

WHAT IS GETTING UNDER YOUR SKIN...DO YOU CARE?

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If you suffer from chronic headaches, migraines, allergies, joint pain, asthma, chronic sinus stuffiness, chronic fatigue, or any number of various symptoms--your personal care products may be the culprits.

According to **U.S. News and World Report**—"We look good, we smell good, and we have just exposed ourselves to 200 different chemicals a day, through use of personal care products."

What we put on our skin goes directly into our body and affects our health and sense of well-being—either negatively or positively. Skin being the body's largest organ provides an important immune defense barrier as well as eliminating waste. Commercial skin care products with harmful petroleum ingredients can plasticize and constipate our skin, allowing germs to flourish and reducing the skin's ability to eliminate toxins.

Every day we use products that we think are safe but the truth is that products are NOT always safe. Since 1938 the FDA granted self-regulation to the cosmetics industry allowing such products to be marketed without government approval of ingredients, regardless of what tests indicate. Most of the 25,000 chemicals used have not been tested for long-term toxic effects.

We Can Choose...Know The Facts...Check Product Labels...Avoid These Hazardous Ingredients...

Propylene Glycol (PG) and Butylene Glycol: Found in Anti-freeze. Acts as a "surfactant" (wetting agent and solvent). Penetrates skin and weakens protein and cellular structure. Strong enough to remove barnacles from boats! The Material Safety Data Sheets warn against skin contact, as PG has systemic consequences such as brain, liver and kidney abnormalities.

Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES): Detergents that pose serious health threats. Used in garage floor cleaners and engine degreasers - and in 90% of personal-care products that foam. According to the American College of Toxicity report, "SLS stays in the body for up to five days and easily penetrates through the skin and maintains residual levels in the heart, liver, lungs and the brain posing a serious health threat through its use in shampoos, toothpastes and cleansers."

DEA (diethanolamine), MEA (Monoethanolamine), & TEA (triethanolamine): Hormone-disrupting chemicals that can form cancer-causing nitrates. Restricted in Europe due to carcinogenic effects, yet they are still used in the U.S. and Americans may be exposed 10-20 times per day with shampoos, shaving creams and bubble baths. Dr. Samuel Epstein (Professor of Environmental Health at the University of Illinois) states "repeated applications of DEA-based detergents resulted in a major increase in the incidence of liver and kidney cancer." The FDA's John Bailey stated, "the risk is significantly increased for children."

Sodium Hydroxide: This is a poison (caustic lye) found in drain cleaners. It is also found in both adult and children's toothpaste!

Triclosan: Synthetic "antibacterial" with a chemical structure similar to Agent Orange! The EPA registers it as a pesticide, giving it high scores as a risk to human health and the environment. It is in a class of chemicals suspected of causing cancer in humans. Manufacturing it may produce dioxin, a potent carcinogen and hormone-disrupter. Can cause skin irritations, cold sweats, circulatory collapse, coma and death. Can accumulate in body fat to toxic levels, damaging liver, kidney and lungs. Microbiologist Laura McMurray and colleagues at Tufts University School of Medicine report— "Triclosan is capable of forcing the emergence of 'superbugs' that it cannot kill."

DMDM & Urea (Imidazolidinyl): Two of the many preservatives that often release formaldehyde which can cause joint pain, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, and loss of sleep. Exposure can also irritate the respiratory system, trigger heart palpitations or asthma, and aggravate coughs and colds.

Polyethylene Glycol (PEG): Carcinogenic petroleum ingredient that reduces the skin's natural moisture factor. It is used in making spray-on oven cleaners and cleansers to dissolve oil and grease. It is also used to thicken personal care products.

Butane or Propane: Found in aerosol products. May be narcotic and cause asphyxiation.

Alcohol, Isopropyl (SD-40): Drying, irritating solvent that strips skin's moisture. Made from a petroleum derivative found in shellac and antifreeze as well as personal care products. Promotes brown spots and premature aging of the skin.

Mineral Oil: Petroleum by-product that coats the skin like plastic wrap, clogging the pores. Interferes with skin's ability to eliminate toxins, promoting acne and other disorders. Slows down skin function and cell development, resulting in premature aging. Baby oil is 100% mineral oil!

FD&C Color Pigments: According to *A Consumer's Dictionary of Cosmetic Ingredients*, "many (pigments) cause skin sensitivity and irritation...absorption (of certain colors) can cause depletion of oxygen in the body." Synthetic colors are made from coal tar.

Fragrances: Most deodorants, shampoos, sunscreens, skin care, body care and baby products contain fragrance. Many of the compounds in fragrance are carcinogenic or otherwise toxic. Fragrance on a label can indicate the presence of up to four thousand separate ingredients. Most or all are synthetic. Symptoms reported to the FDA have included headaches, dizziness, rashes, skin discoloration, violent coughing, vomiting, and allergic skin irritation. Fragrances affect the nervous system, causing depression, hyperactivity, irritability, inability to cope, and other behavioral changes.

The first step is to educate ourselves. Read labels! Refuse to purchase products that contain chemicals. Visit www.tfbasics.com for toxic-free solutions and information.