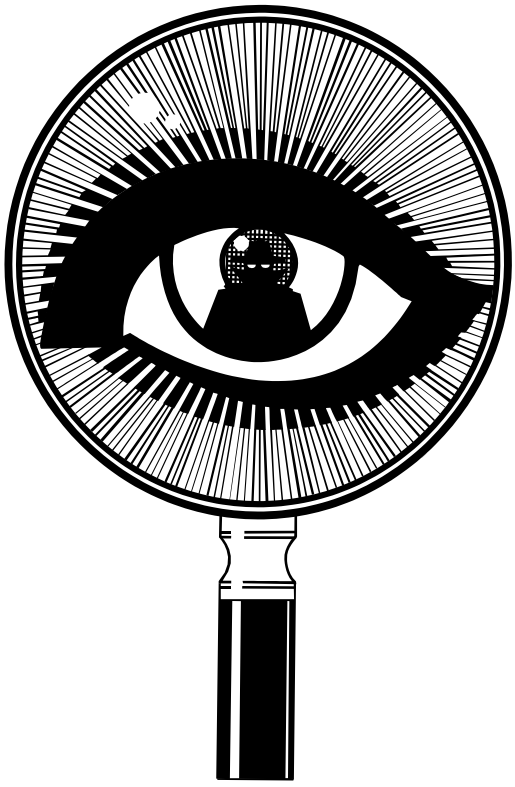
READ
THE BOTTOM LINE

If you can find it

By Susan Finch

A booklet to take with you when purchasing personal care products and cosmetics.



Don’t forget to bring a magnifying glass!

READ
THE BOTTOM LINE

A booklet for survival
by
Susan Finch

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www.findhornaromatics.com

Keeping you Comfortable

This booklet was written to bring more awareness to the public about the potentially harmful ingredients that are in our cosmetics and personal care products.

We are not scientists and by no means is this an all inclusive list of ingredients to be on the look out for. We've chosen some of (what we believe to be) the worst culprits that could be lurking in our cosmetics and personal care products.

This booklet is designed to carry with you when you go shopping for personal care products. Because the lettering on the bottles seem to be getting smaller and smaller, we suggest buying a magnifying glass, too!

Use this booklet. Take notes. Conduct your own research. Use and abuse this booklet.

We recommend that you read the bottom line (ingredient list) prior to purchasing anything, whether it be a personal care item or food item.

We owe it to our bodies to do the right thing. We owe it to our families. I felt as though I owed this booklet to everyone and anyone who is interested in this subject.

Have some fun with this booklet as you discover what ingredients are in your products. We're not joking about using a magnifying glass. Haven't you noticed the fonts on the bottles lately? Check out the bug spray that you might have under your sink. Just try and read the ingredient list.

We also like the way some companies cleverly use a light or white font on a light bottle. What are they trying to hide? Or that tiny black font on the dark bottle. You get a headache looking at that list without a magnifying glass. (regardless of whether you have young or more mature eyes)

So grab a magnifying glass and get the kids to help you identify some of the ingredients in your products.

Use this booklet as a tool. We stress that it is not all inclusive and we are not experts. We are just curious citizens who believe that we all have a right to know what is in our products.

More importantly, we have a right to know about the potentially harmful effects the ingredients could have on us. The more we know, the better the decisions we can make.

Good luck on your journey...

In the beginning God created the heaven and the earth.

And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.

And God said, Let there be light: and there was light.

And later man came along and said, Let there be chemicals: and smothered them all over the body!

The Gospel according to the petroleum industry.

1,4-DIOXINE

Have you ever wondered why your hair still looked dull & dry after that expensive bottle of shampoo promised you healthy & shiny hair?

As it turns out, many of those expensive styling products are actually making our hair dry and brittle. The ingredients inside those expensive bottles are sometimes allergenic & toxic! Watch out for these ingredients on your hair product bottles:

STEARALKONIUM CHLORIDE

CETRIMONIUM CHLORIDE

LAURYL DIMONIUM HYDROLSE COLLAGEN

CETALKONIUM CHLORIDE

BENZALKONIUM CHLORIDE

THE CHEMICALS LISTED ABOVE ARE CALLED *CATIONIC SURFACTANTS*.

They belong in what is known as the ***QUATERNARY AMMONIUM COMPOUND*** group, also referred to as "QUATS". The QUATS humble beginnings were in the paper and fabric industries and used as anti-static & softening agents.

If your hair products just aren't delivering on their promises, then I suggest you begin checking out the ingredients listed on the bottles. On top of making your hair dry & brittle, these chemicals may cause allergic reactions. They are also skin & immune toxicants & potential endrocrine disrupters.

IS 1,4 DIOXANE IN ANY OF YOUR PERSONAL CARE ITEMS?

1,4 DIOXANE is a known carcinogen that can contaminate your cosmetic products. As a matter of fact, it is believed that over 50% of our cosmetics containing *ethoxylated surfacants* were found to have dioxane!

An *ethoxylated surfacant* is used as a foaming agent, emulsifier and humectant. during the ethoxylation process, the carcinogen/by-product DIOXANE is produced.

BEWARE OF THE FOLLOWING PREFIXES ON YOUR LABELS, AS THEY CONTAIN ETHOXYLATED SURFACANTS WHICH CAN BE CONTAMINATED WITH **1,4 DIOXANE**:

"PEG"
"POLYETHYLENE"
"POLYETHYLENE GLYCOL"
"POLYOXYETHELYLENE"
"-ETH-" OR "-OXYNOL-"

Found in: hair products, facial creams, gels, lipsticks & lip balms, facial cosmetics, shaving creams, baby oils, mascara, toners, etc.

Makes you want to clean out the cosmetics drawer & under the sink, doesn't it?

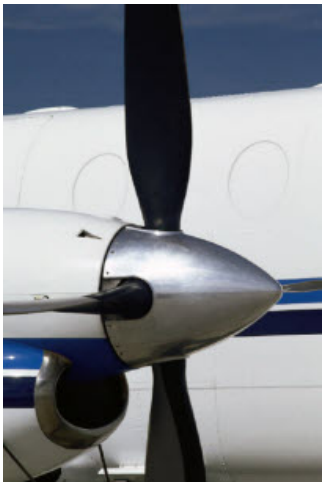
ALUMINUM

We shower, shave and of course wouldn't think of leaving the house without rubbing, rolling or spraying antiperspirant or deodorant onto our bodies. Have you ever thought about what you are applying to your underarm area? Most importantly, do you know what ingredient should not be included in your antiperspirant or deodorant?

If you answered ALUMINUM, you are correct Okay, so we want to stay dry but at what expense? Aluminum has been reported as a possible carcinogen, toxic to the body, mutagenic and a possible contributor to Alzheimer's Disease. It blocks the pores so sweat is not released from the body in antiperspirants. The National Caner Institute states that more research needs to be conducted to prove any correlation between the use of antiperspirants and the link to breast cancer.

The FDA claims that Aluminum is safe in our antiperspirant products. Well, if that is the case, then look closely at the drug facts listed on your bottle of antiperspirant. If you're like me, you had a hard time finding the drug's facts. The producers of the products we use are very clever at hiding information. As you begin to educate yourself and lean more about the hazards of the chemicals in our products, you'll find that it is often very difficult to find the listed ingredients. But that's another story!

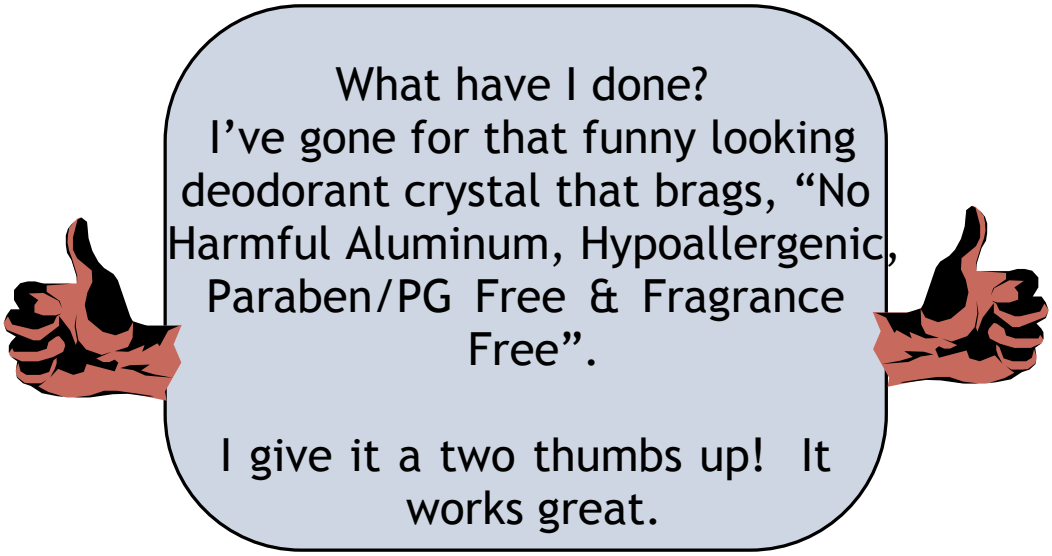
The FDA also requires that a warning statement be placed on antiperspirants stating that anyone with kidney disease check with their doctor before using the product. First of all, they would have to find the cleverly hidden drug facts. So, if swallowed (like your toddler decides to try your antiperspirant for lunch) contact a poison control center right away or get medical help.
I want to stay dry but at what expense?



JUST FOR THE RECORD

ALUMINUM IN A METAL FORM IS NON-TOXIC but it does hurt your teeth!

Aluminum is naturally occurring on our planet and is the third most abundant element. It is found in our soil and thus our exposure comes through the water we drink and foods that we eat. I don't know about you, but I'd rather limit my exposure to any element that is potentially carcinogenic!



The jury is still out on Aluminum's harmful affects. Personally, I'd rather play it safe. How many more years of research are going to take place before the final verdict is rolled out? Call me a skeptic but I believe in arming myself with information and doing what I believe to be safe.

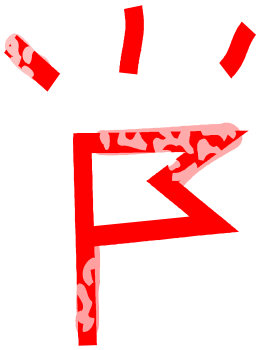
We all have a right to know what is in the products we consume. We all have a personal choice to make when choosing the right product for our families.

ARM YOURSELF WITH KNOWLEDGE

BUTYLATED HYDROXYANISOLE (BHA)

Research is still being conducted on many of the chemicals that I talk about and suggest you avoid. I am just one of those people that does not like to wait years & years before a determination is made.

When certain words like, "*can be carcinogenic*" are used to describe an ingredient, a little red flag goes up and I'll do my research. I can only suggest that you do the same.



LISTEN TO WHAT YOUR GUT IS TELLING YOU. IF A LITTLE RED FLAG GOES UP WHEN YOU SEE OR HEAR SOMETHING, FOLLOW UP.

Considering that, the next chemical we talk about, **BUTYLATED HYDROXYANISOLE** (BHA) has proven to cause cancer in laboratory test animals, that was enough for me to check my cosmetics for this nasty!

An antioxidant and preservative, BHA is mostly found in food. To be precise, BHA is added to foods to preserve the fat and keeps the food from turning rancid. It is commonly found in butter, lard, meats, beer, sweets, chewing gum, vegetable oils, potato chips, etc. It is a widely used chemical in the food industry. So why am I telling you all of this when this booklet is about cosmetics?

Butylated Hydroxyanisole (BHA) is used the same way in the pharmaceutical and cosmetic industries. The antioxidant ingredients prevent the personal products and cosmetics from spoiling or turning rancid. BHA is supposedly ensuring the quality and safety of our products.

Well, I'm going to go out on a limb here, but if the European Union (EU) has banned this chemical in cosmetics and has declared it unsafe, that's good enough for me! And for that matter, why are we, (the consumers), not questioning this? Why are we allowing the cosmetic companies to continue using this chemical? We are allowing them to potentially poison us! WE ARE ALLOWING THIS.

If that doesn't convince you to wipe this chemical out of your cosmetic bag, then maybe this will. California's Proposition 65 considers BHA to be a carcinogen! Hello. Is anyone really listening?

Japanese scientists and chemists have found BHA to be an endocrine disrupter. Do you know what that means? When our endocrine system is off kilter or off balance, it puts us at risk for different types of cancers.

Regardless of whether you are a proponent of animal testing or not, we must listen to the data. Remember, I am trying to arm you with information through this book. I do not promote nor condone testing on laboratory animals.

Laboratory tests have proven that low levels of BHA have damaged the nerve & brain systems of the animals. Kidney, liver and lung tumors were also discovered through the scientific testing.

So when you apply a personal grooming item or cosmetic to your body that contains BHA, it is being absorbed through the skin. Know it.

CHECK THE INGREDIENTS BEFORE APPLYING THAT LIPSTICK!

BHA CAN BE FOUND IN: lip balms, lipsticks, lip gloss, baby products, eye shadow, moisturizing creams, mascaras.

Here are a few web sites for you to begin researching about chemicals in cosmetics:

www.cosmeticdatabase.com

http://www.safecosmetics.org/

http://healthychild.org

COAL TAR

How often do you have your hair highlighted or dyed? Have you ever once considered asking your stylist to see the label on your hair coloring products? No? Well, you should. More than likely your stylist is using an environmentally friendly & safe formula but it never hurts to ask.

The ingredient that you never want to see on The label is **COAL TAR.** Also known as TAR, COAL, COAL TAR SOLUTION.

Coal Tar dyes are synthetic, obtained from petroleum sources. They used to come from coal tar (hence the name). The dyes are used in food, cosmetics and personal grooming products and are regulated by the FDA. There are specifications that must be adhered to for each batch of synthetic dye before it can be certified.

We've all heard or read "FD&C" on the label of something, whether it is a food or personal care item. I never thought about what the letters stood for. For example: "FD&C Blue 1".

F = Food
D= Drug
C= Cosmetic

FD&C Blue 1 is a brilliant blue synthetic color that can be used in Food, Drug and Cosmetic use.

If you have a bottle of spearmint alcohol in your medicine cabinet, take a minute to look at the ingredients. You'll notice that the very first "Inactive ingredient" is FD&C Green#3. Don't let the term "inactive" fool you! It's still a synthetic dye that is giving the alcohol a nice aroma and color. It can still cause reactions.

Coal Tar is a known carcinogen. It can be absorbed into our bodies and stored in our organs and fat tissues. FD&C Red3 has been linked to thyroid disorders and allergic reactions. FD&C yellow5 has been linked to lymph and thyroid tumors. The use of coal tars has been linked to mood swings, fatigue and headaches.

COAL TAR CAN BE FOUND IN: dandruff tar shampoo, psoriasis ointments, coal tar shampoo, anti-itch creams, hair & scalp shampoo.

The European Union has banned this chemical from all cosmetics.

Canada has prohibited the use of this chemical in cosmetics.

According to the Environmental Protection Agency (EPA) it is a known human respiratory toxicant.

The intention of this booklet is to inform you, the consumer, about the potential hazards that exist in our cosmetics and personal care products.

COCAMIDE DEA

If you saw **COCAMIDE DEA**, or it's full name, **COCAMIDE DIETHANOLAMINE** listed as an ingredient in one of your grooming or cosmetic products, would you think it is derived from coconut and assume it's safe? I did. I did until I began reading and conducting the research for this booklet.

I think if I've learned anything through this experience it is that if I cannot pronounce an ingredient, I have promised to learn about it. If it sounds safe, then I'll use it. I'll say it over and over again - we've all got choices to make when it comes to our cosmetics.

There is so much to read on the internet, libraries, company web sites and encyclopedias that it becomes overwhelming. You don't know what to think sometimes.

Chemicals in cosmetics and personal care products can be a controversial subject. Did you know that there is even a dictionary to help you out? I highly recommend this book.

IF YOU'D LIKE TO LEARN ABOUT EVERY CHEMICAL USED IN OUR COSMETICS, PLEASE CHECK OUT ***A CONSUMER'S DICTIONARY OF COSMETIC INGREDIENTS***, by Ruth Winter, M.S.

We are relying upon the Cosmetic Ingredient Review (CIR) Expert Panel to keep us safe. We rely upon these experts to ensure that the ingredients in our cosmetics are safe.

HAVE YOU EVER HEARD OF THIS EXPERT PANEL BEFORE NOW? Visit www.cir-safety.org

I can only speak for myself here but I'd first like to say "hats off" to the the panel of seven experts who are ultimately deciding if an ingredient is safe or unsafe for me to use. With that being said, I'd like to say that with only seven experts and thousands of chemicals on the market, I'm not overly confident. These experts are hard at work each day gathering scientific data and information on the ingredients used in our cosmetics. They will make recommendations and alert the FDA on their findings.

Call me crazy but why are there only seven experts on this panel? One would think there would be 700 maybe? I dream of a panel made up of experts from across the globe sharing one vision.

GLOBAL SAFETY IN COSMETICS

I'm not that out of touch. I just like to dream and wish that the "big boys" would do the right thing. You'd think that the cosmetic companies would be the ones making the right decisions but this is the real world. Real word, big business and profits. I think social responsibility should be the key ingredient in all of their products.

I shall not go on with my philosophical views of Corporate America or the Corporate Universe. I think we all see the big picture. We just need to watch out for one another. We need to educate ourselves and become more insistent when it comes to our own health. Stop accepting things at face value. Don't be afraid to ask questions.

Case in point: Ingredients in our personal care products like Cocamide Diethanolamine (DEA). It's another tongue twister probably listed on the back of your shampoo bottle.

This chemical is used to thicken up the lotions and products to increase their foaming ability. Have you ever made your own shampoo? I suggest that you try it at least once. You'll find that your 100% natural herbal shampoos will not lather like your store bought products. You'll also find that they are not as thick and are a bit more watery in texture.

Our earliest memory of having our hair washed is probably filled with bubbles & lather. We always recall the image of the mother washing the child's hair and making funny hair styles with the lather. She can do this because of the chemicals that are in the products. Hello Cocamide DEA.

It is ingrained in our brains that we need to have all of this lather and consistency in our products. It's what we know. It's how we grew up. We were ignorant and did not really know any better. Lots of lather must equal clean right? Not so.

There are some fine commercial organic creams and shampoos that are sold in health food stores. They are wonderful and are certainly thicker than my home made versions.

If you want to know what I'm talking about, try a natural recipe and make your own shampoo. It's fun. I was rather impressed at my first attempt and my hair was clean and soft. It will take some getting used to.

You'll need to order some herbs on-line or you can visit your local health food store for your supplies. There are plenty of herbal recipes on the internet or check out your local bookstore.

What began as an experiment for me has become a passion. I enjoy tinkering around in the kitchen and creating safe, herbal shampoos, conditioners, moisturizers and astringents. You don't have to be a scientist to do this!

Read and learn. I can tell you from experience that when you wash with products that you have made, it feels fantastic! When you smell the fresh ingredients and know that there are no harmful chemicals hidden inside, it really does feel great.

If you don't have the ambition to take it that far, at least drive or cycle down to the nearest health food store and try out a shampoo that is free of harmful chemicals. Keep reading to find out what other nasties you need to keep out of your baths, medicine cabinets and cosmetic bags.

Cocamide DEA has proven to cause tumors in laboratory animals. The problem with this chemical is that it can be contaminated with *nitrosamines* which can cause cancer.

The CIR Experts claim that it is safe in our cosmetics, however Cocamide DEA should not be used with *nitrosating* agents. This will prevent the formation of what can possibly be carcinogenic *nitrosamines*. The experts also state that it is safe in concentrations of less than 10% in a 'leave on' product and safe in rinse off products, such as shampoos and conditioners.

I can't find any other purpose for this chemical other than to make a product thicker and more appealing to the consumer.

COCAMIDE DEA CAN BE FOUND IN: *Shampoos, hair dyes, bath products and lotions, soaps, oil control cleansers.*

IF YOU WANT TO SEE THE ACTUAL BRAND NAME PRODUCTS WHERE THIS CHEMICAL CAN BE FOUND CHECK OUT WWW.COSMETICDATABASE.COM

You are empowered to make the decisions that are best for you and your families.

Before we move on, you might be wondering what nitrosamines are. The nutshell definitions:

NITROSAMINES - chemical compounds that have been found to cause cancer in humans. For an informative and eye opening read, please visit http://lpi.oregonstate.edu/f-w00/nitrosamine.html You may never look at some of the foods you eat in the same way again after you read this article by Richard A. Scanlon, Ph.D., Dean of Research Emeritus & Professor of Food Science (2000).

NITRATES - Potassium and Sodium. Potassium Nitrate (aka saltpeter and niter), is used as a color fixative in cured meats. Sodium nitrate, (aka Chile saltpeter), is used a color fixative in cured meats. Both of these nitrates combine with amines in the stomach, saliva, food & some cosmetics to create NITROSAMINES - very powerful, cancer causing ingredients. NITRATES are natural constituents of plants.

NITROSATING - Introduction of a nitrogen and Oxygen (nitroso) of molecules into a compound that might cause the compound to form cancer linked nitrosamines.

Thanks to ***A CONSUMER'S DICTIONARY OF COSMETIC INGREDIENTS***, by Ruth Winter, M. S. for providing some of this information.

DIAZOLIDNYL UREA

Diazolidnyl Urea. If you are like me, you can only pronounce one part of this chemical. If you thought what I thought, you might be correct. According to PETA's Caring Consumer's web site, this chemical may be derived from the urine or bodily fluids of animals. Yes, there are synthetic alternatives!

Speaking of alternatives, this is a good time to tell you that many of these chemicals have what I call "alias'". They can be listed on your products as another name! For instance, look below and you will see what this beauty can also be listed as.

N- [1,3-BIS (HYDROXYMETHYL) -2,5-DIOXO-4-IMIDAZOLIDINYL] -N,N'-BIS (HYDROXYMETHYL) UREA; UREA, N- [1,3-BIS (HYDROXYMETHYL) -2,5-DIOXO-4-IMIDAZOLIDINYL-N,N'-BIS (HYDROXYMETHYL) -; N- [1,3-BIS (HYDROXYMETHYL) -2,5-DIOXO-4-IMIDAZOLIDINYL-N,N'-BIS (HYDROXYMETHYL) - UREA; DIAZOLIDYNL UREA; 1- [1,3-BIS (HYDROXYMETHYL) -2,5-DIOXOIMIDAZOLIDIN-4-YL] -1,3-BIS (HYDROXYMETHYL) UREA; UREA, N [1,3BIS (HYDROXYMETHYL) 2,5DIOXO4IMIDAZOLIDINYL] N,N BIS (HYDROXYMETHYL)

Diazolidinyl Urea is a fine white powder that is used as a preservative in cosmetics and personal care products. It prevents bacteria from invading our products and spoiling them.

Are you sitting down? Diazolidinyl Urea works by slowly releasing formaldehyde! (We'll talk about formaldehyde later.) It is even used as a chemical to brown baked items like pretzels! I nearly sprained my ankle as I ran to the cupboard after learning this! I leapt out of my chair to check if my brand of pretzels were chock full of Diazolidinyl urea.

This chemical can affect your immune system. It is a skin sensitizer that can cause allergic reactions in your skin or lungs. This chemical should scare you. Formaldehyde is a carcinogenic chemical! Mutagenic, gastrointesinal, nervous system and endocrine disruption occurred when tested on laboratory animals.

LET ME REITERATE, I LOVE ANIMALS. I DID NOT CONDUCT THE TESTS OR RESEARCH ON THESE CHEMICALS. I'M JUST THE MESSENGER.

This chemical can be used in: eye make up, nail products, hair & skin products, aftershaves

I'm happy to report that my brand of pretzels are free and clear of this chemical. Are yours?

DIBUTYL PHTHALATE

There is a lot of controversy around **DIBUTYL PHTHALATE**. The European Union (EU) has placed restrictions on this chemical and have either found it to be unsafe or banned it in some instances. It is not allowed for the use in nail polish in the EU.

DIBUTYL PHTHALATE IS AN OILY, COLORLESS LIQUID. IT IS A PLASTICIZER USED IN NAIL POLISH TO SOFTEN SYNTHETIC POLYMERS BY REDUCING BRITTLENESS & CRACKING.

So why has the EU banned this chemical? Under the EU Chemical Hazard Classification, any substance classified as a carcinogen, mutagenic or found toxic to the reproductive system are automatically banned from use in cosmetics.

Tests on this chemical have revealed that it mimics estrogen which can increase the risk for certain cancers. It can be neurotoxic to humans. It is a known human respiratory toxicant and suspected endocrine disrupter.

Dibutyl Phthalate is rapidly absorbed through the skin and is a skin sensitizer. At high doses, it has proven to produce testicular atrophy.

If that isn't enough, the state of California has placed this chemical on Proposition 65. Prop 65 is a list of chemicals or substances that have proven to cause cancer or reproductive harm. It warns consumers of the potential harm.

So if the EU has banned this chemical for the use in cosmetics and the State of California has determined that it is toxic enough to place on Prop 65 and warn consumers, then I have a question.

Why in the world is it allowed to be used in our cosmetics? Some of the cosmetic companies are removing this chemical from their cosmetics. Not all but some.

The CIR Expert Panel claims that Dibutyl Phthalate is safe when used in "a safe concentration limit". They estimate that exposure to products containing this chemical is approximately 9 micro/kg/day - below the dose that does not cause reproductive effects on animals. I'm not a scientist but what about the nail technicians that are exposed to these chemicals all day long? Or the hair stylists using hair sprays? They are being exposed to these chemicals daily!

What does the European Union and the State of California know and understand that is not being communicated or taken seriously enough by the cosmetic companies? Can you imagine what chemicals are being used in the products that we import from China? Have you ever really looked at the ingredients on the cosmetics and personal care products in the dollar stores? I'm not a snob but I've looked at these ingredients. It scares me.

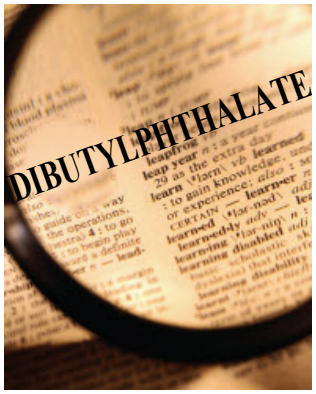
VISIT: WWW.COSMETICDATABASE.COM FOR MORE INFORMATION. ARM YOURSELF WITH KNOWLEDGE.

YOU HAVE THE RIGHT TO KNOW

Unfortunately, we sometimes have to conduct our own investigations as to what is being placed in our cosmetics. It should not be this way. We should not need to use a magnifying glass to read the ingredients. Heck, sometimes you need a magnifying glass just to find the list! I know this is about cosmetics but I challenge you to find and read the ingredients on your household pesticide.

Without a magnifying glass.

If you can't find the answers to your questions, call the company!



DIBUTYL PHTHALATE CAN BE FOUND IN: Nail polish, hair spray, deodorant, perfumes, wart removers, insect repellant & more

Used as ingredient to make a fragrance but you will not see this chemical listed on the label.

BEWARE when you see FRAGRANCE or PERFUME listed on the label.

DIETHANOLAMINE (DEA)

As you begin arming yourself with knowledge, you are going to find that there is a lot of information out there. It can be overwhelming (and conflicting) at times, especially when you do not have a degree in chemistry. I'm just an average consumer with an inquisitive mind. I ask questions. I am persistent. I learn as much as I can and will weigh out the pros and cons before I make a final decision as to what is best for me.

As is the case with **DIETHANOLAMINE (DEA)**. According to the Cancer Prevention Coalition (CPC), when DEA reacts with other chemicals and ingredients in a product, a carcinogen called **NITROSODIETHANOLAMINE (NDEA)** can form.

NDEA is absorbed through the skin & has been linked to stomach, esophagus, liver and bladder cancers.

DEA is a colorless liquid that is used as a foaming agent, humectant, emulsifier and as a detergent. It is commonly used in shampoos and shower/bath products. It is absorbed through our scalps and skin and can be inhaled when used in pesticides.

In 1979, the FDA "ordered" the cosmetic industry to eliminate NDEA from their products. In 1992, the FDA followed up on this and conducted a test on twelve products, looking for NDEA. Would it surprise you to learn that 8 of the 12 products tested positive for this carcinogen?

THE EUROPEAN UNION (EU) RESTRICTS THE USE OF DEA IN ANY COSMETIC TO 1 PERCENT

IN OTHER COUNTRIES, INCLUDING THE UNITED STATES, COSMETICS CAN CONTAIN LEVELS OF 1 TO 5 PERCENT

What is wrong with this picture? When is the cosmetic industry going to be regulated? In order for the cosmetic industries to be held accountable, the industry needs to be regulated. Without regulation (and some social responsibility), the cosmetic companies will continue polluting our cosmetics and personal care products with chemicals that can poison us.

According to the CPC, the following ingredients should be avoided in your personal care products because they can be contaminated with DEA:

Cocamide DEA or Cocamide Diethanolamine
DEA Lauryl Sulfate or Diethanolamine Lauryl Sulfate
Lauramide DEA or Lauramide Diethanolamine
Linoleamide DEA or Linoleamide Diethanolamine
Oleamide DEA or Oleamide Diethanolamine
Any product containing TEA or Triethanolamine

DEA CAN BE FOUND IN: Shampoo, lotions, sunscreens with SPF 15 & higher, hand soaps and hand creams. Foundation & moisturizers

With all of this being said, you can read about DEA on www.cosmeticsinfo.org and get a different perspective on DEA. Various organizations have conducted assessments and according to their results, they did not establish a link between DEA and cancer in humans.

Quite frankly, I'm eliminating any products that contain this ingredient. I am not comfortable when I read that the CIR Expert Panel states that a cosmetic is safe with "*some qualifications*".

WITHOUT REGULATION, WHO IS VERIFYING THAT THE BIG BOYS ARE WORKING WITHIN THE LIMITS? THE FDA TESTS IN 1992 PROVED THAT WITHOUT REGULATION, THE INDUSTRIES WILL NOT DISPLAY ANY SORT OF SOCIAL RESPONSIBILITY.

IT'S YOUR MOVE

For more information, you can read up at:

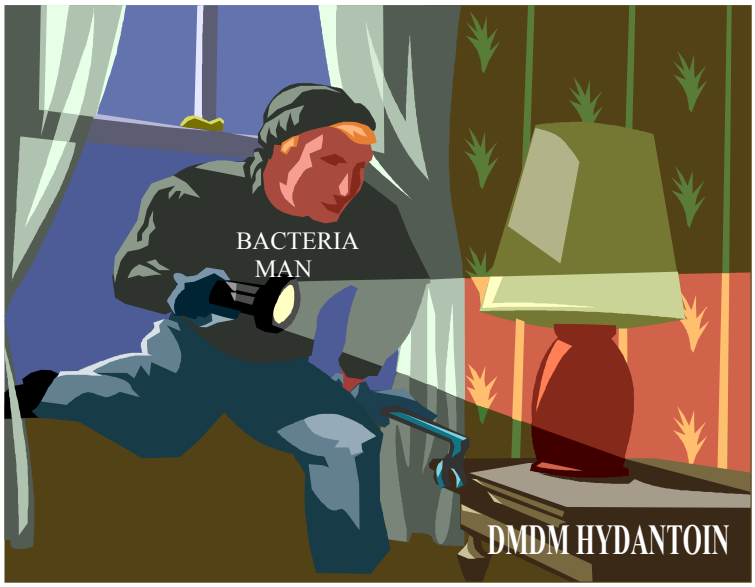
http://healthychild.org
http://www.preventcancer.com
http://www.cosmeticsdatabase.com

DMDM HYDANTOIN

DMDM Hydantoin is a white crystalline solid that is used as a preservative in cosmetics and personal care products. It protects the products from spoiling and fights against intruders such as fungi, bacteria and yeast from entering our products.

DMDM HYDANTOIN CAN RELEASE FORMALDEHYDE!

* More on Formaldehyde later - it is a carcinogen!



JAPAN has restricted the use of this chemical In certain cosmetics or has concentration limits & manufacturing restrictions.

The EU says that it may be used in their cosmetics with a maximum concentration of 0.6 percent. If the concentration of formaldehyde being released exceeds 0.05 percent, a warning label is required on the product stating, “This product contains Formaldehyde”.

The CIR Expert Panel concluded that DMDM Hydantoin is not safe in aerosol products. The CIR Panel also concluded that this chemical is safe for the use in cosmetics up to a specified concentration limit. Sorry, but without regulation, who is checking this and enforcing this? How do we know what concentration limits are being used in the cosmetics being produced without any sort of regulation in the industry?

If the EU finds this important enough to place a safety warning on the labels up to a certain concentration, why aren't we (U.S.) doing the same? Why do we not all agree on the same standards?

Call me crazy, but isn't this about safety? Just a "gee whiz" sort of thought I had. I wonder if the cosmetic chieftain's wives and daughters are applying some of this goo on their faces and bodies.

DMDM Hydantoin is an immune system toxicant, skin toxicant, and can cause irritation to skin, eyes or lungs.

DMDM HYDANTOIN CAN BE FOUND IN: ***shampoo, conditioner, face & body skin care products, shower & bath products, liquid hand soap, body wash, sunscreen with SPF of 15 & higher.***

ENVIRONMENTAL WORKING GROUP

On May 14, 2008, the Vice President of Research for the **Environmental Working Group** (EWG), Ms. Jane Houlihan, gave testimony to the House of Representatives addressing the need for regulation within the cosmetics industry. This is a riveting draft of expert testimony that was given. It is a MUST READ for everyone. It is such an eye opener that I am willing to bet that many of the readers will be encouraged to get involved in promoting the need for regulation within the cosmetic industry to ensure our safety.

Here is the link to read this jaw dropping draft:

http://www.ewg.org/node/26545

I think it is so important that you read this draft that I've included a few excerpts from Ms. Houlihan's statements.

We are so caught up in our busy lifestyles that many of us just don't have the time to follow up on these issues. We rarely (if ever) hear about this on the news. Let's see, for some of you, the news is that 11:00 p.m. hour where you can finally have a little peace and quiet. That time when you are struggling to stay awake to catch up on what is happening in the world. So if the news even covered a little snippet on what is happening in the cosmetic industry and safety, you'd probably be fast asleep and miss it anyhow. I don't know, I just think that life is so fast paced these days and we are relying upon everyone else to "do the right thing".

Unfortunately, as Miss. Houlihan's draft will reveal, we need to start holding industries accountable for their actions. By us relying upon them and not holding them accountable, it is putting us at risk. We're just too busy to realize this - until something happens.

There is something to be said for simpler times, isn't there?

Here are some excerpts from the draft of Jane Houlihan's statement on cosmetic safety:

Under federal law and regulation, [the] FDA (FDA 1995, 2005):

* Cannot require companies to test cosmetic products safety before marketing.

* Does not review or approve cosmetic products and cosmetic ingredients before they are sold to the public.

* Cannot regulate cosmetic products until after they are released to the marketplace, and even then the process is extremely cumbersome.

* Cannot require product recalls. The agency must to go to court to remove misbranded and adulterated product from the market

* Cannot require manufacturers to register their cosmetic establishments, file data on ingredients, or report cosmetic related injuries. Instead, FDA relies on voluntary reporting of ingredients, injuries and establishments.

The vast majority of ingredients have not been assessed for safety by the CIR, the FDA, or any other publicly accountable body.

Companies are free to use almost any ingredient they choose in personal care products, with no proof of safety required.

[The] FDA has prohibited or restricted by regulation only 9 ingredients in personal care products (FDA 2000a). The CIR has recommended restrictions on some uses of some addi tional ingredients, mostly to minimize skin irritation and allergic reactions, but has found only 9 ingredients unsafe for use in personal care products (a different 9 from FDA) (CIR 2006).

Companies are free to use any other ingredient they choose in cosmetics. Environmental Working Group's 2007 survey of products sold in the U.S. found nearly 400 products on the market that contain chemicals prohibit ed for use in cosmetics in other countries, and over 400 products containing ingredients that industry assess ments have found unsafe when used as directed on prod uct labels according to reviews by the CIR and the Inter national Fragrance Association (EWG 2007a).

EWG's assessments of product ingredients reveal:

* A wide range of nano-materials may be common in personal care products (EWG 2007b). The safety of these ingredients is in question and is currently under study by multiple government public health agencies (NNI 2008).

* Phthalate plasticizers linked to birth defects of the male reproductive system and other health problems remain in common use in nail care products (EWG 2008a, EWG 2000, Houlihan et al. 2002).

* Companies still use hydroquinone in skin lighteners, despite FDA's proposed restrictions and warnings that the ingredient can lead to permanent skin disfigurement and may be linked to cancer and reproductive problems (FR 2006).

* Products contain a wide variety of ingredients derived from animal organs and tissues, including placenta ex pelled from cows (EWG 2008c), ingredients that raise concerns for the transmission of bovine spongiform encephalopathy (FDA 2007), ingredients restricted in other countries (Health Canada 2007), and "ethically sourced" human placenta (Earthscience 2008).

* Studies show lead contamination in lipstick (CSC 2008) and cancer-causing impurities in children's products and products labeled as "natural" (OCA 2008, EWG 2007c, Steinman 2007).

Cosmetic ingredients penetrate the skin and may pose health risks, particularly for children.

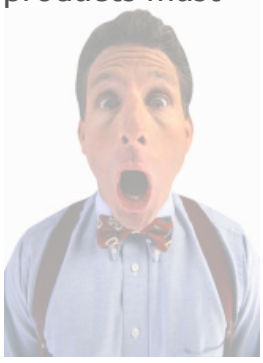
Despite the potential risks, FDA does not even know how many ingredients are used in cosmetics.

FDA does not know where and how many companies make and distribute personal care products.

FDA does not know the extent of health impacts from harmful ingredients in cosmetics.

Consumers' **right-to-know** is hampered by lack of standards and labeling loopholes.

With no required safety testing for products, consum ers must rely on labels for clues about a product's safe ty. Unfortunately, though, not all ingredients appear on labels, and not all claims printed on products must be backed by proof.



These were only a few excerpts. I warned you that it was a jaw dropping draft. Now I hope that you understand why I think it is important that you read the entire draft. **http://www.ewg.org/node/26545**

FORMALDEHYDE

LISTEN
UP
IF THIS DOESN'T GET YOUR BLOOD BOILING, THEN NOTHING WILL!

You truly must take the time to read about this carcinogen! This booklet could not possibly give you all the information that you need to know about when it comes to **Formaldehyde**. I'll pass along some interesting web sites for you to visit should you wish to learn more. I'm sure it will be a jaw dropping experience for most of you.

Why do I say this? Well, when you visit www.cosmeticdatabase.com, you can find out the brand name of products (cosmetics and personal care products) that contain or may contain formaldehyde. Of course it is very important that you read and learn as much as you possibly can before making decisions about the products that you will allow in your homes. I highly recommend that you check your baby and children's products to ensure they are free of these harmful chemicals. Check out the alias' as well! Formaldehyde is also listed as:

FORMALIN; FORMIC ALDEHYDE; MERTHALDEHYDE; METHANAL; METHYL ALDEHYDE; OXOMETHANE; OXYMETHYLENE

Here are just a few facts about Formaldehyde and this barely scratches the surface. Pay close attention!

Formaldehyde is a very strong smelling, colorless gas. It is a volatile organic compound (VOC) that occurs both naturally and synthetically. It is a preservative in foods and cosmetics. It is used in hospitals to preserve specimens. It is in furniture, the cars that we drive and the carpets that we walk on. It could be in our pressed wood tables and kitchen units and could be a contributor to sick building syndrome.

Formaldehyde is in adhesives, glue, plastics, shoe cleaning products, fabric softeners, mobile homes, cosmetics and personal care products.

Think back to Hurricane Katrina and the mobile homes that were set up (temporary housing) for the victims. Hundreds of those victims reported severe respiratory problems as a result of the elevated formaldehyde levels in the mobile homes. If you were not aware of this issue, please conduct a "Google" search and you will find plenty of information out there about the law suits and probable changes in regulations because of this misfortune of the victims. As if living through that hurricane was not enough for those people!

Side effects or reactions from exposure to Formaldehyde could be: Watery Eyes, burning sensations in the eyes, nose or throat, flu like symptoms, fatigue, nausea, and headaches. This chemical can trigger asthma and is an allergen. Do not ingest this chemical as it could cause internal bleeding and death!

BANNED FROM THE USE IN COSMETICS
IN SWEDEN AND JAPAN.

IF SWALLOWED	HIGHLY TOXIC
IF INHALED	HIGHLY TOXIC
IF ABSORBED (SKIN)	HIGHLY TOXIC

ASK YOUR NAIL TECHNICIAN IF THE PRODUCTS USED ON YOUR NAILS ARE FREE FROM :

THE ENVIRONMENTAL PROTECTION AGENCY (EPA) DECLARED THAT FORMALDEHYDE **IS** A PROBABLE HUMAN CARCINOGEN.

THE WORLD HEALTH ORGANIZATION (WHO) CLASSIFIES FORMALDEHYDE AS A **KNOWN** CARCINOGEN TO HUMANS.

THE EU REQUIRES LABELING BECAUSE OF THE POTENTIAL FOR OCCUPATIONAL HAZARDS. LABELS MAY READ:

- Limited evidence of a carcinogenic effect
- Toxic
- Toxic by inhalation, skin contact and ingestion
- Corrosive
- Causes burns
- May cause sensitization by skin contact

So why do you think this horrible chemical is being used in the products that you apply to your body? Cost! It is all about how much bang the cosmetic giants can get from their buck.

It's inexpensive and gets the job done. It preserves cosmetics and personal care products (used in a watery solution) and the consumer is not wise to the toxicity of this chemical.

What is even worse is that the CIR Expert Panel still says that this chemical is safe for the majority of consumers like you and me.

Excuse me, but who gave them the power to play games with my health? Who named them the Almighty Ones? I am not comfortable with this and neither should you be.

Tests in the laboratory have proven that Formaldehyde causes lung cancer in rats! It has been proven that formaldehyde can react with other chemicals and cause carcinogenic effects! Laboratory animals have developed nasal cancer when exposed to this chemical. It may be linked to cancer of the nose and throat in humans.

YOU HAVE THE RIGHT TO KNOW
WHAT IS BEING USED IN THE PRODUCTS THAT YOU PLACE ON YOUR SKIN & NAILS!

CANADA RESTRICTS THIS INGREDIENT IN COSMETICS AND IT IS ON THEIR HOTLIST:
http://www.hc-sc.gc.ca/cps-spc/person/cosmet/info-ind-prof/_hot-list-critique/prohibited-eng.php

FORMALDEHYDE CAN BE FOUND IN: Nail polish and nail hardeners, shampoos, insect repellants, sunscreens with SPF 15 & higher, hair gels, moisturizers, hand lotions, hand sanitizers, anti-itch creams, hair growth products, baby wipes, after shave.....the list goes on!!
We are only talking about cosmetics in this booklet and formaldehyde is pretty much somewhere in your house besides cosmetics.

I implore you to read up on this chemical because more than likely it is having some effect on your family.

Now I ask you - Will you think twice about the nail varnish that you apply to your child's fingers and toes?

Some web sites that might be of interest:

http://healthychild.org/issues/chemical-pop/formaldehyde/

www.cosmeticdatabase.com/ingredient.php?ingred06=702500

http://www.epa.gov/iaq/formalde.html

www.safecosmetics.org

www.health.state.mn.us/divs/eh/indoorair/voc/formaldehyde.pdf

http://www.eco-usa.net/toxics/formald.shtml

There is plenty of information available to you. Please do what is right for your family. By taking necessary steps to avoid this chemical, you just might prevent a chronic illness in someone's life.

FRAGRANCES

Unless you have severe allergies, you've got to admit that we are attracted to products because of their aroma, the **FRAGRANCE**. We associate fragrances to cleanliness, people, things, happy or sad memories, food and the list goes on. We all have our favorite perfumes, colognes and lotions. Most of us choose them for their scent.

I have a question and challenge for you.
(Don't forget your magnifying glass.)

QUESTION: Do you know exactly what chemicals and how many of them make up the "fragrance" that is labeled on your personal care products?

CHALLENGE: I challenge you to conduct an audit of all your personal care products and take into account how many have the ingredient "fragrance" listed.

Don't be confused if you see "parfum" as a listed ingredient. We say fragrance and Europe says "parfum". You say potato.....and it is all the same thing.

According to the FDA, when the term "fragrance" is placed on a product label, it signifies "any natural or synthetic substances used solely to impart an odor to a cosmetic product."

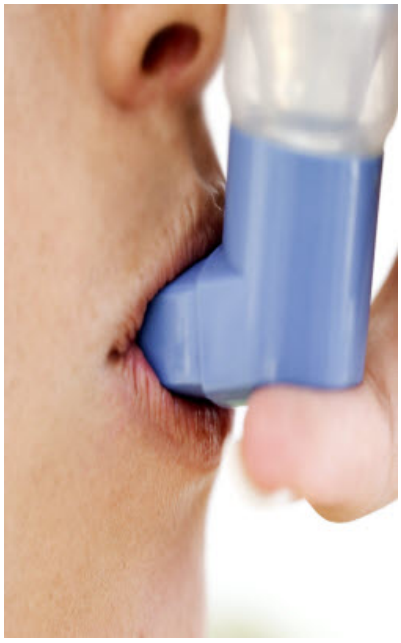
Any number of harmful chemicals could be grouped into this 'all too' convenient classification that we accept as "fragrance". Unfortunately we are so brainwashed to associate this term with nice /SAFE aromatic odors.

So who is overseeing what chemicals make up the fragrances in our cosmetics? In 1973, a safety program was started by the International Fragrance Association (IFRA). Strict standards were set and a safety code of ethics was to be maintained. Their continued goal is to oversee the safety of fragrances that are used as ingredients in cosmetic products. This is an independent, international scientific expert panel whose goal is to "promote the safe enjoyment of fragrances". You can read about the IFRA at www.ifraorg.org

Being the inquisitive person that I am, I'd like to know how the IFRA can conduct *valid* studies and experiments when the cosmetic companies are ALLOWED to hide the fragrance ingredients of their products! They are allowed to bundle all of the chemicals up into that one term, "fragrance". I don't get it.

Oh yes, did you know that the fragrance industry is self regulated through the IFRA? I'm not feeling overly confident at this point, knowing that hundreds or even thousands of innocent consumers continue to report reactions to the "fragrances" in their products. It would be nice if they could narrow down the possible irritants in order for them to avoid using a particular product or fragrance but it is nearly impossible since we do not know what ingredients are contained in the "fragrance".

How many people do you know that suffer from allergies and asthma? Speak to someone who has gone through a series of allergy shots and you'll feel for them. It takes months and sometimes years to narrow down a person's particular allergy.



It really makes me wonder. If this industry had more oversight or governmental regulation, could we potentially eliminate some of the suffering our family and friends go through because of the reactions they get from unknown "fragrances"?

I'm sure the big companies do not want regulation so why aren't they conducting more effective oversight?

Is there really such a thing as social, moral and ethical responsibility? I'm not so sure anymore. It appears to be all about profit.

In fairness to the companies who are out there and are trying to make a difference, we applaud you and appreciate you! I do not feel as though it would be fair to name any companies in this booklet.

I might fail to recognize a company that is doing the right thing. There are many great companies world wide and new ones sprouting up daily.

Corporate values and priorities change. What one "Big Boy" is placing in their products today may change by the time you read this booklet.

The voice of the people really does matter. The more pressure we place on the cosmetic companies, the greater the chance that rules can change.

Company organizational charts can change from time to time. With each new face that is added, a new vision could form. So in all fairness, we don't want to bad mouth a company today that is trying to make a difference as you read this.

Many companies are already making changes in their formulas. For example, some shampoo makers are removing sulfates from their ingredients. It's funny how they advertise "sulfate free" in their ads. Gee, are they just figuring all this stuff out now? Sorry, I couldn't resist that!

There is an abundance of information on line if you would like to learn more about fragrances that are in the products we purchase. The Environmental Working Group has a fantastic web site that has up to date articles on all of this information.

Remember, our goal is to arm you with data and help you find the information that you might need. Allow the experts to enlighten you so you can make informed decisions. Know that hidden chemicals are in some of our cosmetics under the classification of "fragrances".

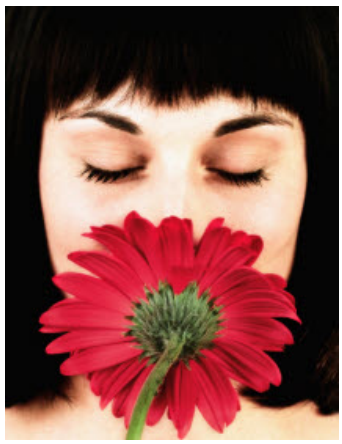
CHECK IT OUT: http://www.ewg.org/

THE NOSE REALLY KNOWS & DID YOU KNOW

The sense of smell is known as olfaction. Our olfactory nerves are directly connected to the brain and have been called the 'brain cells outside the brain'. The brain stores away memories of earlier smells & the nose can detect more smells than our ears can detect sounds.

Aroma affects our moods and emotions. The area of the brain that registers aroma and smells is linked by nerve pathways to the hypothalamus which is involved in the regulation of our bodies activities - like our endocrine system.

In her comprehensive guide to Aromatherapy, "***Aromatherapy An A-Z***", Patricia Davis wrote that people without a sense of smell can benefit from aroma-therapy treatment. When using essential oils, the oils are absorbed into the bloodstream either through the skin or inhaled through the lungs. So even without a sense of smell, the properties and benefits of pure essential oils can be achieved (although not all the mental or emotional benefits perhaps.)



Clinical observation proves 'fragrances' can affect the central nervous system, causing depression, hyperactivity and irritability.

Learn more at http://cosmeticsdatabase.com & http://ewg.org

HAVE YOU EVER THOUGHT ABOUT VISITING A LICENSED AROMA THERAPIST FOR NATURAL PRODUCTS?

Ancient civilizations (dating back to 2,890 BC) used plants in their natural form for medicinal & cosmetic purposes with proven results. Their natural fragrance was highly regarded and sought after. The constituents/chemical compounds in the plants had (and still have) different properties that were, and still are, used to remedy different ailments, personal care needs and cosmetic uses. Many drugs that we use today are directly derived from plant products.

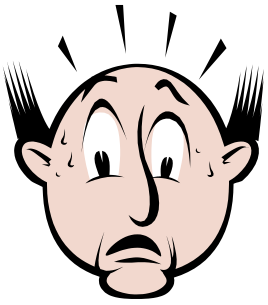
So if we know about these plants and we know about the properties they contain, why do we hear about "nature-identical" oils that are being used? Why are we "copying" nature when in fact the synthetic substances may have no therapeutic function?

I just wonder why we (the public) are not more aware of the options that we have. The problem is that we don't have time. We're all busy. We depend on big industry to keep us safe. If you have the time to make your own personal care products, I recommend it. It is so satisfying knowing that you have created an all natural and hopefully organic (if you have access to organic supplies) product. Again, I know that many people just don't have the time and it's not very realistic.

I will say it one more time - when you see "fragrance" listed on your personal care products, **BEWARE**. The term is used to indicate that that a <u>combination of compounds</u> - and it could be hundreds of them - that could include *phthatates*, are in that product. More on that later but studies are showing that phthalates can mimic hormones.

Fragrance Free? Are you sure about that? What chemicals are being used to rid the product of fragrance?

If you were around in the 1970's, you might have heard about - (don't even try to pronounce this beauty)- **acetyl ethyl tetramethyl tetralin**. Just looking at that word scares me. Anyhow, it was a chemical



used in detergents, soaps, perfumes and pretty much came under that wonderful 'fragrance' classification. This chemical was used for decades in cosmetic products in the United States. Researchers discovered the neurotoxic affects of this chemical when conducting tests in the laboratory on rats. It caused severe spinal cord injury and brain damage to the rats. The information is out there if you want to read it. I read some of the reports and it was not only scary but very sad. Sad not only for the poor laboratory animals but the fact that it took over 20 years for the cosmetic industries to withdraw this rather nasty, deadly, toxic chemical from their products. The very same products that our parents, grandparents and children sprayed or applied to their bodies. The same products that were absorbed through their skin. These products caused brain damage to laboratory rats!

My point here is that it took over 20 years to ban this substance from products. The FDA deemed it safe as they do many chemicals that are contained in our products today.

Folks, the chemicals in our cosmetic products are in fact absorbed through our skin. Know it! Chemicals can remain trapped in our bodies (fatty tissues) and get into our bloodstream.

I wonder how many disabilities could have been prevented back in the 1950's, 60's and 70's had we banned acety ethyl tetramethyl tetralin earlier.

HYDROQUINONE

The more we read and learn about the chemicals in our personal care products, it really makes you wonder about who we can trust to protect us from the potentially harmful ingredients. Critics have stated that the Cosmetic Ingredient Review Panel is funded by the cosmetic industry, the Big Boys. That's comforting!

This brings us to **HYDROQUINONE**. It isn't pretty, folks. Hydroquinone is an antioxidant, naturally occurring, white, crystalline phenol. Like most things, it is also manufactured and can be found in over the counter personal care products.

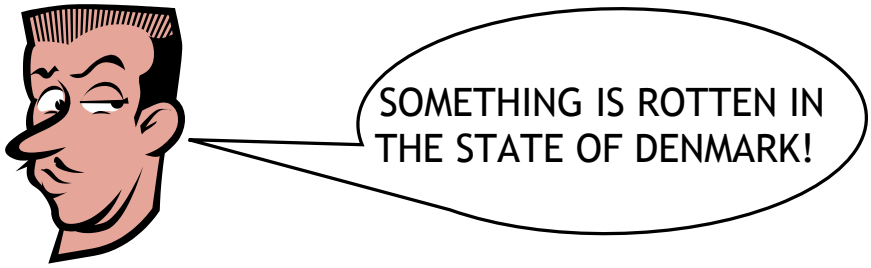
Hydroquinone can hurt you. No pussy footing around here. Ruth Winter advises us in her 6th edition of *A Consumer's Dictionary of Cosmetic Ingredients* that death has occurred from ingestion in as little as 5 grams of hydroquinone! (Roughly the equivalent of 1 teaspoon - a bit more). The following have also been reported by ingesting as little as 1/30 of an ounce (1 gram): nausea, vomiting, ringing in the ears, delirium, sense of suffocation, collapse.

Chances are very slim that we'll ingest this compound but don't get too comfortable. You are absorbing this Chemical through your skin if you use one of the hundreds (if not thousands) of products where hydroquinone can be found. The list is so extensive that it would take up countless pages if placed here in full. I will list a few but I suggest you visit http://cosmeticsdatabase.com to see how many of your products are listed. I love this website because they list the brand name of the products! Fantastic. Can you imagine the time and energy it takes to conduct all of that research?

Found In: Skin lighteners, fragrances, hair color and hair dyes, suntan lotions, moisturizers, toners, astringents, acne treatments, anti-aging products, hairspray and the list goes on....and on.

The following page is going to make your head spin. It infuriates me when I read about other countries like our Canadian neighbors who ban or prohibit a chemical for cosmetic use yet the Cosmetic Ingredient Review Panel (CIR) can conclude that it is safe in "specified concentration limits". Well, Uranium is safe in "specified concentration limits" (extremely small I admit) but you would not want that in your cosmetics!

Okay - who is conducting the oversight to ensure the "specified concentration limits" are being adhered to? If you read the testimony that Jane Houlihan gave to the House of Representatives in May of 2008, http://www.ewg.org/node/26545, you'll remember that no one really has our backs.



Did I mention that my husband uses it in his darkroom? Yes, it's a reducing agent used to develop his film. He wears gloves, too, when developing. Granted, it is in greater concentration but the studies prove it can affect us at low doses.

CANADA

Restricts or prohibits the use of Hydroquinone in Canadian cosmetics. There is a high human health concern based on exposure and toxicity. It is listed on the Canadian HOTLIST and not allowed on the skin of mucous membranes. Regarded as a possible human carcinogen & genotoxic to humans.

EUROPEAN UNION EU

Banned the use of Hydroquinone in skin lightener products. Limited evidence of carcinogenicity. Very toxic to aquatic organisms - concern around wildlife and environmental toxicity. Studies on animals have shown that Hydroquinone disrupts the endocrine system, and can irritate the skin at very low doses. Not to be used to dye eyelashes.

ENVIRONMENTAL PROTECTION AGENCY (EPA)

A known human respiratory toxicant, a hazardous air pollutant (HAP).

COSMETICS INGREDIENT REVIEW PANEL (CIR)

Are you sitting down? I wouldn't want you to fall off your treadmill or anything when you read this next bit. The CIR concluded the following in their research of hydroquinone in personal care products

- † Safe for use in cosmetics with some qualification and specified concentration limits
- † Safe for brief continuous use, followed by thorough rinsing
- † Unsafe in products left on the skin and not rinsed off
- † It is sensitizing which can result in itching, burning, scaling, hives, and blistering

Can someone please qualify what "brief continuous" use is? Hmm, and what if I forgot to rinse the product off because, oh, let's say the phone rang and I decided to have a conversation?

It's a good thing that this is a "G-rated" book because I could get into trouble if I repeated what I was thinking when I read this. AND IT IS STILL AN ADDED INGREDIENT IN HUNDREDS OF PRODUCTS!

ALLERGIC REACTIONS IN SKIN AND/OR LUNGS

REPRODUCTIVE TOXICITY HAZARDS SUSPECTED

ENVIRONMENTAL & WILDLIFE TOXICITY

DISRUPTS ENDOCRINE SYSTEM

NEUROTOXIC TO HUMANS

GENOTOXIC TO HUMANS

HAZARDOUS AIR POLLUTANT

CANCER HAZARDS SUSPECTED

MUTAGENIC (ANIMAL STUDIES)

VERY TOXIC TO AQUATIC ORGANISMS

LIVER TOXICITY HAZARDS SUSPECTED

GASTROINTESTINAL HAZARDS SUSPECTED

SKIN OR SENSE ORGAN TOXICITY HAZARDS

One of my favorite web sites to learn about these Chemicals is: http://cosmeticsdatabase.com

IMIDAZOLIDINYL UREA

Another common preservative that has direct links to contact dermatitis is **IMIDAZOLIDINYL UREA**. Countless skin patch test studies from one side of the globe to the other have revealed that this colorless, odorless and tasteless "nasty" is a well known skin irritant and can cause allergic reactions.

As we've discussed in previous sections, these chemicals and preservatives are sometimes listed as other names. Imidazolidinyl Urea's common trade names are Germall 115 and Germall II.

As I've also mentioned in previous sections, I am no scientist or expert in these matters but I've just got to ask a question. Do the chemical companies do this intentionally to confuse us? I mean come on now, how are we supposed to remember these names never mind pronounce them? How many alias' is a chemical allowed to have? Shouldn't there be a law about that?

If you are eating, please skip this paragraph. I don't mean to gross you out but just like Diazolidinyl Urea (I can barely type these words never mind say them), Imidazolidinyl Urea may be derived from animal urine or other bodily fluids. Animal studies also reveal gastrointestinal effects occur at high doses.

So we can conclude that this is another common preservative that is used in our personal care products that may release formaldehyde.

If you are the inquisitive type with a medical mind, please check out www.pubmed.org and research the studies that have been conducted coast to coast and pole to pole. See for yourself.

There is strong evidence that this is a human skin toxicant/sensitizer and it is a known human immune system toxicant. As of this writing, the Cosmetic Ingredient Review (CIR) Expert Panel concluded that Imidazolidinyl Urea is safe for use in cosmetic and personal care products. As of this writing, there are senators fighting to have these chemicals removed from baby products!

Found In: Facial moisturizer, acne treatments, hand cream, shampoo, conditioner, baby products, hair rinses, eye shadows, anti-aging creams, skin lighteners, curl activators, hair perms, BABY SUNSCREEN! blushes.

WWW.COSMETICSDATABASE.COM
FIND OUT IF YOUR BRANDS CONTAIN THIS PRESERVATIVE & CHECK OUT THE HAZARD RATING OF THE PRODUCT.

WHEN YOU LIFT IT OFF THE TABLE, READ THE LABEL

IODOPROPYNYL BUTYLCARBAMATE (IPBC)

IODOPROPYNL BUTYLCARBAMATE is a popular preservative that has been used for many years in the preservation of wood and water based paints. It has gone from being a fungicide and bactericide in wood and paint preservation, right into the preservation of our personal care products.

The CIR assessment concluded that IPBC is safe for the use in cosmetics up to concentration limits of less than 0.1%. It is not safe for products that are aerosolized.

Japan has restricted the use of IPBC in some of their cosmetics, and there are concentration limits set.

You can do some research and read about the studies that have been conducted on IPBC at http://www.ncbi.nlm.nih.gov/pubmed/. There is strong evidence of this preservative being a human toxicant. Human case studies have shown significant immune effects. Animal studies have shown that IPBC is a mutagen and affected livers of rats in feeding tests.

Found In: shampoos, conditioners, suntan lotion, body washes, hand wipes and more.

LEAD

Unless you have been living in a cave for the last 30 years, I don't think that I need to write about the many dangers of **Lead**. I'm sticking to the chemicals in cosmetics and your personal care products throughout this book. When we think about Lead, the first thing that comes to mind is paint and the issues of the lead content. There have been great strides made in this area & fortunately we have some great lead free paints.

I could go on about what comes to mind when we think about the dangers of Lead and the perceived awareness, but did you know that Lead is still in our personal care products? Oh yes.

I wouldn't have thought so, considering it was such a hot topic back in the early 1970's. Speaking of hot topics, Lead is on the Canadian Hotlist. It has been banned or found unsafe for the use in cosmetics. Canadian studies show limited evidence of carcinogenicity and it is bioaccumulative in wild-life and humans.

Sure, lead is a naturally occurring heavy metal that we can be exposed to through air pollution, and the food and water we consume. We are at risk from something from the moment we step out of bed, but that doesn't mean that a known 'probable' carcinogen should be allowed in my personal care products.

I don't think that any sane person is going to knowingly apply a personal care item onto their body that contains lead. Come on now!

Perhaps we can take another lesson from the State of California. California has placed Lead in Proposition 65, stating: Strong evidence of human development toxicant, strong evidence of human reproductive toxicant and the strong evidence of a cancer hazard is recognized!

WHAT IS WRONG WITH THIS PICTURE?

World Health Organization (WHO): states that Lead is a probable carcinogen

Environmental Protection Agency (EPA): states

- possible human carcinogen
- known human respiratory toxicant
- bioaccumulative in wildlife and humans
- wildlife and human toxicity
- it is a priority pollutant (Clean Water Act & The Resource Conservation & Recover Act)
- hazardous air pollutant
- it is persistent, bioaccumulative and toxic

Animal and Human Studies have shown:

- metabollic effects at very low doses
- carcinogenic in animals
- affected reproductive system in animals
- neurotoxic
- endocrine disruption
- absorbed into the skin
- reproductive toxin
- cardiovascular toxicity hazards
- hazards to the kidney, liver, skin, gastrointestinal and respiratory systems

If you want to read more on this, and I suggest that you do, please visit your local library, bookstore or utilize the internet. The truth is out there.

Of course regulations are in place for this poisonous, toxic, hazardous chemical. The regulations that are in place limit our exposures to Lead. You know, the allowable limits that are listed in parts per million and parts per billion? Have you seen any of this listed on your personal care products? Me neither. I have taken the following from the cosmeticsinfo.org website to help you understand the allowable limits.

Useful Fact: One part per million (ppm) is the scientific term used to denote one part in 1,000,000 parts which is the equivalent of one drop of water diluted into the fuel tank of a compact car or one second in 11.5 days. One part per billion is 1/1000 of a ppm or one second in 31.7 years. http://cosmeticsinfo.org/

WHAT'S IN YOUR LIPSTICK?

Do you recall the trouncing that the cosmetic industry took when it was discovered that our lipsticks contained lead? If you don't remember, please visit this safe cosmetics web site link: http://www.safecosmetics.org/article.php?id=283.

Call me crazy (which you may be doing by now) but I don't think we'd be buying any of this stuff knowing that a product contained Lead! Even after the bad press that the cosmetic industry received over the lead in the lipstick campaigns - **Lead is still found in our lipstick..... and we buy it.**

Folks, the terms 'safe' & 'lead' cannot be used in the same sentence! (Of course that was the exception!) By applying lipstick that contains Lead, we are absorbing it into our bodies via the skin and ingestion. Lead does NOT break down. It does not get eliminated from the body and will build up over the years. You already know what the long term consequences could be.

I'll get off my soapbox after I say this. Within the United States, the EPA has stringent regulation in place to protect the public water supplies and monitors the Lead content. It's a priority pollutant and the EPA monitors our water, waste and air. The EPA recognizes Lead as a possible human carcinogen.

The FDA has set Lead standards for the bottled water and food industries yet the FDA has **NOT** set any specific limits for amount of Lead that can be contained in cosmetics!

According to www.cosmeticsinfo.org, "the FDA has set limits on the levels of Lead that is considered 'safe' in the colors that are used in food, drugs and cosmetics." The colors? Oh, I forgot to mention something. There are also ingredients within our products that contain Lead. So our red lipstick might have "set limits" of the allowable content of Lead in the color but the other ingredients in the lipstick could also contain Lead.

It's not farfetched! Our lipstick and personal care items could prove to be toxic in some cases.

Lead can be found in many personal care products. I highly recommend that you visit http://cosmeticsdatabase.com. Look at the brand names of the products. How many of the items in your cosmetic bag or bathroom medicine cabinet can be found?

MERCURY

I never in my wildest dreams would have imagined that I'd be writing about **Mercury** compounds in our personal care products. As if the Lead wasn't scary enough!

For those of us that still have those ugly silver fillings, we can remember the mercury scare that surrounded our amalgam that was used some years back. It was determined by the U.S. Agency for Toxic Substances and Diseases that "no apparent health hazard to the general public" exists. The American Dental Association and the FDA concurred that our amalgams are safe. A few years ago, I began replacing mine. My choice. My decision.

If you or someone you know is pregnant or trying to get pregnant, I would suggest that they stop eating fish. The older and bigger the saltwater fish, the greater chance of being exposed to mercury. Methyl-mercury is found in long living fish such as shark, dolphin, walrus, whale, tuna steaks, Sea bass, halibut and oysters from the Gulf of Mexico. Think about the food chain.

<u>Some Long Term Health Effects</u>

- Mercury can interfere with the normal development of a fetus or a child's development
- Mercury is a neurotoxin! It can harm the central nervous center & the brain
- Mercury can mimic the hormones and disrupts the endocrine system
- Mercury can harm the reproductive system
- Mercury is an allergen

So if you are like me and give up eating walrus, you need to be aware that there are different types of mercury compounds and they can affect the nervous system in different ways. Studies have shown that even if the exposure stops (like me not eating walrus anymore), the effects can worsen as we age. Limit your exposure, please! By the way, I have never eaten a walrus. I was just trying to get your attention.

MERCURY ACCUMULATES IN THE BODY

IF INGESTED IN SMALL AMOUNTS, IT CAN BE FATAL

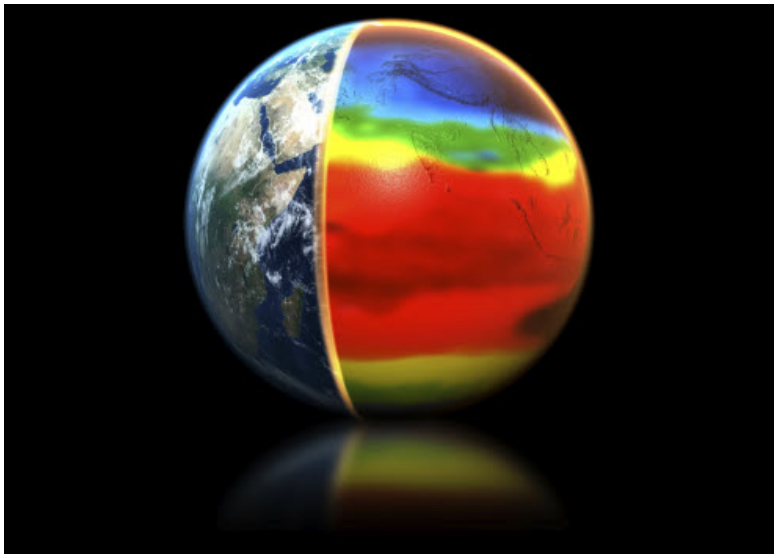
Up until the early-mid 1970's, mercury was used in many personal care products. Scary or what? If you used a skin lightener to remove freckles for instance, chances are it contained mercury. This has been strictly prohibited by the FDA. Mercury was also found in medicated soaps, hair products, cosmetics and facial masks. That was then.

This is now. Unfortunately, skin lighteners are entering the country illegally. Beware of what you are putting on your skin!

Back in 1974, the FDA banned the use of mercury in most personal care products and cosmetics. Did you catch the word, 'most'? In a regulated industry this may not be so scary but read on. Mercury compounds are allowed in cosmetic products in trace amounts - as a preservative. It is used in some eye care products - which is supposed to be the only allowed use. It's use is allowed in the eye preparations when there is no other alternative available to stop the growth of bacteria and germs. Note: Your eyes absorb chemicals very readily - more so than the skin!

The FDA states that 1 part per million (PPM) is allowable in cosmetics and it will not present a risk to our health. The level of mercury in the eye care preparations is very low, according to the FDA and industry experts.

Quite frankly, let's keep Quicksilver where it belongs - in a cave, somewhere in France or the inside of my thermometer.



Do you use mascara and cosmetics on your eyes? Guess what? There is an exception to the rule that allows mercury in mascara and eyeliner products!

This is such a serious and controversial issue that the State of Minnesota banned the sale of any cosmetics containing mercury in their State! **Hats off to Minnesota.** And why aren't the other states following their example?

Minnesota has gone above and beyond the federal regulations and are holding retailers and the cosmetic manufacturers accountable for their actions. Can you imagine that! Holding others accountable for their actions!

I just love this. Retailers in Minnesota can pay fines of up to $700.00 if they are found to sell any cosmetic that contains mercury. If manufacturers fail to disclose mercury on their product labels, they will be subjected to a fine of up to $10,000.00.

California has listed mercury on its official list of substances (Prop 65) that could cause cancer, cause birth defects or other reproductive harm. I highly recommend that you read about Proposition 65. A good website to visit is: http://www.oehha.org/prop65.html

Japan has banned and/or found the use of mercury in cosmetics unsafe.

Canada has restricted the use of mercury in their cosmetics.

The EU has banned the use of mercury in their cosmetics.

The World Health Org. classified methylmercury as a possible carcinogen

The EPA classifies mercury as a hazardous air pollutant (HAP), a known respiratory toxicant.

Mercury is persistent & bio-accumulative in wild-life and humans.

The EPA has classified Mercury as a priority pollutant (just like Lead)

A few vaccines containing mercury compounds, "Thimerosal*" have been reduced or eliminated.
REDUCED???

*The mercury compound Thimerosal, a preservative, is possibly linked to autism! This is a hot topic.

Considering that mercury is one of the most toxic element on Earth, I don't think that I want it in any product that I ingest, inhale, or place on my skin.

It's just insane that we are allowing this to go unchallenged when it comes to our health. I think it goes back to what I wrote earlier and I truly believe that we are all just too busy to really think about these matters. We just assume that someone would protect us and would never allow such toxic nasties to go into our personal care products. I mean no disrespect to our governmental bodies by what I am about to say here. I just find it so intolerable and unacceptable that sometimes our voices are not heard until something happens to a family member or friend of a government representative. It is inexcusable that a Senator finds something of this nature a 'worthy cause' only because it has affected his/her family.

Case in point - Rachel Carson, author of *Silent Spring*, had written about the dangers of chemicals and DDT. For years she had gone unnoticed and basically, unheard. Back in the 1960's she was fighting the chemical companies and all the Big Boys. But this one book changed the way the public thought, and also captured the attention of President Kennedy. It was because of Ms. Carson's persistence and writings that DDT was banned.

If someone listened to her earlier on - how many lives could have been saved? How many chronic illnesses prevented? How much collateral damage to wildlife could have been avoided?

If we can send men to the Moon, I believe that we can surely find another preservative to use in lieu of mercury. Come on now!

NANOPARTICLES

Wow, can you believe that our technology is so advanced that we are capable of engineering nano-particles that are 50,000 - 100,000 times thinner than a human hair? That's amazing. Actually, nanoparticles have been around for quite some time (quite possibly dating back to the 9th century and used in pottery).

Did you know that (as of this writing), nanoparticle technology is unregulated by the FDA? They are popular in sunscreens and we must now learn new terms when reading the ingredient lists, like 'micronization'.

You remember the lifeguard look on the beach with the white noses? It was a safer option to use the non-toxic zinc oxide & titanium dioxide but this often left a residue behind. They are powerful weapons against the sun's killer rays but vanity sometimes make us look into other Options. But these could prove to be much more harmful to our health in the long run. READ THE LABELS!

Scientists do not yet know what the long term health effects are when it comes to the use of man-made nano-particles. They can alter cell structure and that news is scary enough for me to read labels on my products and avoid them.

Want to learn more? There are plenty of websites That can offer information but here's one to start with:

http://www.naturalnews.com/024916_nanoparticles_health_cancer.html

Educate yourself and your family. At least understand what is being put into your personal care products and then you can make an educated decision as to whether or not you want to use them.

NATIONAL GEOGRAPHIC GREEN GUIDE

Everyone has either watched a *National Geographic* television series or perused one of their exceptional publications. In my opinion, *National Geographic* is one of the world's leading sources for providing the greatest educational tools, filled with information that we can all use.

Have you visited their on-line green guide yet? In September 2007, Catherine Zandonella contributed an article that was posted on the green guide. It is titled, "*The Dirty Dozen Chemicals in Cosmetics*". It is right there for the world to read but I fear that either no one is taking this seriously enough or we don't have enough folks lobbying on the side of safety.

The National Geographic Green Guide lists the following twelve chemicals to avoid:

ANTIBACTERIALS	LEAD & MERCURY
COAL TAR	NANO PARTICLES
DIETHANOLAMINE (DEA)	PARABENS
1,4 DIOXANE	PETROLEUM DISTILLATES
FORMALDEHYDE	P-PHENYLENEDIAME
FRAGRANCES	HYDROQUINONE

http://www.thegreenguide.com/personal-care/dirty-dozen/2.

PARABENS

This is getting quite scary, isn't it? I'm honestly not sure if that is a good thing or a bad thing at this point. My intentions when writing this booklet were only to arm you with information in order for you to be a well informed consumer. Who has time to truly research all of this information? I'm beginning to think that I am only scratching the surface of something that is much bigger than little ol' me. So perhaps this is an eye-opening booklet that has scared you just enough to peek your curiosity and encourage you to begin sifting through your personal care products.

Parabens have been used for donkey's years (that is a very long time) in our personal care products. They are synthetic chemical preservatives that are used to extend the shelf life.

It is estimated that 75 to 90 percent of our cosmetics contain these nasties! I repeat..... 75 to 90 percent of our cosmetics contain parabens.

In 2004, British researchers conducted a study on twenty women with breast tumors. Nineteen out of the twenty women studied had traces of 5 different parabens in the breast cancer tumors. These parabens were intact. The study did show that parabens do in fact penetrate the skin.

According to cosmeticsinfo.org, "parabens have been used for decades as preservatives in the food, drug and personal care and cosmetic industries".

Long time exposure to parabens is questionable, as they are absorbed through the skin. Parabens are thought to be very toxic and if you read an MSDS label on these beauties, you'll question the brainiacs that have deemed parabens safe in our products.

The World Health Organization (WHO) and the Environmental Protection Agency (EPA) consider parabens an "unclassifiable carcinogen". These chemicals have been found in urine samples from adults throughout the United States, regardless of the person's socio-economic background.

There has been much concern and research about the estrogenic effects of parabens yet the FDA states that parabens are safe. Excuse me, but didn't anyone tell the FDA about what the 2004 British research discovered? Be honest with us, FDA! Come on now!!

You can read about the different research that has been conducted, it's no secret. Read a bit and then you can decide what is best for your family.

Read the labels on your personal care products. I am a firm believer in research and will take heed of the warnings by the EPA, WHO and the British. If they say that parabens can mimic estrogenic activity, then I believe them. I have thrown out everything that had any of the following parabens on the label:

METHYL ETHYL PROPYL
BUTYL ISOBUTYL

PHENONIP - a preservative blend of parabens - a paraben cocktail called **PHENOXYETHANOL**

Do you want to see what's in your products? Here is a fantastic website to visit. You can see if your products have the above parabens in them (or any other chemicals that we've talked about).

http://householdproducts.nlm.nih.gov/index.htm
Provided by the National Institute of Health
US Department of Health & Human Services

Thanks must go out to the **Campaign for Safe Cosmetics**. In December of 2008, they revealed that some of the leading cosmetic manufactures, the 'Big Boys" as I so fondly refer to them, are beginning to reduce the amount of toxic chemicals in cosmetics and personal care products.

The **Campaign for Safe Cosmetics** is an amazing group. I encourage you to visit their website at http://www.safecosmetics.org/. You can read the latest news on what is going on in the cosmetics and personal care arena. You can take action against various companies, etc. and find out what chemicals are being placed in your products.

BETTER YET - you can find out how to voice your opinion in order to STOP the chemicals from being added to your products.

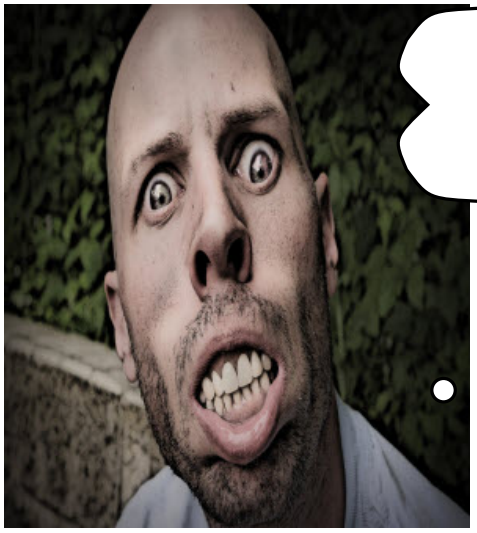
Parabens are still found in (but not limited to):
Baby lotions and baby products, shampoo, conditioners, hair gels, facial creams and moisturizers, foundations, deodorants and skin creams.

Our voices obviously aren't loud enough. We need to yell louder - better yet, we need more consumers to take a few minutes out of their hectic day to just visit a few of these websites. The information is there for you. The various organizations listed throughout this booklet have done all the work for us.

Your voice matters. You can make a difference.

Cosmetic companies need to STOP using harmful ingredients in our products and that is the bottom line. Their unsafe practices won't change until your voice is heard.

PETROLEUM DISTILLATES



Petroleum Distillates

They are in the products that we use everyday yet in all likelihood, we just don't think about them.
Until now.

Petroleum distillates are a mixture of volatile compounds that are obtained from petroleum. Often referred to as petro-chemicals and hydro-carbons. They may also be listed on ingredient lists as:

White Spirits, Stoddard solvent, Naphtha, Paraffin Petroleum distillate, Waxes, Organic Solvents, Light Liquid, Petroleum Distillate Fractions

The European Union and Environmental of Canada have publicly acknowledged that concerns arise from the use of petroleum distillates and they are possible human carcinogens.

More confusion exists about the use of petroleum distillates in our cosmetics. Check out the cosmeticsdatabase website and you can read for yourself.

PETROLEUM DISTILLATES

There may be a need for petroleum distillates in our homes and workplaces but I don't necessarily believe they should be in our cosmetics or food!

Here is a paragraph taken from the Environmental Working Group's website. You can read the article in full at http://www.ewg.org/natrual_gas_drilling_new_york

"Our research shows that petroleum distillates are likely to contain benzene, one of the aromatic hydrocarbons identified by the state. The EPA has found benzene to be a known human carcinogen that is toxic in water at levels greater than five parts per billion. Petroleum distillates are also likely to contain all of the so-called BTEX chemicals - benzene, toluene, ethylbenzene and xylene. The EPA has concluded that all of these substances are toxic in water at very low levels."

This article was written in reference to drilling. (A Very HOT TOPIC right now in light of the horrendous spill that is occurring as of this writing of the Gulf Coast.)

My point is this - Why on earth would we want to use products on our skin that contain petroleum distillates?

Toxic is toxic is toxic is toxic.

I double dog dare you to visit the cosmeticsdatabase online website NOW. Look at the product names that contain these contaminants. Here is the direct link for the petroleum distillate information:

http://www.cosmeticsdatabase.com/ingredient/704787/PETROLEUM_DISTILLATES/

Found in (but not limited to): mascara, foundation, concealers, hairspray, deodorant, nail polish, wart removers, sunblocks, and the list goes on.

It is so darned frustrating reading all of this data and proven documentation about the toxicity of these ingredients in our products, water and food. Yet the CIR Expert Panel has concluded that petroleum products are safe to use as ingredients in our cosmetics.

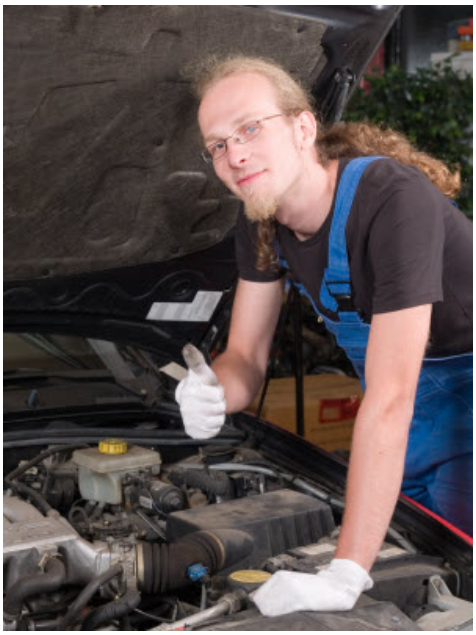
The European Union has banned or restricted the use of petroleum distillates in cosmetics.

DO YOU REALLY WANT TO USE PRODUCTS ON YOUR SKIN AND HAIR THAT ARE ALSO USED IN PAINT THINNERS, MOTOR OIL, TAR & PESTICIDES?

Check out this website for some healthier options

http://www.sixwise.com/newsletters/05/03/08/petroleum-distillate-in-your-lip-gloss-and-furniture-polish-shown-to-cause-tissue-disease.htm

PROPYLENE GLYCOL



Mechanics work around Propylene Glycol everyday. It is found in your car's brake fluid and antifreeze. Oh yes, it is commonly found in moisturizing agents because it 'Locks in' moisture.

So the next time you bring your car in for a tune-up, why not ask the mechanic to give you a facial? We might as well!

Do you really want to freak out? Sorry ladies and gents, but it's commonly found in 'personal' lubricants. Yep. I don't want to get too personal here but you might want to think twice the next time you reach over for that 'Silky, moisture enhancing, soothing Aloe and Vitamin E intimate v..... moisturizer. SCARY!!!!!!!!!!!

This adds a whole new meaning to the term lube job. Wow, we can really kill 2 birds with 1 stone the next time we bring the car in to the shop! (Sorry)

There are different variants of Propylene Glycol and It's important that you learn about them.

This information has been taken from one of my favorite references, **A Consumer's Dictionary of Cosmetic Ingredients,** by Ruth Winter, M.S.

Propylene Glycol Alginate: derived from seaweed, the most common moisture carrying vehicle in cosmetics besides water. Used as a stabilizer and defoaming ingredient in cosmetics and food.

Propylene Glycol Dicaprylate/Dicapriate: A gel that is used in emollients. The CIR Expert Panel claims this is safe in our cosmetic ingredients.

Propylene Glycol Dicoconate: Propylene glycol esters and coconut fatty acids mixture. Based on available data, the CIR Expert Panel claim it is safe as a cosmetic ingredient.

Propylene Glycol Dioleate: Skin conditioner and thickener.

Propylene Glycol Dipelargonate: Used as a skin conditioner and thickener in makeup and moisturizers. The CIR Expert Panel claim it is safe to use as cosmetic ingredient based on available data.

Propylene Glycol Laurate: Emulsifying ingredient for solvents, cosmetic creams and lotions. Can cause allergic reactions but has been classified as a safe ingredient in cosmetics by the CIR Expert Panel.

Propylene Glycol Myristate: Emollient in skin care preparations- classified as safe in cosmetic products by the CIR Expert Panel.

Propylene Glycol Stearate: Commonly used emulsifer. The CIR Panel thought it safe in the 1980's but are considering new information to see if the decision needs to be amended. (???????????)

Propylene Glycol <u>Stearate SE:</u> Another widely used emulsifier that was found safe (by the CIR Expert Panel) in the 1980's. The panel is now considering new information to determine if the final safety assessment should be amended or reaffirmed.

The bottom line here is that it appears Propylene Glycol is widely used in so many of our personal care products - in one form or another.

It has been deemed as 'safe' for use by the CIR Expert Panel but as you can see, some of the variants are being re-evaluated for safety.

I'm not the scientific expert. From all that I have read, It is obviously in too many of our products and has been classified as a known skin irritant.

If anything, I hope that you are now aware of the many uses of this ingredient. Conduct a little research on your own on the many available websites that we mention in this booklet.

The information is out there and it's up to you to determine what is best for you and your family.

QUATERNARY AMMONIUM COMPOUNDS (QUATS)

So many preservatives, so little public literature. The QUATS could be skin toxicants and are found in many skin lotions, mascaras, foundations, shampoos, baby shampoos, cleansers and other personal care products.

If you suffer from skin allergies, check for the ingredient **Quaternium-15**. It has been listed as one of the top 10 skin allergens on www.sixwise.com.

Sure, we need preservatives to keep our products bacteria free. But just how much of this do we need and who is regulating and inspecting the amounts used in our products?

If you have had the time to research some of the ingredients, you'll notice that many of the chemicals have been determined 'safe' by 'experts' in 'limited concentrations'. That's all fine and dandy but who are we relying upon to ensure our safety? The producers of these products? Are you beginning to see just why the cosmetics industry needs to be regulated?

Before we walk out the door in the morning, who knows just how many chemicals are being absorbed into our skin! Day after day. Week after week. Month after month. Year after year. There is a reason why many folks are trying alternative natural products.

Quaternarium-15 is a formaldehyde releaser(read that chapter) and is the number ONE cause of dermatitis from preservatives. This information was confirmed by the American Academy of Dermatology.

The information is documented for everyone to read, but again, who has the time to conduct all of this research? The PubMed website is a good place to research the results that have been observed through various testing.

Here is the definition of **Quaternary Ammonium Compounds** right from **A Consumer's Dictionary of Cosmetic Ingredients,** by Ruth Winter, M.S.

"A wide variety of preservatives, surfactants, germicides, Sanitizers, antiseptics and deodorants used in cosmetics. Benzalkonium chloride is one of the most popular. Quaternary Ammonium compounds are synthetic derivatives of ammonium chloride and are used in aerosol deodorants, after-shave lotions, anti-dandruff shampoos, antiperspirants, cuticle softeners, hair colorings, hair-grooming aids, hand creams, hair-waving preparations, mouthwash, hand creams, and regular shampoos. Diluted solutions are used in medicine to sterilize the skin and mucous membranes. All the quaternary ammonium compounds can be toxic, depending upon the dose and concentration. Concentrated solutions irritate the skin and can cause necrosis of the mucous membranes. Concentrations as low as 0.1 percent are irritating to the eye and mucous membranes except benzalkonium chloride, which is well tolerated at such low concentrations. Ingestion can be fatal.

QUATERNARIUM-15: "A water soluble antimicrobial ingredient that is active against bacteria but not very active against yeast. It is a formaldehyde releaser, and is the number-one cause of dermatitis from preservatives, according to the American Academy of Dermatology's Testing Tray results. It is a teratogen in rats when administered orally but not on the skin. Conditions which favor rapid absorption from the skin, therefore, might be expected to increase the risk of birth defects. Although it is a potential sensitizer, the CIR Expert Panel says based on available data it is safe as a cosmetic ingredient. It is widely used in shampoos and other hair products, face and body lotions, bath products, makeup and cleansers as well as sun-tan preparations and manicuring products.

AKA

QUATERNARY AMMONIUM COMPOUNDS (QUATS) ARE SOMETIMES LISTED ON AN INGREDIENT LIST AS:

BENZALKONIUM CHLORIDE

CETRIMONIUM BROMIDE

QUATERNIUM-15

QUATERNIUM 1-29

SODIUM LAURYL SULFATE (SLS)

As of this writing, we are seeing more and more awareness and campaigns against the use of ***SLS*** in our personal care products. A couple of years ago, we never would have known what **Soduim Lauryl Sulfate (SLS)** was. Now, more and more companies are advertising that their products are "SLS free". You'll find this advertising popular with the shampoo products you may use.

Good for them! It's about time. Considering that SLS is used to degrease car engines, you'd have thought that someone would have used a healthier alternative years ago. For that matter, why was it ever used in our personal care products??? Sure it helps give a nice foam that we have become accustomed to while washing our hair and bodies BUT did you know that SLS will actually REMOVE moisture from your skin?

If that isn't bad enough, here a few more tidbits that might have you reaching for the ingredient list on your body washes and shampoos.....

- SLS is used as a surfactant
- SLS may cause irritation to eyes, mouth, skin & scalp
- SLS may harm cell function
- SLS is absorbed into the body and can stay in your body for up to five days
- SLS my cause hormone imbalance
- SLS can cause damage to hair follicles and create hair loss
- SLS has been associated with eczema

So why do you think the big companies have had a sudden change of heart and are taking SLS out of their personal care products? Think about this question.

Do you think they did it to protect our children from the potential harmful side effects?

Well, yes and no.

They did it because of you!!!!!!!!!!!!

Yes, that is right. They are removing SLS from their products because your voices matter. Your emails, letters of concern, phone calls, etc.. do matter.

Watch dog groups such as the Environmental Working Group are getting word out to us and fighting the 'Big Boys'. Healthychild.org are trying to make sure our kids are protected against harmful ingredients and trying to create a healthier future.

There are so many wonderful websites that offer valid information and we couldn't even begin to list them all. We try to list some of them throughout this booklet.

If anything, try and purchase the dictionary that I so often refer to, **A Consumer's Dictionary of Cosmetic Ingredients**, by Ruth Winter, M.S.

The following snippets are directly from the cosmeticsinfo.org website in reference to SLS safety information:

"The CIR Safety Review: SLS and Ammonium Lauryl Sulfate are irritants at concentrations of 2% and greater. Irritation increases with the concentration of the ingredient. In some cosmetic formulations, however, the irritant properties of SLS and Ammonium Lauryl Sulfate are attenuated. The longer these ingredients stay in contact with the skin, the greater the liklinhood of irritation, which may or may not be evident to the user."

"Although SLS is not carcinogenic, it has been shown to cause severe epidermal changes to the area of skin to which it was applied. Other studies found heavy deposition of the detergent on the skin surface and in the hair follicles; damage to the hair follicle could result from such deposition."

These surfactants may also be listed on your Ingredient as:

Sodium Lauryl Sulfate (SLS)
Sodium dodecyl sulfate
Sodium Laureth Sulfate (SLES)

SLS and SLES have been used in our personal care products as emulsifiers that assist in the lathering and foaming properties. They are still in many of our products and I highly recommend that you begin looking at the ingredient lists.I can't tell anyone what to do but I'll tell you that avoid these ingredients at all costs, now that I am aware of the potentially harmful side effects.

P.S. The CIR Expert Panel found this safe in the early 1980's but is now considering new information to determine if the final safety assessment should be reaffirmed.

Here are a few places that you can find this humdinger?

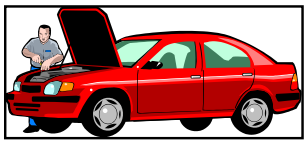
The next time you reach for that toothpaste or whitener, make sure that you know what you are putting on your pearly whites!

If you want to keep your hair looking healthy, check the ingredient list on your shampoo, hair coloring products, bleaching products, dandruff and scalp treatments.

If you see SLS as an ingredient, you may want to look for other options.

Before you slather on that body lotion or body wash, you'd better check the ingredient list!

You might be doing more harm than good to your skin & body.



Engine degreaser
Car Wash Soap

Carpet cleaner soaps

TAKE HOME MESSAGE

PERSISTENCE PAYS OFF (EVENTUALLY)

DON'T BE AFRAID TO EXPRESS YOUR OPINION

OUR OPINIONS DO MATTER. JUST THE FACT THAT COMPANIES ARE REMOVING SLS FROM THEIR PRODUCTS IS THE PROOF OF THE PUDDING

SUPPORT THE WATCHDOG GROUPS THAT ARE KEEPING A CLOSE EYE ON THE COSMETICS INDUSTRY

STEARALKONIM CHLORIDE

Stearalkonium Chloride has been given a low hazard classification on the Skin Deep website and you can read all about it at www.cosmeticsdatabase.com.

If you conduct a bit of research on this chemical, you'll find that some other organizations suggest that it is a toxic ingredient. Here is just a bit of information that will help you decide what is best for you. Hopefully you will conduct some research of your own.

1. It is a Cationic Quaternary Ammonium Salt (we've covered the "quats")

2. Originally developed as a fabric softener

3. Studies on animals have shown brain & nervous system disorders at moderate levels

4. The European Union has issued restrictions on the concentration levels used in cosmetics and personal care products

5. Has caused allergic reactions in humans

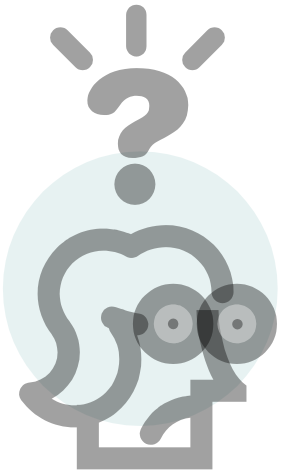
6. Environmental Canada states it is suspected to be an environmental toxin and is flagged for aquatic toxicity

7. The CIR Expert Panel had reevaluated this chemical in 2001 and reaffirmed that it is safe for use in cosmetic and personal care products

8. Used in our hair products to help add shine or help us comb through hair easier. It is less expensive to use than healthier alternatives such as proteins or herbal ingredients.

At first reading, I thought that it can't be too bad if it's classified as a 'low hazard'. Remember now, this is just my own personal opinion here and I'm not the scientist or expert.

Quite frankly, I am going to do my best to avoid this ingredient. Why, you may ask? Well, I do not want to use anything on my scalp, hair or body that is also used in BRAKE FLUID & ANTIFREEZE!!!!!



And why is it that the more we read up on these ingredients, the more it sounds like we are using the Materials from a 55 gallon hazardous waste drum?

TRICLOSAN

You don't even want to know! When I first read about **Triclosan**, I used an expression from the TV Show, ***The Real Housewives of Atlanta*. "SHUT THE FRONT DOOR!"**

Let's begin with what **Triclosan** is used for. It is an antibacterial ingredient (anti-microbial), used to prevent or reduce bacteria from contaminating consumer products. It is a preservative, also used in furniture, clothing and toys.

If you use an antibacterial soap, go check the ingredient list. You'll most likely see this listed. After conducting some research of your own, you may want to 'wash your hands' of this ingredient forever!

Canada has restricted the use of Triclosan in cosmetics. Environmental Canada has flagged this ingredient as suspected for aquatic toxicity. It has been flagged as a persistent ingredient and bio accumulative in wildlife.

The European Union has classified Triclosan as an irritant to eyes, skin, lungs and it is dangerous to the environment. It has also been classified as having high environmental toxicity.

Triclosan was first registered **as a pesticide** in 1969, according to the Environmental Protection Agency (EPA). If that doesn't scare you, I don't know what will! A pesticide!

Take the time to read this article from a UK Health report on line. It's an eye opener.

http://www.health-report.co.uk/triclosan.html

You just can't imagine the amount of products that you can still find Triclosan in today! Studies have shown that this ingredient can cause:

ALLERGIC CONTACT DERMATITIS

EPA GIVES IT HIGH SCORES AS A RISK TO THE PUBLIC HEALTH & ENVIRONMENT

DECREASES FERTILITY IN LAB STUDIES

CAN CAUSE BIRTH DEFECTS

TRICLOSAN IS OFTEN CONTAMINATED WITH DIOXINS (CARCINOGENS)

ALLERGIC REACTIONS WHEN USED IN FOOT SPRAYS

Where is it found? I don't think I've got enough time to type the various products, they are so numerous!

ANTIPERSPIRANTS, DEODORANTS, BODY SOAPS, ANTI-BACTERIAL SOAPS, BODY WASHES, COSMETICS, TOOTH-PASTE, ANTI-AGING PRODUCTS, HAND CREAMS, VAGINAL DEODORANT SPRAYS (OUCH), FOOT SPRAYS, CLOTHING, TOYS, FURNITURE, LIPSTICK, MANY ANTI-BACTERIAL PRODUCTS, EYE SHADOWS, ACNE TREATMENT, TOOTH WHITENERS, SHAMPOOS, CONDITIONERS, BATH OILS, TONERS, ASTRINGENTS, FACE MASKS, BODY SPRAYS.

So what is the FDA doing about all of this? I'm glad you asked! On April 8, 2010, they updated their web-site addressing the public concerns on Triclosan.

The nutshell version of this statement is that Triclosan provides a benefit for some consumer products. (SOME??) They stated that they (FDA) do not have sufficient data or evidence to recommend changing consumer use of products that contain Triclosan as an ingredient.

I'll say it again. Shut the front door!

Read it for yourself - here is the direct link:

http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm205999.htm

Come on now, this stuff has been classified as a pesticide since 1969. Can someone please define what sufficient data is and exactly how much time must pass before we begin to see things for what they are?

READ ON!!

http://www.beyondpesticides.org/pesticides/factsheets/Triclosan%20cited.pdf

ARE YOU GETTING ANGRY YET?

WHAT CAN YOU DO?

YOU CAN TEAM UP WITH WALMART

AND THE **CAMPAIGN FOR SAFE COSMETICS** TO

GET TRICLOSAN OUT OF OUR PRODUCTS!

VISIT THIS WEBSITE TODAY AND SIGN THE CAMPAIGN

http://org2.democracyinaction.org/o/5500/p/dia/action/public/?action_KEY=2578

VISIT THE CAMPAIGN FOR SAFE COSMETICS WEBSITE

TODAY

STAY UP TO DATE

LEARN ABOUT THE LAWS

SEE WHAT IS BEING DONE TO PROTECT THE PUBLIC

LEARN ABOUT THE DIFFERENT PRODUCTS

THE GOOD

THE BAD

THE UGLY

BEFORE YOU APPLY THIS

YOU MAY WANT TO DON THIS MASK

TALC

Similar in composition to asbestos, prolonged inhalation of **Talc** can cause lung problems. We all remember asbestos and the long term affects it had on the unfortunate souls who were exposed to it. Talc is what gives our powders and creams that nice slippery feeling that makes a product glide across our skin.

Scientific studies have shown that routine use of talcum powder in the genital area is associated with a three-to-four fold increase in the development of ovarian cancer. We've heard about this hazard for many years but it appears that we are not heeding the warnings.

Brigham and Women's Hospital in Boston observed that out of 215 women that had ovarian cancer, 32 of them had been using a talcum powder on their genital area or applying it to their sanitary pads. The talc works it way into the reproductive tract and could set the stage for the dreaded disease.

I can remember when I was a very small child that my grandmother used a little puffer to apply talcum powder all over me. It made me laugh, feel soft and smell good. Looking back, it probably made me cough and Lord knows what fragrances were added! We know better now. Or do we?

Linked with respiratory damage with long term use, it sort of makes you think about all those times you've applied blush, bronzer and eye shadow to your face!

If you are like me, you swish your brush around the blush or bronzer, blow the loose particles off the brush and then apply the powder. Gee wiz - how much talc do you think we've inhaled through the years!!!! Yikes.

The alternative can be cornstarch based powders and creams. They are out there but you need to read the ingredient list and make the smart choice.

Did you know that cornstarch contains natural properties that are anti-inflammatory? It soothes the skin and sure beats talc at this point.

***Talc can be Found in*:**

Baby powders
Face powders
Face bronzers & Blush
Eye Shadow
Facial Masks
Foot Powders
Face Creams
Mascara
Concealers
Antiperspirants
Deodorants
Eyeliner

If anything, keep the powders containing talc away from children. Use caution when applying your makeup and try not to create a cloud of blusher or bronzer in your bathroom when you are getting all dolled up.

Protect your lungs and most importantly, the lungs of the innocent children that may be affected by your choices.

TRIETHANOLAMINE (TEA)

Triethanolamine (TEA) - often used as:

A synthetic Emulsifying Agent

A 'fragrance' (don't even go there!) ingredient

A Buffering Agent

A Surfactant

Make sure you wash your fruit and veggies because there is a very good possibility that TEA has been used as an ingredient on their coating. Even though it could be in the tiniest of concentrations, I'll stick to organic after learning about this 'nasty'.

The FDA claims that TEA is safe for limited use in food as an additive. The CIR Expert Panel states that TEA is safe for use in cosmetics, subject to concentration limitations. However....f***or products intended for prolonged contact with the skin, the concentration should not exceed 5 percent and be used only in "rinse off" products***.

I only ask that you read the bit of information that I have collected and then perhaps conduct some of your own research. After you have armed yourself with some information, you might rethink some of your options when making purchases for yourself and your families.

Triethanolamine is an irritant. Studies suggest there is strong evidence that it is a human immune and respiratory toxicant.

TEA is a sensitizer and can cause itching, burning, hives and blistering of the skin. It could induce an allergic reaction in skin and lungs and aggravate asthma.

It is highly alkaline and over 40 percent of cosmetics containing TEA have been found to be contaminated with nitrosamines (carcinogens!).

The Department of Labor & the Occupational Safety & Health Administration (OSHA) list the following on their website as far as chemical sampling on TEA:

http://www.osha.gov/dts/chemicalsampling/data/CH_273550.html#general

Health effects: Irritation to Eyes, Nose, Throat, Skin Respiratory sensitization (asthma), Dermatitis

This link also describes the outcome of some lab tests on some unlucky animals. It ain't pretty. You can peruse many web sites and read about the test results from many other studies that have been conducted. The University of Bologna in Italy has determined that TEA is the most frequent sensitizer among the commonly used emulsifiers in cosmetics today.

This is the chemical safety card information from The CDC: http://www.cdc.gov/niosh/ipcsneng/neng1034.html

TEA is used in cosmetics to adjust the pH and some parts of Europe have banned this chemical from being used in cosmetics.

Environmental Canada classifies TEA as expected to be toxic or harmful and have given it a medium human health priority. Flagged for suspected persistence.

When TEA is combined with certain chemicals, it will become carcinogenic! Tumor growth has occurred in studies with mice and toxicity to the aquatic environment has been proven.

Let's go back to that statement from the CIR Expert Panel, "In products intended for prolonged contact with the skin, the concentration of TEA should not exceed 5 percent".

Has anyone seen, ***GOOD HAIR*** ? You know, that documentary written by Chris Rock... I strongly believe that if you watch this documentary, you might rethink your hair-care regime. This documentary can prove what we are writing here about the potential side effects (burns, blistering, etc.)

http://festival.sundance.org/2009/film_events/films/good_hair

TEA is also used in photography. It is an organic solvent that prevents chemicals from oxidizing.

TEA is used as an ingredient to grind cement. It helps facilitate the grinding process.

TEA is used in perm solutions, ladies and gents. The next time you head into the salon, you might want to try a healthier cocktail on your hair made of an enzyme based solution.

TEA can be found in (but not limited to):

Here are just a few of the very many websites that we encourage you to to visit for further information on the chemicals used in our personal care products. Some of the information that we collected were from these sites:

www.epa.gov

www.cosmeticsinfo.org

www.cosmeticsdatabase.com

www.healthychild.org

www.cosmeticsdesign.com

www.cosmeticsandtoiletries.com

www.ewg.org

www.scorecard.org

www.mypure.co.uk

www.safecosmetics.org

www.organicmakeup.ca

www.naturalnews.com

www.pubmed.gov

www.sixwise.com

www.celebrateorganic.com

www.health-report.co.uk

Here we are, one year later after researching this material. I think that this is just the tip of the iceberg for me. We even started our all natural soap company as a direct result of this research!

Please take the time to peruse our website for all natural body soaps, shaving soaps, shampoo bars, hair Gels, astringents, toners and organic ACV tonics.

On this journey I have found many surprises and, quite frankly, been startled at the revelations. If we don't stop and seek healthier alternatives then we are playing with fire. The data is there... The evidence is staring us in the face. It is time we woke up and smelled the preservatives.

There are many alternative ingredients to the harmful ones that we have written about. Just stop by your local health store and learn about them. For instance, you can probably begin by looking right in your kitchen! You could whip up one of the healthiest facials from your fruit basket.

I'd like to thank my husband for bearing with me during this last year. He often found a barrel full of personal care products on the kitchen table for my examination. Then he'd find them in the garbage can. I wonder if I should have dropped them off at a hazardous waste center! I'd also like to thank three special friends who actually started me on this journey (without knowing it). Thank you Janet, Nancy & Ginella.

Susan 2010

www.findhornaromatics.com