

Find the Deadly Dozen

Place a mark next to each ingredient each time you see this ingredient on a product in your home.

_____ **Alcohol, Isopropyl (SD-40):** A very drying and irritating solvent and dehydrator that strips your skin's moisture and natural immune barrier. A Consumer's Dictionary of Cosmetic Ingredients says it may cause headaches, flushing, dizziness, mental depression, nausea, vomiting, narcosis, anesthesia, and coma. *Fatal ingested dose is one ounce or less.*

_____ **DEA (Diethanolamine), MEA (Monoethanolamine), & TEA (Triethanolamine):** Skin and eye irritants, causing contact dermatitis. Easily absorbed through the skin and accumulates in body organs, even the brain. Used to create foam in products like shampoo, shaving creams, and bubble bath. 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.

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

_____ **FD&C Color Pigments:** Synthetic colors made from coal tar, containing heavy metal salts that deposit toxins onto the skin, causing skin sensitivity and irritation. Absorption of certain colors can cause depletion of oxygen in the body and death. Animal studies have shown almost all of them to be carcinogenic.

_____ **Fluoride:** Check out your tube of toothpaste and avoid Fluoride! Since April Of 1997, all toothpaste containing fluoride in the US must carry a warning label advising parents what to do if their child swallows more than the pea-size brushing amount. There is a good reason for that warning – *one tube of toothpaste contains enough fluoride to kill a two-year-old child.* The FDA lists fluoride as an “unapproved new drug” and the EPA lists fluoride as a “contaminant”. Fluoride has NEVER received ‘FDA Approval’. It has been linked to fluorosis in children, Acne, Alzheimer's, kidney damage, gastrointestinal problems, cancer, genetic damage, neurological impairment, bone and tooth decay, etc.

_____ **Fragrances:** Mostly synthetic ingredients, fragrances can indicate the presence of up to 4,000 separate ingredients, many toxic or carcinogenic. Symptoms reported to the 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, irritability, inability to cope, and other behavioral changes.

_____ **Parabens (Ethyl, Butyl, Methyl, or Propyl):** A group of commonly used preservatives in cosmetic, food, and pharmaceutical products. Study released by the Journal of Applied Toxicology found parabens have been linked to cancer and have been found in breast cancer biopsies. In animal studies they may contribute to sterility in male mice and hormone imbalances in females. They are part of a group of chemicals, called xenoestrogens suspected of contributing to early puberty in young girls and boys. They are toxic in small amounts.

Phthalates: These are xenoestrogens - hormone disruptors. They are commonly found in many products - *although usually not listed on the labels* - especially nail polish, perfumes, hair sprays and skin care lotions as well as personal care and household products. Health effects include damage to the liver and kidneys, birth defects, decreased sperm counts, early puberty onset in girls and early breast development in girls and boys. California passed The Safe Cosmetics Act in part to address the use of phthalates in children's products.

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

Propylene Glycol (PG) and Butylene Glycol: Petroleum plastics which act as surfactants (wetting agents and solvents). They easily penetrate the skin and can weaken protein and cellular structure. 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 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.

Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES): Detergents and surfactants that pose serious health threats. Used in car washes, garage floor cleaners and engine degreasers and in 90% of personal-care products that foam. Animals exposed to SLS experienced eye damage, depression, labored breathing, diarrhea, severe skin irritation, and even death. SLS may also damage the skin's immune system by causing layers to separate and inflame. When combined with other chemicals, SLS can be transformed into nitrosamines, a potent class of carcinogens.

Triclosan: A synthetic "antibacterial" ingredient with a chemical structure similar to Agent Orange! The EPA registers it as a pesticide, giving it high scores as a risk to both human health and the environment. It is classified as a chlorophenol, a class of chemicals suspected of causing cancer in humans. Its manufacturing process may produce dioxin, a powerful hormone-disrupting chemical with toxic effects measured in the parts per trillion; that is only one drop in 300 Olympic-size swimming pools! Hormone disruptors pose enormous long-term chronic health risks by interfering with the way hormones perform, such as changing genetic material, decreasing fertility and sexual function, and fostering birth defects. Tufts University School of Medicine says that triclosan is capable of forcing the emergence of 'super bugs' that it cannot kill. Its widespread use in popular antibacterial cleansers, toothpastes and household products may have nightmare implications for our future.