

TOP 10 UNTOUCHABLES

What you put on your skin can go into your body to affect your health and sense of well-being—either negatively or positively. YOU CAN CHOOSE WHICH... if you know the facts (which the "cosmetic conspiracy" wants to hide from you). As your body's largest organ, your skin is your most important immune defense barrier as well as your largest organ for eliminating waste. Commercial products with harmful petroleum ingredients can plasticize and "constipate" your skin, making germs more likely to get in and toxins less likely to get out of your body. The result: Neither you nor your skin is as radiant and healthy as you could be!

Every day we use products that we think are safe; but the truth is that products are NOT always safe—and manufacturers don't have to tell us so. Ever since 1938—when the FDA granted self-regulation to the cosmetics industry—such products can be marketed without government approval of ingredients, regardless of what tests show. Most of the 25,000 chemicals used have not been tested for long-term toxic effects, in a typical day, you might be exposed to over 200 different chemicals, many of which are suspected of causing cancer or juggling hormones. EPA tests conclude that ingredients in shampoos, dyes, and other personal care products "may be playing havoc with hormones that control reproduction and development"

START CHECKING ALL PRODUCT LABELS! AVOID THESE HARMFUL, HAZARDOUS TOUCH-ME-NOT INGREDIENTS!

Alcohol, Isopropyl (SD-40): a synthetic that is a very drying and irritating solvent and dehydrator. It strips your skin's moisture and natural immune barrier, making you more vulnerable to bacteria, molds and viruses. It is made from propylene, a petroleum derivative, and is found in many skin and hair products, fragrance, antibacterial hand washes as well as shellac and antifreeze. It can act as a "carrier" accelerating the penetration of other harmful chemicals into your skin. May promote brown spots and premature aging of skin. *A Consumer's Dictionary of Cosmetic ingredients* says it may cause headaches, flushing, dizziness/mental depression, nausea, vomiting, narcosis, anesthesia, and coma. Fatal ingested dose is one ounce or less. Alternative: BGSE (BioEnhanced Grapefruit Seed Extract) or pure food grade grain alcohol when properly mixed with vegetable oils.

DEA (diethanolamine), MEA (monoethanolamine), & TEA (triethanolamine): hormone-disrupting chemicals that can form cancer-causing nitrates and nitrosamines. Already restricted in Europe due to known carcinogenic effects, but Americans may be exposed 10-20 times per day! Used to create "foam" in products like shampoos, shaving creams and bubble baths. Dr. Samuel Epstein, Professor of Environmental Health at the University of Illinois, says that repeated skin applications of DEA-based detergents resulted in a major increase in the incidence of liver and kidney cancer. The FDA's John Bailey says this is especially important since "the risk equation changes significantly for children." No alternative necessary.

DMDM Hydantoin & Urea (Imidazolidiny): just two of many preservatives that often release formaldehyde which may cause joint pain, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, and loss of sleep. Exposure may also irritate the respiratory system, trigger heart palpitations or asthma, and aggravate coughs and colds. Other possible side effects include weakening the immune system and cancer. Alternative: Lonicera Japonica, Grapefruit Seed Extract

FD&C Color Pigments: synthetic colors made from coal tar containing heavy metal salts that deposit toxins onto the skin, causing skin sensitivity and irritation. Absorption of certain colors can cause depletion of oxygen in the body and death. Animal studies have shown almost all of them to be carcinogenic. No alternative necessary.