

THE UGLY INGREDIENT LIST

Aging is not just the way we look but, more importantly, it's the degenerative diseases which prematurely change our life.

Breast Cancer

Depression

Obesity

Birth Defects

Heart Disease

Hormone Disruption

Memory Loss

ADD (Attention Deficit Disorder)

The following are the worst of the worst, toxic, carcinogenic **UGLY INGREDIENT LIST** commonly found in most skin and personal care products. Each is directly linked to one or more of the above conditions.

Benzoyl Peroxide: Frequently used in acne products, the MSDS (material safety data sheet) states, "Facilitates action of known carcinogens...Possible tumor promoter. May act as mutagen; produces DNA damage in human and other mammalian cells in some concentrations. Also, toxic by inhalation. May be harmful if swallowed and in contact with skin. Eye, skin and respiratory irritant."

DEA (Diethanolamine), MEA (Monoethanolamine), & TEA (Triethanolamine): The foam booster is a skin/eye irritant and causes contact dermatitis. Easily absorbed through skin to accumulate in body organs, even the brain. Repeated use resulted in major increases of liver and kidney cancer.

Dioxin: Won't appear on an ingredient list. Often contained in antibacterial ingredients like triclosan, emulsifiers, PEGs and ethoxylated cleansers like Sodium Laureth Sulfate. Dioxin causes cancer, reduced immunity, nervous system disorder, miscarriages and birth deformity. It's a hormone-disrupting chemical with toxic effects measured in the parts per trillion – one drop in 300 Olympic-size swimming pools! Our bodies have to defend against its damage. Most visible example was Yushchenko, the Ukrainian President, who suffered from dioxin poisoning and looked old overnight.

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

FD&C Color & Pigments: Synthetic colors from coal tar contain heavy metal salts that deposit toxins in skin, causing skin sensitivity/irritation. Absorption can cause depletion of oxygen and death. Animal studies show almost all are carcinogenic.

Parabens: (Methyl, Butyl, Ethyl, Propyl) – used as preservatives and aren't always labeled "parabens" They're used in deodorants and antiperspirants and have been found in breast cancer tumors. Parabens, as xenoestrogens (hormone disruptors), may contribute to sterility in male mice and humans. Estrogen-like activity causes hormone imbalance in females and early puberty.

PEG (Polyethylene glycol): Made by ethoxylating Propylene Glycol. Dangerous levels of dioxin have been found as a by-product of the ethoxylation process. PEGs are in everything including personal care, baby care and sunscreens.

Phthalates: Xenoestrogens are commonly found in many products, usually not listed on the labels. Health effects include damage to liver/kidneys, birth defects, decreases sperm counts and early breast development in girls and boys.

Propylene Glycol (PG) & Butylene Glycol: Petroleum plastics act as surfactants (wetting agents, solvents). EPA considers PG so toxic it requires protective gloves, clothing. Goggles and disposal by burying. Because PG penetrates skin so quickly, EPA warns against skin contact to prevent brain, liver, and kidney abnormalities. There is NO warning label on products where concentration is greater than in most industrial applications.

Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES): Detergents and surfactants that pose serious health threats. Used in car washes, garage floor cleaners, engine degreasers and 90% of personal-care products that foam. Animals exposed to SLS experienced eye damage, depression, labored breathing, diarrhea, severe skin irritation – even death. SLS may also damage skin's immune system by causing layers to separate, inflame and age.

Sunscreen chemicals: avobenzene, benzophenone, ethoxycinnamate, PABA are commonly used ingredients that are known free radical generators and are believed to damage DNA or lead to cancers.

Triclosan: Synthetic “antibacterial” ingredient with chemical structure similar to Agent Orange! EPA registers it as a pesticide, posing risks to human health and environment. Classified as a chlorophenol, chemicals suspected of causing cancer in humans. Tufts University School of Medicine says triclosan is capable of forcing emergence of “super bugs” it cannot kill.

All information taken from [The ToxicAlarm Guide](#) – courtesy of The ToxicFree Foundation

Start thinking about how many products and chemical ingredients you use on a daily or weekly basis. People are often surprised by how many they use! This is only skin care products – NOW think about all the other toxins, preservatives and chemicals you are ingesting from the food you eat, household cleanser toxic fumes you are breathing, and all other environmental toxins. WOW! Maybe it is time to make a few lifestyle changes. What do you think?