

Ingredients to Avoid in Skin Care and Personal Care Products

60% of what we put on our skin is absorbed into our body

Acrylamide: Found in hand and face creams. Linked to mammary tumors in lab research.

Chemical Sunscreens: Avobenzene, Octinoxate, Oxybenzone

DEA(diethanolamine), MEA(monoethanolamine), TEA(triethanolamine): Hormone disrupting chemicals known for form cancer causing nitrates and nitrosamines. Foaming agent found in bubble baths, body washes, shampoos, soaps and facial cleansers. Repeated skin applications resulted in a major increase in liver and kidney cancer.

FD & C Color Pigments: May cause skin sensitivity and irritation. Absorption of certain colors can cause depletion of oxygen in the body and death.

Fragrance: Fragrance on a label can indicate the presence of up to four thousand separate ingredients. Found in most deodorants, shampoos, sunscreen, lotions, and baby products. Many of the compounds in fragrance are carcinogenic. Can cause depression, hyperactivity, irritability, headaches, respiratory problems, dizziness and rash.

Imidazolidinyl Urea/DMDM Hydantoin/Formaldehyde/Quaternium-15: Preservative. Found in skin, body and hair care, antiperspirants and nail polish. Releases formaldehyde. Exposure to formaldehyde may cause joint pain, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness and loss of sleep. Can trigger asthma, weaken the immune system and cause cancer.

Isopropyl Alcohol: A solvent and denaturant. Found in hair color rinses, body rubs, hand lotions, after-shave lotions, fragrances etc. Ingestion or vapor inhalation may cause headaches, flushing dizziness, mental depression, nausea, vomiting and coma. Fatal ingested dose is one ounce.

Mineral Oil/Paraffin/Petroleum/Petrolatum: Coats the skin like plastic wrap, inhibiting its ability to breathe and absorb nutrients. Vaseline & baby oil. Acts as a human teratogen causing testicular tumors in fetus. Inhalation of vapor or particles can cause pneumonia.

Parabens: Ethyl/Isobutyl/Methyl/Propyl: Preservative. Poisonous, causes allergic dermatitis. Have hormone disrupting qualities that mimic estrogen. Found in breast cancer tumors.

Phenol Carbolic Acid: Can cause circulatory collapse, paralysis, convulsions, coma and death from respiratory failure

Phthalates

Polyethylene Glycol (PEG): Used in making cleansers to dissolve oil and grease as well as to thicken products. Found in many personal care products. Eye irritant, can produce severe acidosis, central nervous system damage, congestion and potentially carcinogenic.

Propylene Glycol (PG)/PPG: Used as a humectant and solvent. Used to break down protein and cellular structure. Found in make-up, hair products, lotions, after-shave, deodorants, mouthwashes and toothpaste. Contact with skin can cause brain, liver and kidney damage. Has been known to cause hives and eczema.

Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES): Used as detergents and surfactants. Found as major ingredients in cosmetics, toothpaste, conditioner and about 90% of all shampoos and products that foam. Studies indicate that SLS keeps children's eyes from developing properly possibly by dissolving the proteins and not allowing for proper structural formation. The damage was permanent. Easily penetrates through the skin and maintains residual levels in the heart, liver, lungs and the brain.

Talc/Talcum Powder/Magnesium Silicate Hydroxide

Toluene/Methylbenzene/Phenylmethane/Butylatedhydroxytoluene(BHT)/Benzoic & Benzyl: Found in most synthetic fragrances. Chronic exposure is linked to anemia, decreased blood cells, liver or kidney damage.

Triclosan and Triclocarban: Creates antibiotic resistant organisms and SUPER bugs