

Toxic Beauty ...

Have you ever read the ingredients on the back of your personal care products and wondered if all those chemicals are really safe to use? You'd think they would be, but surprisingly many of them come with health warnings that you'd never know of or hear about unless you were a scientist, lab technician or the product manufacturer.

Commonly used chemicals such as Sodium Lauryl Sulfate (foaming agent), Diethanolamine or DEA (foam booster), Propylene Glycol (moisture retainer) and Imidazolidinyl Urea (preservative) are not only hard to pronounce, but are considered by many as potentially harmful ingredients. And these are only four of hundreds that should be avoided.

But how does one find out about these ingredients? And where can someone go to learn more about the potential health hazards we face with these and many other ingredients listed on our everyday household products? Well, after some considerable research, I was able to get many of these answers from the National Institute of Health's website.

This website has a household products database that legally allows you to search for thousands of different chemicals and gives you specific information on each one of them. It also will give you a list of similar names that the chemical is also known as.

You can then cross-reference these chemicals with products that have that specific ingredient in them. It will also show you a list of common household brand name products that you can compare ingredient lists with.

Then, you can further research that specific ingredient by reading the Health Studies, which will show you the Human Health effects from the Hazardous Substances Data Bank (HSDB).

Let's try searching an ingredient together. Follow these 6 simple steps and you'll discover what most personal care product manufacturers don't want you to know.

STEP #1

Go to the internet and log onto www.nih.gov/ . This will get you to the National Institute of Health's home page.

STEP #2

In the SEARCH box at the top right of the screen, type in the words HOUSEHOLD PRODUCTS DATABASE and click on the SEARCH button. This gets you to all the different listings available for review. But the one you want first is called Household Products Database (Health and Safety Information on ...) Click on this one.

STEP #3

You'll see a picture of a blue bucket with cleaners, scrub brushes and sponges in it. Click on either the INGREDIENTS tab on the top of the page or the INGREDIENTS listing in the left column of the page. You'll then find yourself at the page that says **Search ingredients by chemical or CAS Registry Number**.

STEP #4

In the space provided, type in a chemical name. Let's try *Sodium Lauryl Sulfate*. When you've typed that in, click on the arrow in the next box and choose which category you would like to search under. I recommend searching *All Product Categories*. Then click on the "Search" button.

Your search results will show *Sodium lauryl sulfate (SLS)* and under that will be 2 more ingredients that are also closely related (*Ammonium laureth sulfate* and *Sodium laureth sulfate*). Click on *Sodium lauryl sulfate (SLS)* and the detailed **Chemical Information** and **Products that contain this ingredient** info should appear.

STEP #5

Start by familiarizing yourself with the "Synonyms". These are the other similar names that *Sodium lauryl sulfate* is called. Next, beside **Health Effects** click on the *Human Health Effects from Hazardous Substances Data Bank (HSDB)*. A "pop-up window" will appear that will show you the **Human Toxicity Excerpts**. This is where it gets interesting because it will list the type of reactions and toxicity results found when using this particular ingredient.

In addition, there is a Table of Contents to the left of these excerpts that go into further detail about this ingredient. You should see headings that read *Human Health Effects, Emergency Medical Treatment, Animal Toxicology Studies, etc.* There are thirteen headings in all and each one describes a multitude of potentially harmful situations related to using this particular ingredient.

STEP #6

Now Click out of the *Human Health Effects from Hazardous Substances Data Bank (HSDB)* by pressing the white "X" in the red box in the top right corner of the "pop-up window". You should be back on the page that reads **Chemical Information** and **Products that contain this ingredient**.

Scroll down to the list of product names. All of these products use *Sodium lauryl sulfate* and by the time you read this list it will probably need updating, because this ingredient, like so many others, is very inexpensive to use, mixes easily with water and thickens well with ordinary table salt. Add a little color, synthetic fragrance, chemical preservative and guess what? You've got yourself the most common shampoo formula in the world. But at what price?

Continue scrolling down the list of product names and click on any one that interests you. When you do, you'll get specific information about that product such as Brand and Manufacturer details as well as Health Effects, Handling & Disposal recommendations, and a list of all the other ingredients on that product's label.

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Now remember, up to this point we've only researched **one ingredient** out of hundreds that should be avoided! So just imagine what the other ingredients on your shampoo bottle could do to you and your family over a period of time. In fact, use the ingredient list on the back of your current bottle of shampoo and use these 6 steps as a guide for you to become more familiar with the health issues surrounding these chemicals.

Now for those of you with a skin or scalp problem that were considering using or are currently using a **hydrocortisone** product, repeat steps 1 through 6 and research the *Human Health Effects* of hydrocortisone. You'll be shocked and amazed at what you'll read!

To help you along with your on-going research, I have compiled a list of over 20 potentially harmful ingredients commonly used throughout the personal care industry. How many of these ingredients are listed on your product labels?

Potentially Harmful Ingredients to Avoid In Hair & Skin Care Products!

Alcohol: There are both natural alcohols and synthetic alcohols. Synthetic alcohols, such as isopropyl alcohol, are petroleum compounds; they have a strong odor and are a cheaper raw material. The “SD” alcohols (SD stands for “specially denatured”) are also not natural; these are alcohols with various substances added to them to prevent them being rebottled and sold as beverages (i.e., SD Alcohol 40). Natural alcohols are made by the fermentation of starch, sugar, grains and various carbohydrates. They are often called “grain alcohol”. Alcohol can dissolve fat, like your skin’s sebum, and strong alcohol solutions can be drying to the skin. This, of course, depends on the type of product and alcohol used. If a product with alcohol must be used, natural alcohols are better tolerated by the skin and are recommended over the cheaper alternatives.

Ammonium Compounds: Many ammonium compounds are used in cosmetics. They are toxic and can cause allergic reactions in many people.

Aluminum: Aluminum compounds such as Aluminum Chlorohydrate or Aluminum Zirconium are commonly used in antiperspirants and deodorants to help prevent perspiration and odor. These compounds are very soluble and are readily absorbed into the body. Once inside, the aluminum portion separates, forming free or radical aluminum. This passes freely across the cell membranes and forms a physical plug, that when dissolved is selectively absorbed by the liver, kidney, brain, cartilage and bone marrow. It is this concentration of aluminum that has been the source of concern in the medical community and has prompted further research to its possible link to ALZHEIMER’S DISEASE and BREAST CANCER.

Butylated Hydroxyanisole (BHA): A synthetic antioxidant (like BHA) often used to retard rancidity of oils in foods and cosmetics. It can cause serious allergic reactions. Natural antioxidants such as green tea, grapefruit seed extract and Vitamins B,C and E are great natural alternatives.

Cocamide DEA: A mixture of ethanolamines of coconut acid and used as a lather-builder and thickener in shampoos and other cosmetics. Coconut acid is compounded with synthetic chemicals and can cause allergic reactions and drying of the skin, scalp and hair.

D & C Colors: This term refers to “Drug and Cosmetic” colors, which have been approved by the FDA for use in drugs and cosmetics. FD & C colors have been approved for use in Foods, Drugs and Cosmetics. All of these colors are toxic because most contain synthetic coal tar substances and Azo chemicals.

Diethanolamine, Triethanolamine (DEA, TEA): Often used in cosmetics to adjust the pH and combined with fatty acids to convert acid to salt (know as stearate), which then becomes a cleanser. DEA and TEA cause allergic reactions, including eye problems and dryness of hair and skin. Could be toxic if absorbed into the body over a long period of time.

EDTA (Ethylenedinitrilo): Synthetic chemical used to soften water and consume metal or mineral ions in solution. It is used as an antioxidant. Also known as disodium or trisodium EDTA and causes skin irritations and allergic reactions.

Fragrances: The synthetic fragrances used in cosmetics can have as many as 200 ingredients. There is no way to know what the chemicals are, since the label simply says “fragrance”. Common problems caused by these chemicals are headaches, dizziness, violent coughing, vomiting and skin irritations. Essential oils are recommended as a natural alternative, although whenever available, FRAGRANCE FREE is the best choice.

Glycols: Glycerin combined with alcohol to form a syrupy humectant. When used in makeup it helps the foundation adhere to the skin. Propylene glycol is one very commonly used synthetic glycol. Some others are ethylene glycol, diethylene glycol and carbitol. Most glycols are synthetic, known irritants and can be extremely toxic.

Humectant: Natural or synthetic compounds used to prevent water loss and drying out of the skin or hair. They also provide a smooth feel to cosmetic lotions, shampoos and conditioners. Some are safe, most aren't. Natural vegetable and plant oils have been used longer and are far superior to the synthetic humectants.

Imidazolidinyl Urea and Diazolidinyl Urea: Commonly used preservatives that are well established as a primary cause of contact dermatitis. Have been known to release formaldehyde at just over 10 degrees. Considered toxic and should be avoided. Natural Preservatives such as Grapefruit seed extract and various tree saps are recommended as natural alternatives.

Methyl, Propyl and Butyl Paraben: Used as inhibitors of microbial growth and to extend the shelf life of cosmetics. They are widely used even though it is known to be toxic. Has caused many allergic reactions and skin rashes. They are considered to be “hormone mimicking” and can trigger hormonal imbalances in both men and women. These chemicals also have possible links to breast and ovarian cancer in woman as well as low sperm count and low sex drive in men.

Oleyl Betain: A synthetic surfactant used for it's anti-static action in shampoos and hair lotions. It causes dandruff, drying of the hair and skin, allergic reactions and could be toxic when absorbed into the body.

PEG (Polyethylene Glycol): A petroleum based softener and binder that is widely used in cosmetics. A known irritant and potentially toxic if too much is absorbed into the body.

Propylene Glycol: A cosmetic form of mineral oil found in automatic brake and hydraulic fluid, and industrial antifreeze. In skin and hair care products propylene glycol works as a humectant, to help lock in moisture. Material Safety Data Sheets (MSDS) warn users to avoid skin contact as this strong irritant can cause liver abnormalities and potential kidney damage.

VVP/VA Copolymer: A petroleum-derived chemical or resin used in hairsprays, styling gels and other styling aids to help give shape and holding abilities. It is considered potentially harmful, since particles may contribute to build-up in the lungs of sensitive individuals. Over time, this build-up in the lungs is similar to what you wash out from your hair.

Quaternium: An ammonium salt used in many cosmetics. Causes eye irritations, hair loss, scalp scales similar to dandruff and serious allergic reactions. Could be potentially toxic if too much is absorbed into the body.

Salt (Sodium Chloride): Very drying, irritating and corrosive. Commonly used to make synthetic shampoos thicker.

Sodium C14 – 16 & Olefin Sulfonate: Used in shampoos and other cosmetics as wetting agents. They are petroleum derived substances and can cause serious allergic reactions.

Sodium Lauryl Sulfate, Sodium Laureth Sulfate: Synthetic chemicals used in shampoos for their detergent and foam-building abilities. They cause skin irritations, skin rashes, hair loss, dandruff and allergic reactions. They are frequently disguised in pseudo-natural products and refer to as “ derived from coconut”.

Stearalkonium Chloride or Benzylalkonium Chloride: A chemical used in hair conditioners and cream. Known to cause serious allergic reactions and is potentially toxic if too much is absorbed into the body.

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In conclusion, I would like to take this opportunity to say “Thank You” for reading this report and hope it has given you a new perspective into the world of manufacturing personal care products.

For more information about a fragrance-free shampoo, conditioner and deodorant made completely with natural and organic alternative ingredients, return to www.stopyourskinproblem.com and click on the ORDER RIGHT NOW button at the end of the web site. There’s a SPECIAL BOUNS OFFER waiting there for you! But quantities are limited, so act now!

Sincerely,

Anthony Gollner
Anthony Corporation
info@stopyourskinproblem.com

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