



“WHAT ARE YOU WEARING?”

ALUMINUM – Used as an additive in colored cosmetics, particularly eye shadow. Also used in deodorants and anti-perspirants. Listed as carcinogenic, toxic and mutagenic. Aluminum has been linked to Alzheimer’s disease. Studies have shown that regular use of products with aluminum compounds can increase your risk of Alzheimer’s by 300%. Since your body has no use for aluminum, it considers it a toxin and must treat it as such.

BENZALDEHYDE – Found in perfume, cologne, hair spray, deodorants, Vaseline, shaving cream, shampoo, and bar soap. Local anesthetic, depressant. Irritation to the mouth, throat, eyes, skin, lungs, GI tract, causing nausea and pain. May cause kidney damage.

BENZOYL PEROXIDE – Can be found in many acne treatment products. This is primarily because of the antibacterial activity that it displays. Benzoyl peroxide is marketed under a variety of trade names in over 200 formulations. It is absorbed in the skin, metabolized to benzoic acid and finally excreted as benzoate in the urine. Benzoyl peroxide has been found to cause skin irritation in many cases including burning, blistering, crusting, itching, severe redness, and skin rash.

BUTYL ALCOHOL, BUTANOL, or any other chemical with “**BUTYL**” in the name – Solvent and clarifying agent that is a strong irritant and toxin. Manufactured from the fermentation of maize or synthesized from acetaldehyde. Used in the lacquer and dye industries, in the manufacture of safety glass, hat and textile industries, shoes, and cosmetics.

BUTYLATE HYDROXIANISOLE (BHA) – BUTYLATE HYDROXYTUOLENE (BHT) – Preservatives found in lipsticks, baby oil, eyeliners and soaps. It is known to cause cancer in animals and is suspected of causing birth defects as well. When it is absorbed through the skin it is stored in the body tissues. There is a wide range of possible adverse effects; from mild irritation of the skin or eyes to severe destruction of the tissue.

CALAMINE – Calamine contains about 5% Zinc Oxide (which can clog pores) and quite a bit of Phenol, which is very toxic to the skin. In 1992, the FDA tried banning calamine, but was unsuccessful

CARMINE – (found in BURT’S BEES® and ECCO BELLA® lipsticks as well as other “natural” brands of glosses blushes, and eye shadow) This extract from the carmine beetle in South America, has been connected to skin irritation and heart problems.

COLLAGEN – Derived from cattle hide or bird’s feet. Molecules are too big to penetrate our pores. Once again, this lust coats the skin giving it an appearance of softness, but in reality, drying out the skin by inhibiting the body’s natural moisturizing process.

DIETHANOLAMINE (DEA), TRIETHANOLAMINE (TEA) & MEA Compounds – Repeated use of these chemicals leads to a major increase in the incidence of liver and kidney cancer. Restricted in Europe.

DEA - is also a synthetic solvent, detergent and humectant. It is often used in brake fluid, industrial degreasers and antifreeze. It is also found in personal care products such as liquid soap, shampoo and conditioner as well as lotions, cream, bubble bath, liquid dishwashing detergent & laundry soap. It is an irritant to the skin, eyes and mucous membranes. It is easily absorbed through the skin, and can accumulate in the organs of the body. Animal tests have shown that it causes damage to the liver, kidney, brain, spinal cord, bone marrow, and skin. If it comes into contact with the eyes it can cause impaired vision.

TEA - causes allergic reactions including eye problems, hair and skin dryness.

DIOXIN - Commonly known as “Agent Orange” – Lysol® disinfectant. Carcinogen, 500,000 times more deadly than DDT Ethyl Alcohol. Found in compounds known as PEG, Polysorbates, Laureth, ethoxylated alcohols. Found in a wide range of personal care products. The compounds are usually contaminated with high concentrations of highly volatile 1,4-dioxane, easily absorbed through the skin. Dioxane’s carcinogenicity was first reported in 1965 and later confirmed in studies including one from the National Cancer Institute in 1978. Nasal passages & the liver are the most vulnerable. Dioxane 1,4 is a by-product generated from ethylene oxide (a petrochemical) and is on the State of California’s EPA publicly mandated annual list of chemicals known to cause cancer or reproductive toxicity. Look for myreth, oleth, laureth, cetareth or any thing that ends with “eth”.

DMDM HYDANTOIN & UREA – Preservatives that release FORMALDEHYDE into the body. Funeral directors are now saying that there is such a high concentration of formaldehyde present in the human body at death that they are using 50% LESS formaldehyde than they used to. Yikes!

FLUORIDE – Used in a variety of tooth care products, especially toothpaste. It is supposed to stop tooth decay. Fluoridated toothpaste is of particular concern when used by young children who tend to swallow it after brushing their teeth. Scientists are now linking fluoride to dental deformity, arthritis, allergic reactions, and Crohn's disease. Fluoride causes the immune system to become unable to distinguish between the body's own proteins and disease, which can lead to autoimmune conditions, such as asthma and Graves' disease. Because fluoride is a mutagen, it can cause the uncontrolled spread of certain types of cells, including cancer. Because your body can only eliminate about half the fluoride you ingest, this toxin builds up in your system over time. This causes its negative effects to be multiplied the older you get. Fluoride is a waste by-product from aluminum.

FORMALDEHYDE – Also known as **QUATERNIUM 15 (Q-15)** – A colorless gas with vapors that are extremely irritating to mucous membranes. Can be found in nail polish and hardeners, soap, cosmetics and hair growing products. Also known as DMDM hydantoin or MDM hydantoin or Formalin. Causes dermatitis, and ingestion can cause severe abdominal pain, internal bleeding, vertigo, coma, and a loss of ability to urinate. It is very toxic when inhaled, a severe skin irritant, and a suspected carcinogen that is linked to cancer. It is banned from use in cosmetics in Japan and Sweden.

FRAGRANCE, FRAGRANCE OILS & SYNTHETIC FRAGRANCES – When you see the word "fragrance", it can have up to 4,000 separate chemicals. There is often no way of knowing what these chemicals are, or if they are carcinogens since the label simply states "Fragrance", and these items do not have to list their chemical constituents. Artificial/synthetic fragrances have caused headaches, dizziness, rash, hyper pigmentation, violent coughing, vomiting, skin irritation, cancer, nerve damage and birth defects. 95% of chemicals found in fragrance are derived from petroleum. Petroleum chemicals cost less than ten dollars a pound, where as natural ingredients like Jasmine can cost over ten thousand dollars a pound. Some problems you may experience when exposed to these chemicals may be: headaches, dizziness, nausea, vomiting, fatigue, forgetfulness, irritability, hyperactivity, visual problems, clumsiness, watery eyes, stuffy nose, skin rash, skin discoloration, depression, mood changes, inability to concentrate, and sleep problems. Remember that a product labeled "unscented" may in fact contain a fragrance to mask other chemical odors. A product must be marked "fragrance-free" or "without perfume" to indicate nothing has been added to make it smell good. Some fragrance reactions occur only when the skin is exposed to sunlight.

MINERAL OIL – A commonly used petroleum ingredient that contains a large amounts of carcinogens. It coats the skin just like plastic wrap disrupting the skins natural immune barrier; it also inhibits skins ability to breathe & release toxins; can promote acne & other disorders. Baby oil is 100% mineral oil!

OCTYL METHOXYCINNAMATE (OMC) – This chemical is present in 90 per cent of sunscreen brands. The chemical is used as a filter for the more harmful UVB light. It has been suggested that human cells could be damaged if a sunscreen containing OMC penetrates the outer layer of dead skin and comes into contact with living tissue. Sunscreens should be treated with caution, and used only when it is impractical to stay indoors or to shield the skin from the sun with clothes.

PABA (p-aminobenzoic acid) – A water-soluble vitamin found in B complex. It is widely used in sunscreen lotions but can cause photosensitivity, contact dermatitis and allergic eczema.

PARABENS (METHYL, PROPYL, BUTYL, ETHYL) – Widely used as preservatives in the cosmetic industry (includes moisturizers). An estimated 13,200 cosmetic & skin care products contain parabens. Studies implicate their connection with cancer. The Environmental Protection Agency (EPA) states that all parabens have been proven to have endocrine disrupting effects. This means they interfere with hormone levels which in turn affect the thyroid, pituitary & adrenal glands, (menopause anyone?) the pancreas, ovaries & testes with side effects including, but not limited to, fertility problems. PubMed data shows that methylparaben, ethylparaben, propylparaben, butylparaben, phenoxyethanol (PE) and chlorphenesin (CPN) all have similar objective skin irritation potential. Used as inhibitors of microbial growth and to extend shelf life of products. Parabens are widely used even though they are known to be toxic. The purpose of preservatives in cosmetics is to protect and extend the shelf life of the cosmetic. Parabens have caused many allergic reactions, skin rashes, and are known to be highly toxic. The chemical preservatives might play a role in falling sperm counts and rising breast cancer rates due to their estrogenic (feminizing) effect on the body.



QUESTIONABLE CHEMICALS

PHENOXYETHANOL – Phenoxyethanol is a preservative that is primarily used in cosmetics and medications. Less irritating and formaldehyde free, it is being SUBSTITUTED FOR PARABENS at an alarming rate. The FDA states it can depress the central nervous system and may cause vomiting and diarrhea. Even the U.S. EPA (Environmental Protection Agency) data sheets show chromosomal changes and genetic mutation effects in testing as well as testicular atrophy and reproductive damage in mice.

POLYETHELENE – PEG or polyethylene glycol is used to dissolve oil and grease as well as cosmetic products. Often used in spray-on oven cleaners. PEG's contribute to stripping the Natural Moisture Factor leaving the immune system vulnerable. Potentially carcinogenic.

POLYSORBATE 80 – Emulsifier & fatty acid ester. Found in paints, waxes, cosmetics, and pharmaceuticals, is a health hazard if inhaled, or absorbed through skin (gums) or ingested, or if contacting mucous membranes. Can cause drowsiness, headaches, nausea, vomiting and irritation to the eyes, nose throat, and skin, according to the national safety council environmental health center. May be contaminated with 1, 4 Dioxane.

PROPYLENE GLYCOL – (contained in shampoo, conditioner, deodorant, lipstick, lotion, face cream, etc). Used as a moisturizer in cosmetics & as a carrier in fragrance oils. Its small molecular weight allows it to enter into the body Polyethylene Glycol (PEG) is used in cleansers to dissolve oil and grease, as well as to thicken products. PEGs can destroy the natural functioning of your skin which helps keep it soft and moist. Strongly degreases and dries the skin. Derived from petroleum products. Also used in anti-freeze, de-icer, latex, paint, and laundry detergent. This industrial solvent is so HIGHLY toxic, that industrial workers are warned of SEVERE health risks if contact occurs, such as brain, liver, and kidney abnormalities. They are required to wear protective clothing, gloves, and goggles during handling, and PG can only be disposed of in hazardous waste sites at a cost of \$500.00 to \$1,000 per drum!!! The Material Safety Data Sheet (MSDS) for Propylene Glycol clearly states to – AVOID CONTACT WITH SKIN.

PHthalATES – Used in nail polish, perfumes, hair sprays, and lotions, as well as in clothes, household cleaners and deodorizers, baby toys, shower curtains, insect repellants, toothbrushes, food packaging, aspirin, medical tubing and fluid bags, gum, candy, biodegradable tampon injectors, and prescription medications that reduce fertility, harm the male reproductive system, and are especially dangerous to pregnant women's fetuses. Health effects of phthalates include damage to the liver and kidneys, birth defects, decreased sperm counts, testicular cancer, early puberty onset in girls, early breast development in girls and boys, and other reproductive disorders. It is also suspected that phthalates may contribute to reduced fertility in males. Found in products by Proctor & Gamble®, L'Oreal®, Lever Brothers®, Maybelline®, Cheeseborough-Pond's®, Colgate®, Elizabeth Arden®, Kraft®, and Revlon®.

PVP/VA Copolymer – This is a petroleum-derived chemical used primarily in hair sprays and other cosmetics. Since the particles may contribute to foreign bodies in the lungs of sensitive persons, it is considered toxic.

QUATERNIUM 15 (Q-15) – FORMALDEHYDE, a carcinogen - commonly found in a variety of cosmetics: foundations, powders, concealers, bronzers, makeup removers, blushes, eye shadows, eyeliners, eyebrow makeup, and mascaras. It is also found in sunscreens, moisturizers, cleansers, creams, lotions, shampoos, soaps, and other skin care products.

SILICONES - Silicone emollients are occlusive – that is they coat the skin trapping anything beneath it, and do not allow the skin to breathe (much like plastic wrap would do). Recent studies have indicated that prolonged exposure of the skin to sweat, by occlusion, causes skin irritation. Some synthetic emollients are known tumor promoters and accumulate in the liver and lymph nodes. They are non-biodegradable, causing negative environmental impact. Most hand & body lotions main ingredients are silicone emollients, as well as hair smoothers. Look for Dimethicone, Dimethicone Copolyol and Cyclomethicone.

SODIUM LAURYL SULFATE, SODIUM LAURETH SULFATE, AMMONIUM LAURYL SULFATE, SODIUM MYRETH SULFATE – These and other detergents are industrial surfactants that are linked to cancer, and literally strip the scalp and skin of necessary oils, leaving it dry, and severely itchy and flaky. It is a degreaser as well as a sudsing agent. SLS/SLES can strip moisture and oils from the skin. It also corrodes and damages the hair follicles and can actually cause hair to fall out! Originally, they were designed as car washes, garage floor cleaners and engine degreasers and now are found in 95% of shampoos and body cleansers, even the NATURAL brands!!! The saddest aspect of this is that this SLS causes irritation and infection in the genitals of young children, yet is the main ingredient in baby shampoos and bubble bath.



QUESTIONABLE CHEMICALS

SODIUM OLETH SULFATE – May contain dangerous levels of ethylene oxide and/or dioxane, both potent toxins.

SYNTHETIC COLORS – These and all dyes should be avoided. They are labeled FD&C and a number after it. These are believed to be carcinogenic. Blue 1 and Green 3 are carcinogenic, Yellow 5, 6 and Red 33 have caused cancer when ingested and applied to the skin. These contain coal tar and may contain arsenic and lead, which are also carcinogenic. Lipsticks are full of these!

TALC – (contained in baby powder, foot powder, pressed eye shadow and blush, and foundation). It is derived in powder form from the mineral magnesium silicate. It can be hazardous to the health, and is toxic with prolonged inhalation. Some talc has been found to contain amphibole particle distribution typical to asbestos, which is cancer causing and a known lung irritant. Linked to uterine & ovarian cancers and respiratory problems in infants. Literally “suffocates” the skin.

TOULENE – Obtained from petroleum, it is used as a solvent in cosmetics, especially nail polish and dyes. It resembles benzene, and if ingested may irritate the skin and respiratory tract, cause mild anemia and liver damage. Also in pharmaceuticals and gasoline as a blending agent.

TRICLOSAN – (found in ANTI-BACTERIAL SOAPS) Registered as a PESTICIDE with the FDA, linked to cancer, a hormone disruptor. Listed as a chlorophenol, a class of chemicals suspected of causing cancer in humans. This chemical is included in detergents, dish soaps, laundry soaps, deodorants, cosmetics, lotions, creams, toothpastes and mouthwashes. The EPA registers it as a pesticide, giving it high scores as a risk to both human health and the environment. Externally, it can cause skin irritations. Stored in body fat, it can accumulate to toxic levels, damaging the liver, kidneys, and lungs, and can cause paralysis, sterility, suppression of immune function, brain hemorrhage, decreased fertility and sexual function, heart problems, and comas.



GBGP defines “natural” body care and cosmetics to have 100% of ingredients that are:

- Plant-based
- Cold-processed
- Not chemically refined or bleached
- Fragranced only with essential oils or Co2 extracts
- Produced with the lowest possible heat, if any, to preserve the botanical properties of each component.

Look on product labels for the words ‘cold-pressed’ and ‘organic’, and if you don’t see them, put the product down and keep looking! Ask questions to store owners, who in turn can call suppliers and manufacturers.

Be aware of long words you can’t pronounce that have the phrase “from coconut oil” in parentheses. Natural ingredients that are broken down chemically are no longer natural. Saponified oils are a healthier way to make a lather.

Our goal is to provide you with healthy alternatives for your hair and skin, and throw in a little education!

Please use the resources listed below for more information and ingredients to avoid, or to just dig a little deeper.

SOURCES:

Environmental Working Group – www.ewg.org
Green Beauty: Saving the world one face at a time – www.thegreenbeautyguide.com
Organic Consumers Association – www.organicconsumers.org
Skin Deep Report – www.cosmeticsdatabase.com
The Campaign for Safe Cosmetics – www.safecosmetics.org