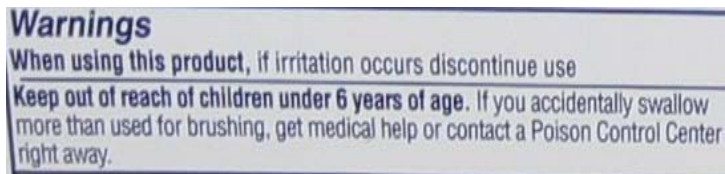


## Toxins in Personal Care Products

Each morning we spritz, soak, and slather ourselves in over 100 different chemicals, many of which are toxic. Each time we draw a bubble bath for a child, lather foaming cream for a shave, brush our teeth or deodorize our underarms, we expose our bodies to numerous chemicals with limited research on their long-term health effects. The cosmetics and personal care industry is not required to prove an ingredient is safe for human health before it is used in a consumer product. With very few exceptions, there are no legal requirements for labeling cosmetics and personal care products with a list of ingredients or warnings about scientifically-proven dangerous ingredients. Shocking, but true.



One of the few exceptions is toothpaste. Have you ever read the fine print on your tube of Crest or Colgate? A regular-size tube of toothpaste contains enough poisons to kill two 2-year-old children!

Common dangerous ingredients found in toothpaste: hydrated silica (ground-up glass as an abrasive), sorbitol, sodium saccharin, titanium dioxide, glycerin, sodium lauryl/laureth sulfate, and sodium fluoride. The FDA lists fluoride as an "unapproved new drug" and the EPA lists fluoride as a "contaminant". Fluoride has never received "FDA Approval" and is considered to be a toxic waste product in the fertilizer industry.

To add to the confusion, products are commonly labeled 'natural' or 'organic' purely for marketing reasons - they often contain just as many toxins. This practice is called "Greenwashing" - marketing to make products appear 'green'.

There's a new term called "Pinkwashing" that takes this concept to a whole new and insidious level: the term describes companies that position themselves as leaders in the fight against breast cancer *while engaging in practices that may actually be contributing to rising rates of the disease!* The Campaign for Safe Cosmetics has repeatedly asked Avon, Revlon and Estee Lauder - the three largest users of the pink ribbon in the cosmetics industry - to sign the Compact for Safe Cosmetics, a pledge to remove chemicals linked to cancer, birth defects, learning disabilities and other harmful health impacts from their products. The companies have been unwilling to make this public commitment to eliminate carcinogens and other chemicals of concern from their products.

**Sodium Lauryl (or Laureth) Sulfate** is probably the most dangerous ingredient used in skin and hair-care products - it is actually used in clinical testing to *purposely* irritate the skin in order to test skin healing agents! It dries skin by stripping the protective lipids from the surface so the skin can't effectively regulate moisture. It is highly corrosive, causes hair loss, cataracts, rashes and it affects the brain, heart, liver and other organs. It is commercially used to degrease engines and garage floors!

### Cosmetics Chemicals and Breast Cancer

When only 1 in 10 cases of breast cancer are linked to family history, when so many more women are diagnosed today than even 20 years ago, and when science implicates our environment in rising rates of the disease (and "environment" very much includes what we put on or into our bodies), we have to ask hard questions about the toxic chemicals we're exposed to, *especially* those we use on our bodies and in our homes on a daily basis. In cosmetics alone - with and without the pink ribbon - we find:

**Parabens:** preservatives used in lotions, shampoo and other cosmetics. Some parabens are classified as endocrine disruptors because they mimic estrogen in the body. Higher estrogen exposures are linked to higher risk of breast cancer. Eighteen of every twenty breast tumors tested contained high levels of parabens.

**Phthalates:** plasticizers found in nail polish, synthetic fragrance and plastic packaging. These hormone-disrupting chemicals have been linked to early puberty in girls, a risk factor for later-life breast cancer. Some phthalates also act as weak estrogens in cell culture systems.

**Fragrance:** secret mixtures of chemicals used in both perfumes and scented cosmetics. "Fragrance" may include phthalates, synthetic musks (which may disrupt hormones) and ethylene oxide (a mammary carcinogen). The companies are not required to list these chemicals on product labels.

**Nonylphenols:** used in some cleansers. They have been shown to disrupt hormones.

**Sunscreen chemicals:** some behave like estrogens and have been shown to make some breast cancer cells proliferate.

**Isobutane:** a propellant used in spray-on hair spray, gel, mousse, shaving cream and anti-fungal treatment. It can be contaminated with 1,3-butadiene, a probable human carcinogen and a mammary carcinogen.

**Ethoxylated compounds:** dimethicone, PEG-40, cetareth-12 and other compounds with the syllables "eth" or "PEG" in them are used in a wide variety of cosmetics. These compounds are formed by processing with ethylene oxide, a mammary carcinogen, and can be contaminated with 1,4-dioxane, also a mammary carcinogen.

**Metals:** found in a variety of cosmetics as colorants, sunscreens or contaminants. Iron, nickel, chromium, zinc, cadmium, mercury and lead have been found in higher levels in women with breast cancer than in women without breast cancer. Nickel, chromium, cadmium, mercury, lead, copper, cobalt and tin also have estrogenic effects on breast cancer cells in the lab.

**Petrolatum:** a derivative of petroleum used in lip products and lotions. It can be contaminated with polycyclic aromatic hydrocarbons (PAHs), which are both endocrine disruptors and carcinogens.

**Toluene:** used in many nail products. Can be contaminated with benzene, a known carcinogen.

**Triclosan:** used in almost every anti-microbial soap and hand sanitizer. Evidence suggests it affects male and female hormones as well as thyroid hormone, which affects weight and metabolism (people currently taking thyroid medications should *strongly* avoid all products containing triclosan).

Until such time as governments enact laws to force companies to actually test the safety of ingredients used in personal care products (and to fully disclose their ingredients), it is important for consumers to educate themselves. The power of large companies' well-funded government lobbying efforts have allowed them to avoid such legislation, often hiding behind the principle of 'trade secrets'.

Here are some credible sources of information you can use to educate yourself, and to find a listing of most retail personal care products, along with their safety rating:

- SKIN DEEP Cosmetic Safety Database: [www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com)
- The Campaign for Safe Cosmetics: [www.safecosmetics.org](http://www.safecosmetics.org)
- *There's Lead in Your Lipstick*: recent book by Gill Deacon [www.gilldeacon.ca](http://www.gilldeacon.ca)

## IS THERE ANY GOOD NEWS?

YES! Young Living has developed an extensive line of 100% safe skin care, hair care, oral care, nutritional supplements and household cleaning products which are 100% toxin-free, and which are infused with *therapeutic grade* essential oils that not only make them more effective, but which also very strongly support your body's immune system.

Ask the person who shared this with you how to get Young Living's 100% safe and effective products.