

Toxic Ingredients



Spotter's Guide

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You should always research the potential toxic impact of any products that you purchase for 'consumption' whether orally or trans-dermally (as in the case of skin care products).

This ebook is not intended to provide medical advice, we are not providing diagnosis, treatment recommendations, nor prescription. If you have any concerns about your health for any reason, particularly as a result of ingestion of use of any ingredients within any products you have or are using, you are always advised to seek the immediate and urgent counsel of your health adviser and/or doctor.

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TOXIC INGREDIENTS DESKTOP DIRECTORY

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TOXIC INGREDIENTS DESKTOP DIRECTORY

This edition of the directory commences with a couple of relevant articles that we hope may be of interest and help you to understand why applying the knowledge you gain from this e-book is so important – and so URGENT.

(1) IS IT SAFE?

If the question "Is it safe?" makes you think of Larry Olivier drilling holes in Dustin Hoffman's teeth...then like me, maybe you've been watching too many 70's films lately...

Perhaps the question "**Is it safe?**" is not the first thing that springs to mind whenever you are out shopping for your food, your 'personal' goods, and household cleaning materials?

But I'd venture to suggest that "**it should be!**"...

Why?

Well it is now clear that whatever you may choose to do to, or with yourself today...from the obviously 'destructive practices' like smoking and drinking...through the 'apparently' innocuous (not to say necessary or at least socially responsible!) activities of 'washing your body' or 'brushing your teeth'...and on through the day-to-day survival requirements of 'eating & drinking'...**all carry**

with them inherent risks, due in large part to the kind of world we have created (and are continuing to create!) for ourselves. Not only do all the mundane activities of life carry risks to our personal health...but it is becoming increasingly evident that what we do today may directly affect our descendants. Maybe it will be **your own children**, or perhaps their kids...or even the generations that are born well after you have gone who will **'pay the price'** for the way YOU treat YOUR body, TODAY!

In a world full of bad news it is far **too easy to 'switch off'** and FAIL to make personally responsible and informed choices. It is however time that we all took stock of just what we are doing to ourselves. For it is now becoming apparent that the lifestyle choices WE make as individuals may have a **much more far reaching**

effect than previously thought.

Today, in an environment increasingly 'saturated' with un-natural, man-made chemicals...in everything from the textiles and materials our homes are made of, to the clothes we wear, the soap we wash with, the deodorants we use...and even the water we drink...we have set a **toxic-time-bomb** ticking.

What is **really disturbing** though, is that this time-bomb may not explode until our genes have been passed on for several generations. It will nevertheless 'explode' at some time in the

future in the form of genetic mutations, leading to in-bred ill health that could result in problems ranging from allergies (asthma, exczema, etc.) to cancers, and pre-dispostions to many other life-crippling and life-shortening diseases.

If this seems far-fetched...**then please realize that for some this 'bomb' has already been detonated...**

In the Western world (US & UK for example) the 'chance' of YOU suffering from one or another form of **cancer** sometime in your life is now **1-in-3!!** How many of you have not have a family member, a friend or an acquaintance who has not suffered, or is not currently suffering from cancer? Levels of diabetes, MS, ME, depression, heart-disease...and a variety of as yet 'unclassified' health problems are also already enormous and increasing daily. In fact in some parts of the world the **risk of suffering from cancer is even as high as 50%...** understand...this is a **50/50** chance that at some time in your life you will suffer from cancer!!!

Toss a coin!!!

In the developed world, other than 'accidents'...cancer is now the **number one killer** of children...so, surely it is appropriate that, rather than switch off, tune out, turn a blind eye, or refuse to accept that this issue is a reality...**you** should take time now to

consider the implications...and make an active choice to seeks a 'safer alternative'!...

I don't pretend that making responsible and informed decisions will always be easy...it can be more troublesome, it can be hard to get hold of correct information, it can certainly 'cost' more – seeking out and buying safer alternative products. But, honestly, what's another pound or couple of dollars...when compared with the **long-term health of our children and our children's children?**

As a wise man once said '**even the longest journey starts with one small step**'...and with the more small steps **YOU** take, the

easier it becomes to make better choices, live a healthier life, and to make your own small contribution to making the world a safer place by caring for your own (**and more importantly perhaps**) your family's future health.

Isn't it about time you and your family started to get informed so that you can answer the question "is it safe?" for yourself; so that you can make better, safer, more natural choices because truly... **your health, and your family's health IS worth it!** Who knows?...Maybe some of you will also decide to **spread the word** too.

Another wise man – Mahatma Gandhi – also once said: ‘You must be the change you want to see in the world’...so if you want the answer to the question ‘Is it safe?’ to be ‘YES’...**the BUCK STOPS WITH YOU!**

Based on an original article

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<http://gonando.com>

(2) SO WHAT'S ALL THIS ABOUT TOXIC CHEMICAL INGREDIENTS IN PERSONAL CARE & COSMETICS?

You will see, outlined below (part 4), a list of ingredients that may well be found in your current personal care (skincare, hair care, body care) and cosmetics. In fact **almost all** major off-the-shelf products and well-known brands of personal care and cosmetics still contain many of the unpleasant chemical ingredients listed here.

Why do so many products still use chemicals that are known to be potentially harmful to the human body in so many ways? Well, for starters, because they are not currently obliged to do otherwise. They are not required to go through the immensely expensive process of reformulating their products to make them safer. There are no requirements to perform exhaustive and long-term tests and trials to determine safety of ingredients in products such as these. And perhaps first and foremost – using these mass produced synthetic chemicals is **CHEAP!**

Indeed the ultimate product retail price that you pay for your typical mass produced skincare and cosmetics is not a factor that

has anything to do with quality and safety. The retail-selling price is determined more by brand name, presentation and packaging – than by what quality, and how safe, the actual product might (or might not) be. Beyond the monetary price – **the personal price you and your children could be paying** by continuing to use synthetic-chemical-laden-products could be frightening!

Most expensive/top-end-of-the-market products actually often cost little more than the cheap and 'own-' brands to produce. Most innovations in big-name products are to do with **the feel, smell and look** of products. Efficacy and effectiveness of products may be way down the list of concerns when developing products - if considered much at all (except when it comes to wording the advertising and marketing material, so often aimed at convincing you that this, that, or the other product is 'better than ever'!)

You should also beware of the many products that imply they are natural or even Organic. Always check the label for any of the chemicals on this list. The word 'natural' can be easily abused, as perhaps surprisingly, there is **no legal definition** or stricture as to what substantiates a claim that something is 'natural'. Similarly the meaning of 'organic' is often stretched by manufacturers who want to attract the increasing number of extra sales from the ill-informed or unwary who may think they are

buying a more natural or safer product. Indeed you cannot rely on any 'organic' claims, labeling or branding unless the product can substantiate its claims with **certification by an independent and creditable third party**. 'Certified organic' products are the only ones that can truly support their organic provenance.

So, just as with foods you should **make it a habit** always to check the label. If it features one or more of the chemicals on the list below – **think twice** before you continue to buy/use and consider choosing a **safer alternative** – consider changing to **safer, eco-friendly, skin-safe certified organic** products.

IMPORTANT NOTE:

If you are looking for products that are probably the safest on the market today – then ONEgroup's **miessence, MiVitality and MiEnviron** brand products are 100% natural and certified organic and do NOT CONTAIN ANY of the ingredients listed below. They represent **the world's first extensive range of products that have been certified organic by international authorities to FOOD GRADE STANDARDS** – Including: Australian Certified Organic (ACO), USDA and Japanese authorities.

To find out more about the products and why, and how, you can help spread the word, contact:

Al G Smith and Ruth Ramos de Smith

Independent Representatives

Team Managers

ONEgroup

<mailto:saferalternative@yahoo.co.uk>

or call Ruth or Al on:

UK – 0844 668 4266

International – 0034 965 474 554

For a free catalogue, product brochures and further information about safer alternative personal care, cosmetics, probiotic food supplements and other household products.

Or visit:

<http://www.saferalternative.com>

For information about organic products and the organic movement.

(3) UNDERSTANDING INGREDIENTS

Knowledge gives you the power to make informed purchasing decision – don't be afraid of sharing it with those you care about – family, friends and work colleagues alike.

Have you ever bought a cosmetic that you were assured was 'natural', only to get it home, read the label and wonder what on earth those long complex sounding ingredients were? Due to lack of rigorous legislation the terms 'natural' and 'organic' have been widely abused and mis-used. There are many brands that are heavily marketed as 'safe and natural' – yet a cursory examination of the ingredients they use, will quickly prove otherwise.

It is important that you familiarize yourself with the sort of ingredients that are listed below so that you need never again be 'caught out' by the marketing hype, the salesperson's ploys, or your general ignorance of the facts. All of us want to be assured that we are making safer choice for ourselves – and many of us carry the added responsibility of making safe choice for those who are too young to do that for themselves – our CHILDREN.

It is now apparent that in this era of technological advances, and

greater understanding about the science behind ill-health than ever before – we are be-set by almost epidemic levels of many terrible diseases. Only now are the questions we should all be asking as consumers about products that we use every day beginning to be answered as information filters out into the public domain.

We have created a world of 'un-natural' dangers – that threaten and assault our health through undermining our all important immune systems. These dangers appear in the form of a multitude of synthetic chemicals that have NEVER BEFORE existed in nature - until 'scientists' created them and they have been introduced steadily into our lives over the last 50 years. You should therefore be beginning to make informed choices about all the aspects of your life where synthetic chemicals have been liberally introduced without adequate and exhaustive safety testing. An area that this should be done with some URGENCY – is in our use of skincare, hair care, body care and cosmetics products.

Our skin absorbs – or, if you like, literally 'eats' – up to 60% of what we apply to it in the form of creams, lotions, soaps, shampoos, oils, and so on. Therefore – it only MAKES SENSE that we should take as much care about what we choose to use in our daily personal care routines as what foods we eat!

If you already acknowledge the need to reduce our exposure to chemical toxins by electing to use 'organic' food wherever you can...then you MUST also see the need to choose safer alternative, truly natural and organic personal care and cosmetics.

You may also realize that far beyond the damage we could be doing to ourselves, and our loved ones, by continuing to use products every day that are laden with synthetic chemical toxins – the huge populations in countries of the developed world actually utilize thousands of tons of personal care products throughout a year. That which our skins do not absorb is washed down our drains – during bathing or showering. This too is causing untold damage to the water table and our fragile ecosystems.

There are so many reasons for you to change to using **personal care and cosmetics that are a safer alternative** – and for you to encourage everyone you know to do the same. We hope that some of you may join us in spreading the word.

For more information about these issues see our educational and informative website at: <http://www.saferalternative.com>

If you want to help spread the word about this increasingly

important issue – then perhaps we can help, and in the process you could find yourself with a worthwhile, ethical and rewarding business. Take a look at this brief presentation about the rapidly expanding **organic business** – a why it is a truly worthwhile opportunity.

(**NOTE:** If you are reading this e-book online the links are live – just click them to visit the relevant page).

Please explore the information below for some interesting, not to say 'frightening', insights into what many parts of the cosmetic industry still seem to think is perfectly okay for us to apply to our skins every day!!...

(4) The Toxic Ingredients List

1,4-dioxane

A carcinogenic contaminant of cosmetic products. Almost 50% of cosmetics containing **ethoxylated surfactants** were found to contain dioxane. See Ethoxylated surfactants

From Material Safety Data Sheet (MSDS):

1,4-DIOXANE MAY EXERT ITS EFFECTS THROUGH INHALATION, SKIN ABSORPTION, AND INGESTION.

1,4-DIOXANE IS LISTED AS A CARCINOGEN.

EFFECTS OF OVEREXPOSURE: 1,4-DIOXANE IS AN EYE AND MUCOUS MEMBRANE IRRITANT, PRIMARY SKIN IRRITANT, CENTRAL NERVOUS SYSTEM DEPRESSANT, NEPHROTOXIN, AND HEPATOTOXIN.

ACUTE EXPOSURE CAUSES IRRITATION, HEADACHE, DIZZINESS, AND NARCOSIS. CHRONIC INHALATION EXPOSURE CAN PRODUCE DAMAGE TO THE LIVER AND KIDNEYS, AND BLOOD DISORDERS.

MEDICAL CONDITION AGGRAVATED BY EXPOSURE PRECLUDE FROM EXPOSURE THOSE INDIVIDUALS WITH DISEASE OF THE

BLOOD, LIVER KIDNEYS, CENTRAL NERVOUS SYSTEM, AND THOSE SUSCEPTIBLE TO DERMATITIS.

2-bromo-2-nitropropane-1,3-diol (Bronopol)

Toxic, causes allergic contact dermatitis.

See Nitrosating agents

Alcohol, Isopropyl (SD-40)

A very drying and irritating solvent and dehydrator that strips your skin's natural acid mantle, making us more vulnerable to bacteria, moulds and viruses. It is made from propylene, a petroleum derivative. It may promote brown spots and premature aging of skin.

Ammonium Laureth Sulfate (ALES)

See Anionic Surfactants

See Sodium Laureth Sulfate

See Nitrosating Agents

Ammonium Lauryl Sulfate (ALS)

See Anionic Surfactants

See Sodium Laureth Sulfate

See Nitrosating Agents

*****Anionic Surfactants**

Anionic refers to the negative charge these surfactants have. They may be contaminated with nitrosamines, which are carcinogenic. Surfactants can pose serious health threats. They are used in car washes, as garage floor cleaners and engine degreasers - and in 90% of personal-care products that foam.

- * Sodium Lauryl Sulfate (SLS)
- * Sodium Laureth Sulfate (SLES)
- * Ammonium Lauryl Sulfate (ALS)
- * Ammonium Laureth Sulfate (ALES)
- * Sodium Methyl Cocoyl Taurate
- * Sodium Lauroyl Sarcosinate
- * Sodium Cocoyl Sarcosinate
- * Potassium Coco Hydrolysed Collagen
- * TEA (Triethanolamine) Lauryl Sulfate
- * TEA (Triethanolamine) Laureth Sulfate
- * Lauryl or Cocoyl Sarcosine
- * Disodium Oleamide Sulfosuccinate
- * Disodium Laureth Sulfosuccinate
- * Disodium Dioctyl Sulfosuccinate etc

Benzalkonium Chloride

Highly toxic, primary skin irritant.

See Cationic surfactants

From Material Safety Data Sheet (MSDS):

MATERIAL IS HIGHLY TOXIC VIA ORAL ROUTE.

EFFECTS OF OVEREXPOSURE: MISTS CAN CAUSE IRRITATION TO THE SKIN, EYES, NOSE, THROAT AND MUCOUS MEMBRANES. AVOID DIRECT CONTACT.

SYMPTOMS: MUSCULAR PARALYSIS,
LOW BLOOD PRESSURE, CNS DEPRESSION AND WEAKNESS.
EMERGENCY AND FIRST AID PROCEDURES

EYES: CORROSIVE! IMMEDIATELY WASH EYES WITH PLENTY OF WATER.

INHALATION: REMOVE PERSON TO FRESH AIR. GIVE OXYGEN (IF BREATHING IS DIFFICULT). CALL PHYSICIAN.

INGESTION: IF CONSCIOUS, IMMEDIATELY DRINK LARGE QUANTITIES OF FLUID TO DILUTE AND INDUCE VOMITING. CALL PHYSICIAN.

Butylated Hydroxyanisole (BHA)

Causes allergic contact dermatitis.

Butylated Hydroxytoluene (BHT)

Causes allergic contact dermatitis. Contains toluene.

(See Toluene)

******Cationic surfactants***

These chemicals have a positive electrical charge. They contain a quaternary ammonium group and are often called "quats". These are used in hair conditioners, but originated from the paper and fabric industries as softeners and anti-static agents. In the long run they cause the hair to become dry and brittle. They are synthetic, irritating, allergenic and toxic, and oral intake of them can be lethal.

- * Stearalkonium chloride
- * Benzalkonium chloride
- * Cetrimonium chloride
- * Cetalkonium chloride
- * Lauryl dimonium hydrolysed collagen

Cetalkonium chloride

See Cationic surfactants

Cetrimonium chloride

See Cationic surfactants

Chloromethylisothiazolinone and

Causes contact dermatitis

Isothiazolinone

Causes contact dermatitis

From Material Safety Data Sheet (MSDS):

EYE CONTACT: CORROSIVE TO THE EYES WITH POSSIBLE PERMANENT DAMAGE.

SKIN CONTACT: CORROSIVE TO THE SKIN, POSSIBLY RESULTING IN THIRD DEGREE BURNS. CAN BE HARMFUL IF ABSORBED. CAN CAUSE ALLERGIC CONTACT DERMATITIS IN SUSCEPTIBLE INDIVIDUALS.

INGESTION: CAN BE FATAL.

INHALATION: CAN BE CORROSIVE TO THE MUCOUS MEMBRANES AND THE LUNGS. CAN CAUSE AN ALLERGIC REACTION IN SUSCEPTIBLE INDIVIDUALS.

Cocoamidopropyl Betaine

From Material Safety Data Sheet (MSDS):

CAN CAUSE EYE AND SKIN IRRITATION.

Cocoyl Sarcosine

See Nitrosating agents

Cyclomethicone

See Silicone derived emollients

******DEA (diethanolamine), MEA (Monoethanolamine), & TEA (triethanolamine)***

Often used in cosmetics to adjust the pH, and used with many fatty acids to convert acid to salt (stearate), which then becomes the base for a cleanser. TEA causes allergic reactions including eye problems, dryness of hair and skin, and could be

toxic if absorbed into the body over a long period of time. These chemicals are already restricted in Europe due to known carcinogenic effects. 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. See Nitrosating agents

From Material Safety Data Sheet (MSDS):

Health Hazard Acute And Chronic: Product is severely irritating to body tissues and possibly corrosive to the eyes.

Explanation Carcinogenicity: Amines react with nitrosating agents to form nitrosamines, which are carcinogenic.

Diazolidinyl urea

Established as a primary cause of contact dermatitis (American Academy of Dermatology). Contains formaldehyde, a carcinogenic chemical, is toxic by inhalation, a strong irritant, and causes contact dermatitis.

See Formaldehyde

From Material Safety Data Sheet (MSDS):

CAUSES SEVERE EYE IRRITATION. MAY CAUSE SKIN IRRITATION.

SIGNS AND SYMPTOMS OF EXPOSURE

SYMPTOMS OF INHALATION: IF MISTED, WILL CAUSE IRRITATION OF MUCOUS MEMBRANES, NOSE, EYES AND THROAT. COUGHING, DIFFICULTY IN BREATHING.

SYMPTOMS OF SKIN CONTACT: CONTACT CAUSES SMARTING AND BURNING SENSATIONS, INFLAMMATION, BURNS, PAINFUL BLISTERS. PROFOUND DAMAGE TO TISSUE.

SYMPTOMS OF EYE CONTACT: WILL CAUSE PAINFUL BURNING OR STINGING OF EYES AND LIDS, WATERING OF EYES, AND INFLAMMATION OF CONJUNCTIVA.

Dimethicone

See Silicone derived emollients

Dimethicone Copolyol

See Silicone derived emollients

Disodium Dioctyl Sulfosuccinate

See Anionic surfactants

Disodium Laureth Sulfosuccinate

See Anionic surfactants

See Ethoxylated surfactants

Disodium Oleamide Sulfosuccinate

See Anionic Surfactants

DMDM Hydantoin

Contains formaldehyde.

(See Formaldehyde)

Ethoxylated surfactants

Ethoxylated surfactants are widely used in cosmetics as foaming agents, emulsifiers and humectants. As part of the manufacturing process the toxic chemical 1,4-dioxane, a potent carcinogen, is generated.

On the label, they are identified by the prefix "PEG", "polyethylene", "polyethylene glycol", "polyoxyethylene", "-eth-", or "-oxynol-".

See 1,4-Dioxane

FD&C Colour Pigments

Synthetic colours made from coal tar. Contain heavy metal salts that deposit toxins onto the skin, causing skin sensitivity and irritation. Animal studies have shown almost all of them to be carcinogenic.

Formaldehyde

Formaldehyde is a known carcinogen (causes cancer). Causes allergic, irritant and contact dermatitis, headaches and chronic fatigue. The vapour is extremely irritating to the eyes, nose and throat (mucous membranes).

See Nitrosating agents

Fragrance

Fragrance on a label can indicate the presence of up to four thousand separate ingredients, many toxic or carcinogenic.

Symptoms reported to the USA FDA include headaches, dizziness, allergic rashes, skin discoloration, violent coughing and vomiting, and skin irritation. Clinical observation proves fragrances can affect the central nervous system, causing depression,

hyperactivity, and irritability.

Hydrolysed Animal Protein

See Nitrosating agents

Imidazolidinyl Urea & Dazolidinyl Urea

The trade name for this chemical is Germall 115.

Releases formaldehyde, a carcinogenic chemical, into cosmetics at over 10C. Toxic. See Formaldehyde

(See Nitrosating agents)

Lanolin

Any chemicals used on sheep will contaminate the lanolin obtained from the wool. The majority of lanolin used in cosmetics is highly contaminated with chlorinated organo pesticides like DDT.

Lauryl dimonium hydrolysed collagen

See Cationic surfactants

Lauryl or Cocoyl Sarcosine

See Anionic Surfactants

Lauryl Sarcosine

See Nitrosating agents

Liquidum Paraffinum

Liquidum Paraffinum is an exotic sounding way to say mineral oil (!!)

See Mineral Oil

MEA compounds

See Nitrosating agents

Methylisothiazolinone and Methylchloroisothiazolinone

Both cause cosmetic allergies

Mineral Oil

Petroleum by-product that coats the skin like plastic, 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. Used

in many products (baby oil is 100% mineral oil!) Any mineral oil derivative can be contaminated with cancer causing PAH's (Polycyclic Aromatic Hydrocarbons). Manufacturers use petrolatum because it is unbelievably cheap.

- * Mineral oil
- * Liquidum paraffinum (also known as posh mineral oil!)
- * Paraffin oil
- * Paraffin wax
- * Petrolatum

*****Nitrosating Agents**

The following chemicals can cause nitrosamine contamination, which have been determined to form cancer in laboratory animals. There are wide and repeated concerns in the USA and Europe about the contamination of cosmetics products with nitrosamines.

- * 2-bromo-2-nitropropane-1,3-diol
- * Cocoyl Sarcosine
- * DEA compounds
- * Imidazolidinyl Urea
- * Formaldehyde
- * Hydrolysed Animal Protein
- * Lauryl Sarcosine

- * MEA compounds
- * Quaternium-7, 15, 31, 60, etc
- * Sodium Lauryl Sulfate
- * Ammonium Lauryl Sulfate
- * Sodium Laureth Sulfate
- * Ammonium Laureth Sulfate
- * Sodium Methyl Cocoyl Taurate
- * TEA compounds

******Paraben preservatives (methyl, propyl, butyl, and ethyl)***

Used as inhibitors of microbial growth and to extend shelf life of products. Widely used even though they are known to be toxic. Have caused many allergic reactions and skin rashes. Highly toxic.

From Material Safety Data Sheet (MSDS):

EMERGENCY OVERVIEW:

WARNING! HARMFUL IF SWALLOWED OR INHALED. CAUSES IRRITATION TO SKIN, EYES AND RESPIRATORY TRACT. MAY CAUSE ALLERGIC SKIN REACTION.

SKIN CONTACT: CAUSES IRRITATION TO SKIN. SYMPTOMS INCLUDE REDNESS, ITCHING, AND PAIN. MAY CAUSE ALLERGIC

SKIN REACTIONS.

EYE CONTACT: CAUSES IRRITATION, REDNESS, AND PAIN.

Paraffin wax/oil

Paraffin Wax is mineral oil wax. See Mineral Oil

Polyethylene Glycol (PEG) compounds

Potentially carcinogenic petroleum ingredient that can alter and reduce the skin's natural moisture factor. This could increase the appearance of aging and leave you more vulnerable to bacteria. Used in cleansers to dissolve oil and grease. It adjusts the melting point and thickens products. Also used in caustic spray-on oven cleaners.

See Ethoxylated surfactants

Potassium Coco Hydrolysed Collagen

See Anionic Surfactants

Propylene/Butylene Glycol

Propylene glycol (PG) is a petroleum derivative. It

penetrates the skin and can weaken protein and cellular structure. Commonly used to make extracts from herbs. PG is strong enough to remove barnacles from boats! The EPA considers PG so toxic that it requires workers to wear protective gloves, clothing and goggles and to dispose of any PG solutions by burying them in the ground. Because PG penetrates the skin so quickly, the EPA warns against skin contact to prevent consequences such as brain, liver, and kidney abnormalities. But there isn't even a warning label on products such as stick deodorants, where the concentration is greater than in most industrial applications.

From Material Safety Data Sheet (MSDS):

Health Hazard Acute And Chronic

INHALATION: May cause respiratory and throat Irritation, central nervous system depression, blood and kidney disorders. May cause Nystagmus, Lymphocytosis.

SKIN: Irritation and dermatitis, absorption.

EYES: Irritation and conjunctivitis.

INGESTION: Pulmonary oedema, brain damage, hypoglycaemia, intravascular hemolysis. Death may occur.

PVP/VA Copolymer

A petroleum-derived chemical used in hairsprays, wavesets and other cosmetics. It can be considered toxic, **since particles may contribute to foreign bodies in the lungs of sensitive persons.**

Quaternium-7, 15, 31, 60, etc

Toxic, causes skin rashes and allergic reactions.

See Nitrosating agents

From Material Safety Data Sheet (MSDS):

SKIN: PROLONGED OR REPEATED EXPOSURE MAY CAUSE SKIN IRRITATION. MAY CAUSE MORE SEVERE RESPONSE IF SKIN IS DAMP.

MAY BE A WEAK SKIN SENSITIZER IN SUSCEPTIBLE INDIVIDUALS AT GREATER THAN 1% IN AQUEOUS SOLUTION.

Rancid Natural Emollients

Natural oils used in cosmetics should be cold pressed.

The refined vegetable oils found on supermarket shelves and many health food stores which lack colour, odour and taste are devoid of nutrients, essential fatty acids, vitamins and

unsaponifiables - all valuable skin conditioning agents! They also contain poisonous "trans" fatty acids as a result of the refining process.

Another important factor to consider with creams made from plant oil is the use-by date. The most beneficial plant oils (like rosehip, borage and evening primrose oils) are polyunsaturated, which means they oxidise and go rancid fairly quickly (about 6 months). Most off-the-shelf cosmetics have a shelf life of three years. Rancid oils are harmful, they form free-radicals, which damage and age your skin.

Silicone derived emollients

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 tumour promoters and accumulate in the liver and lymph nodes. They are also non-biodegradable, causing negative environmental impact

- * Dimethicone
- * Dimethicone Copolyol

* Cyclomethicone

Sodium Cocoyl Sarcosinate

See Anionic Surfactants

Sodium Laureth Sulfate (SLES) Ammonium Laureth Sulfate (ALES)

When combined with other chemicals, SLES and ALES can create nitrosamines, a potent class of carcinogens. It is frequently disguised in semi-natural cosmetics with the explanation "comes from coconut".

See Anionic Surfactants

See Ethoxylated surfactants

See Nitrosating agents

From Material Safety Data Sheet (MSDS):

WARNING! CAUSES SKIN AND EYE IRRITATION! AVOID CONTACT WITH EYES, SKIN AND CLOTHING. THE MATERIAL WAS CLASSIFIED AS A MODERATE TO SEVERE EYE IRRITANT.

Sodium Lauroyl Sarcosinate

See Anionic Surfactants

*****Sodium Lauryl Sulfate (SLS) Ammonium Lauryl Sulfate (ALS)**

Used in car washes, garage floor cleaners and engine degreasers - and in 90% of products that foam.

Animals exposed to SLS and ALS experience eye damage, central nervous system depression, laboured breathing, diarrhoea, severe skin irritation, and even death.

Young eyes may not develop properly if exposed to SLS and ALS because proteins are dissolved. SLS and ALS may also damage the skin's immune system by causing layers to separate and inflame. It is frequently disguised in semi-natural cosmetics with the explanation "comes from coconut".

See Nitrosating agents

See Anionic Surfactants

From Material Safety Data Sheet (MSDS):

EYE CONTACT:

INSTILLATION OF A 29% SODIUM LAURYL SULFATE SOLUTION INTO THE EYES OF SIX ALBINO RABBITS PRODUCED SEVERE IRRITATION. THE MATERIAL WAS CLASSIFIED AS A SEVERE SKIN IRRITANT.

Sodium Methyl Cocoyl Taurate

See Nitrosating agents

See Anionic Surfactants

Stearalkonium Chloride

A chemical used in hair conditioners and creams. Causes allergic reactions. Stearalkonium chloride was developed by the fabric industry as a fabric softener, and is a lot cheaper and easier to use in hair conditioning formulas than proteins or herbals, which do help hair health. Toxic.

See Cationic surfactants

Talc

Scientific studies have shown that routine application of talcum powder in the genital area is associated with a three-to fourfold increase in the development of ovarian cancer.

TEA (Triethanolamine) Laureth Sulfate

Synthetic emulsifier. Highly acidic. Over 40% of cosmetics containing Triethanolamine (TEA), have been found to be contaminated with nitrosamines, which are potent carcinogens.

From Material Safety Data Sheet:

Special Hazard Precautions: PRODUCT IS SEVERELY IRRITATING

TO BODY TISSUES AND POSSIBLY CORROSIVE TO THE EYES.
HANDLE WITH CARE. AVOID EYE & SKIN CONTACT. AVOID
BREATHING VAPORS IF GENERATED. IF THERE IS DANGER OF
EYE CONTACT, WEAR A FACE SHIELD.

Explanation Carcinogenicity: AMINES REACT WITH NITROSATING
AGENTS TO FORM NITROSOAMINES, WHICH ARE
CARCINOGENIC.

See Anionic Surfactants

See Nitrosating agents

TEA compounds

See Nitrosating agents

Toluene

From Material Safety Data Sheet (MSDS):

POISON! DANGER! HARMFUL OR FATAL IF SWALLOWED.

HARMFUL IF INHALED OR ABSORBED THROUGH SKIN.

VAPOR HARMFUL. FLAMMABLE LIQUID AND VAPOR. MAY AFFECT
LIVER, KIDNEYS, BLOOD SYSTEM, OR CENTRAL NERVOUS
SYSTEM. CAUSES IRRITATION TO SKIN, EYES AND RESPIRATORY

TRACT.

INHALATION: INHALATION MAY CAUSE IRRITATION OF THE UPPER RESPIRATORY TRACT. SYMPTOMS OF OVEREXPOSURE MAY INCLUDE FATIGUE, CONFUSION, HEADACHE, DIZZINESS AND DROWSINESS. PECULIAR SKIN SENSATIONS (E. G. PINS AND NEEDLES) OR NUMBNESS MAY BE PRODUCED. VERY HIGH CONCENTRATIONS MAY CAUSE UNCONSCIOUSNESS AND DEATH.

INGESTION: SWALLOWING MAY CAUSE ABDOMINAL SPASMS AND OTHER SYMPTOMS THAT PARALLEL OVER-EXPOSURE FROM INHALATION. ASPIRATION OF MATERIAL INTO THE LUNGS CAN CAUSE CHEMICAL PNEUMONITIS, WHICH MAY BE FATAL.

SKIN CONTACT: CAUSES IRRITATION. MAY BE ABSORBED THROUGH SKIN.

EYE CONTACT: CAUSES SEVERE EYE IRRITATION WITH REDNESS AND PAIN. CHRONIC EXPOSURE: REPORTS OF CHRONIC

POISONING DESCRIBE ANEMIA, DECREASED BLOOD CELL COUNT AND BONE MARROW HYPOPLASIA. LIVER AND KIDNEY DAMAGE MAY OCCUR. REPEATED OR PROLONGED CONTACT HAS A DEFATTING ACTION, CAUSING DRYING, REDNESS, AND DERMATITIS.

EXPOSURE TO TOLUENE MAY AFFECT THE DEVELOPING FOETUS.

KEY:

Major and common toxic Ingredients and/or groups of ingredients

For more information about safer alternative products that contain NONE of the TOXIC ingredients listed above contact:

Al or Ruth Ramos de Smith

Independent Representative - Organic and Natural Enterprise Group

TEL: **UK: 0844 668 4266 International: 0034 965 474 554**

Email:

saferalternative@yahoo.co.uk

Online educational resources, product information & e-shop:

<http://www.saferalternative.com/>

Additional organic reviews and natural remedy info at:

<http://www.gonando.com>

<http://www.howtonaturally.com>

<http://www.thenaturalremedysite.com>

<http://www.thrushsymptoms.info>

<http://www.descubresalud.com> (en Espanol)