

# *Did you know skin absorbs over 70% of what is put on it?*

## *What is in your personal care products?*

Federal law allows the cosmetics industry to put unlimited amounts of chemicals into personal care products with no monitoring of health effects and inadequate labeling requirements. "Organic food is certified to a basic set of standards set by the USDA. Personal care products, including cosmetic, soaps, household cleaners and even nutritional supplements have no standards governing contents, no organization policing claims made on labels, and no laws restraining manufacturers from calling synthetic products organic." If a product has one organic/natural ingredient in it, manufacturers under current rules and regulation can claim the product to be natural."

The FDA counts 10,500 chemicals and compounds that are used in hair and skin products every day; of those 89% of have not been tested for safety. The Environmental Working Group, a nonprofit independent research group, compared the ingredients in thousands of personal care products to government and industry databases and found that one third contained ingredients linked to cancer.

**Underlined chemicals are considered to be the most dangerous and they are listed in order of their danger significance.**

**Coal Tar** - In dandruff shampoos and anti-itch creams. It is a known carcinogen. FD&C Blue 1 and FD&C Green 3 dyes are coal tar based and used in toothpaste and mouthwash.

**Fragrances** - Listed as "fragrance", it can contain a blend of up to 200 chemicals. They are cheap imitations of essential oils. These chemicals disrupt the endocrine system and can cause reproductive and developmental harm and may cause reactions like headache, dizziness, rash, skin irritations, vomiting, coughing. Because manufacturers are not required to list ingredients, proprietary blends can contain over 100 chemicals including known carcinogens, neurotoxins, and established air pollutants. Fragrance oils are allowed even in products labeled "fragrance free."

**Hydroquinone** - found in skin lighteners and moisturizers is a known neurotoxin and is allergenic.

**Aluminum Zirconium Tetrachlorohydrate, Aluminum Chlorohydrate** - Aluminum is found in eye shadow and deodorant and is listed as carcinogenic, toxic and mutagenic. Scientists have found abnormally high amounts of aluminum, zinc, and other metals in brain tissue of people having Alzheimer's. It is yet unknown whether Alzheimer's causes these accumulations or if these accumulations cause Alzheimer's. Don't use anti-perspirants because it almost always contains some form of aluminum.

**Triclosan** - Chemical used in almost all antibacterial products is often contaminated with dioxins which are highly carcinogenic, can weaken your immune system, decrease fertility and cause birth defects.

**P-Phenylenediamine, P-Phenylenediamine, 4-Phenylenediamine** - Found in hair dye, it can damage your nervous system, cause lung irritation, and severe allergic reactions.

**Lead** - It is a naturally occurring contaminate of hydrated silica. It is a neurotoxin and may appear in toothpaste and in men's hair dye as **lead acetate**.

**Mercury** - Listed as **thimerosal** it is used as a cosmetic preservative.

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**Acrylates and Methacrylates** - Can cause contact dermatitis and are found in nail products.

**Benzyl Alcohol** - This is a petrochemical that can be a serious irritant to your eyes and respiratory system.

**Isopropyl Alcohol (SD-40)** - This is a drying agent that strips off the outer layer of skin exposing you to bacteria and other toxins. It can promote brown spots and accelerate aging.

**Carbomer 934, 940, 941, 960, 961C** - Chemical stabilizer and thickener in personal care products and are known allergens that causes eye irritation.

**Cocamide MEA, DEH; Lauramide DEA; Triethanolamine TEA; Diethanolamine DEA** - Synthetic oil and dirt removing agent used in anti freeze, brake fluid, shampoos and body wash products. These chemicals contain nitrosamines which are carcinogenic and can cause cancer in any bodily organ. It is easily absorbed by the skin and carried into the blood stream.

**Diamethicone, Diamethicone Copolyol, Cyclmethicone** - Silicone derived emollients that coat your skin like plastic wrap and can accumulate in your liver and lymph nodes which promote tumor growth.

**Benzalkonium Chloride, Centrimonium Bromide, Quaternium-15, Quaternium 1-29** - Called "quats" they are used as preservatives and are the primary cause of contact dermatitis.

**Hydantoin, Imidazolidinyl Urea, Diazolidinyl Urea** - These are preservatives that release small amounts of formaldehyde into you skin, some are cellular toxins. Formaldehyde can cause many health issues including joint discomfort, chest pain, and chronic fatigue.

**Parabens (Methyl-, Propyl-, Ethyl-, Butyl-, Isobutyl-, and Phenoxyethanol), DMDM, Hydantoin** - These preservatives are known to cause skin rashes, allergic reactions, exert estrogenic activity and disrupt normal hormone processes raising concern in breast cancer risk. One study found parabens in 20 breast cancer tumors. Methylparabens found in the highest concentration.

**Phenonip** - This is a preservative blend that contains methyl-, propyl-, ethyl-, butyl-, isobutylparabens and phenoxyethanol. See above.

**Paraffin** - Wax petrochemical derivative used as an emulsifier. It is carcinogenic. Also used in candles and the inhalation of the paraffin particles is carcinogenic. Paraffin, microcrystalline, and mineral/petrolatum based waxes, these are common chemical emulsifiers.

**Petroleum Jelly, Mineral Oil** - (Petrolatum) Derivative of mineral oil and has no nutritive value. It can inhibit your body's own natural moisturizing ability leading to dry skin and chapping. Can displace and imbalance action of sebum (skin's own protective oil), clogging pores and impeding skin's natural healing and moisture regulating functions.

**Pharmaceutical and Personal Care Pollutants (PPCP's)** - Drugs like Prozac and additives to common shampoos and soaps are now in our watershed contaminating fish and wildlife; causing birth defects, hormone disruptions and health problems.

**Phthalates (Dibutyl, Diethylhexyl, Fragrance)** - Chemical substances banned in European Union because they disrupt fertility, cause birth defects and disrupt normal hormone processes raising concern in breast cancer risk. In a test done by the Women's Environmental Network of deodorant, perfumes and hair care products, they found 80% of them contained phthalates.

**Polyethylene Glycol (PEG), Propylene Glycol, Butylene Glycol** - A potential carcinogen that is used as grease dissolving cleaner and thickener for skin care products. It's deemed toxic by the EPA and protective clothing is required when handling it. Easily penetrates skin and causing brain, liver and kidney malfunctions

**Polyvinylpyrrolidone (PVP)** - Used in hair care products. Inhalation will cause lung damage.

**Propylene Glycol** - This petroleum derivative removes dirt and oil and is the main ingredient in brake fluid and antifreeze. Causes allergic reactions and skin rashes and is found in some products that claim to be natural.

**Sodium Lauryl Sulfate (SLS), Sodium Lauryl Ether Sulfate (SLES)** - A foaming agent derived from coconut oil used in antifreeze, brake fluid, a huge variety of skin care products including shampoos, toothpaste bubble bath and soap. It is subject to controversy but considered by some to be carcinogenic, a proven skin irritant and prone to contamination by 1,4-dioxane which is used for its foaming ability.

**Stearalkonium Chloride, Cetalkonium Chloride, Lauryldimonium Hydrolyzed Collagen, Benzalkonium Chloride, Centrimonium Bromide** - Found in hair conditioners and cause dry brittle hair after long term use They are allergenic and toxic.

**Synthetic Colors (FD&C or D&C followed by a color and number)**. Colorants are found in skin and hair care products. Synthetic colorants are made from coal tar which contains harmful levels of lead and arsenic. These substances are ammonia, aluminum and acid based and cause allergic reactions and lead to the development of cancerous cells.

**Talc** - Closely related to the chemical composition of asbestos, it is classified as a carcinogenic and is linked to breast cancer and certain ovarian cancers.

**Tocopherol Acetate** - This is a synthetic version of vitamin E which is a suspected carcinogen and causes dermatitis.

*Manufacturers produce soap at high temperatures under extreme pressure adding heavy metals and acids that crack oil molecules and create new molecules that do not exist in nature. Cold processed soap relies on lye to convert vegetable oil to soap which in how it has been done for several thousand years.*

*We are concerned about personal care at [www.josiessoap.com](http://www.josiessoap.com).*