering with the way hormones perform, such as changing genetic material, decreasing fertility and sexual function, and fostering birth defects. It can temporarily deactivate sensory nerve endings, so contact with it often causes little or no pain. Internally, it can lead to cold sweats, circulatory collapse, and convulsions. Stored in body fat, it can accumulate to toxic levels, damaging the liver, kidneys and lungs, and can cause paralysis, suppression of immune function, brain hemorrhages, and heart problems. Tufts University School of Medicine says that triclosan is capable of forcing the emergence of "super bugs" that it cannot kill. Its wide-spread use in popular antibacterial cleansers, tooth pastes and household products may have nightmare implications for our future.

12) PRESERVATIVES: (methyl, propyl, butyl, and ethyl [parabens]): These chemicals are often used in cosmetic formulas to inhibit microbial formation and extend the shelf life of the make-up products. They are commonly used in commercial applications even though they are known to be highly toxic and to cause allergic reactions and skin rashes.



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OTHER CHEMICALS TO AVOID:

- Aluminium Chlorohydrate, Aluminium chloride, Aluminium sulphate, Aluminium phenosulphate
- BHA (Butylated hydroxyanisole) BHT (Butylated hydroxytoluene)
- BNPD (Bronopol or 2-bromo-2-nitropropane, 1,3-diol) 2-bromo-2-nitro-propane-1-3-diol (BNPD, Bronopol)
- Coal Tar Dyes
- Fluorocarbon
- Dioxin Nitrosamines
- Ethylene-Diamino-Tetra-Acetate (EDTA)
- Flouride (Sodium Sonofluorophosphate, Sodium Flouride)
- Formaldehyde (Quaternium-15, DMDM Hydantoin, MDM Hydantoin, Methanal)
- Padimate -O (Octyl Dimethyl PABA)
- Synthetic Dye/Colorants (FD&C Blue No. 1, FD&C Yellow No 5 & 6, D&C Red No. 33)
- Phthalates
- Saccharin
- Talc