

What's in your BEAUTY products?

Just 9 Products:

Using just 9 products (e.g. shampoo, conditioner, soap, deodorant, skin lotion, makeup, etc.) per day means we are using 126 chemical ingredients.

<http://hubpages.com/hub/The-Ugly-Beauty-Products>

Buzzwords:

Terms like 'natural,' 'organic' and the latest buzzword, 'green' offer no guarantee of the safety of these products. In fact the ingredients in personal care products are not overseen by the FDA. The EU bans more than 1,100 chemical ingredients but the USA has banned just 10.

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Watch out for these on your label!

Phthalates - according to the NRC for Women and Families, in 10/07 CA banned the use of this chemical in children's toys and childcare products. Phthalates, in cosmetics and some industrial adhesives, medical and consumer goods made with polyvinyl chloride plastic (PVC), which also includes a multitude of [baby](#) toys, can be linked to lung, liver and kidney damage, as well as to birth defects.

Sodium lauryl sulfate - (aka SLS) - found in shampoos, hair conditioners, toothpaste, body washes; a strong detergent which can cause permanent damage to eyes, esp. in children, skin rashes, hair loss, mouth ulcerations, flaking skin. When used with other ingredients can form nitrosamines which are carcinogenic. Can lodge in the heart, liver, lungs and brain.

Additional chemicals to watch out for (And research) are:

methyl, propyl, butyl, and ethyl paraban. It's used as a preservative or germicide • It's found in conditioners, hair gels, nail creams, foundations, mascara, facial masks, skin creams, deodorants, sunscreen and hair colouring • It's a hormone disrupter – mimics natural estrogens that lead to cancer; linked to breast cancer, skin rashes

- imidazolidinyl urea
- petrolatum
- propylene glycol
- pvp/v copolymer
- stearalkonium chloride
- synthetic colors
- synthetic fragrance
- triethanolamine

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Good page for toxic free products

<http://toxicfreeawareness.com/>

Annie Leonard: The Story of Cosmetics:

<http://www.youtube.com/watch?v=pfq000AF1i8>

Oprah and toxic beauty products:

<http://www.oprah.com/health/Dangerous-Beauty-Products>

Dr. Gary Ginsberg has as over 20 years experience in toxicology and serves on several National Academy of Science Panels.

<http://whatstoxic.org/the-book>

Home cleaning products

http://www.organicconsumers.org/articles/article_279.cfm