



THE TOXIC TEN CHALLENGE

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Do you remember the study where they found 884 toxic ingredients in personal care products? It would be almost impossible to check all those ingredients in your own bathroom. What if you did the 'Toxic Ten Challenge'?

Print off this document, go to your bathroom and check for these ingredients:

1 ALUMINIUM

Is an ingredient used in anti-perspirant (it stops the body from perspiring which is a natural process of the skin)
It has long been linked to Alzheimer's disease, which is currently afflicting 1 in 2 people over the age of 70.
Has been identified as a neurotoxin, which can actively interfere with many chemical reactions in the brain.

2 DIETHANOLAMINE (DEA), COCAMIDE DEA, LAURAMIDE DEA

A colourless liquid or crystalline alcohol, that is used as a solvent, emulsifier and detergent. (wetting agent)
DEA works as an emollient in skin softening lotions or as a humectant in other personal care products, meaning it attracts moisture.
When found in products containing nitrates, it reacts chemically with nitrates to form potentially carcinogenic nitrosamines.
DEA is readily absorbed through the skin, and accumulates in organs such as the brain. It is a skin and eye irritant.
Also watch out for triethanolamine (TEA) and monoethanolamine (MEA)

3 FLUORIDE

Is found in toothpaste and dental care products.
Is a poison to humans when ingested over long periods as it accumulates in body tissue. Effects include convulsions, changes in liver and kidneys and in respiratory function.
Is a known carcinogen and is not approved by the FDA in the US.
The growing scientific consensus is that fluoride provides no benefit to teeth but does cause damage to the bones and organs.

4 FORMALDEHYDE

Is found in shampoos, mascara, cream (esp anti-aging creams), face make-up and nail products.
Is a toxic, colourless gas that is a strong skin irritant and a suspected human carcinogen. When combined with water, it is used as a disinfectant, fixative or preservative.
Is also used extensively in building industry as a glue in manufacture of particle board and laminated wood products.
It is known to cause eye, nose throat irritation, coughing, asthma attacks, shortness of breath, nausea, vomiting, skin rashes, nose bleeds, headaches, dizziness, and severe weakening of the immune system.

5 COAL TAR

Is found in shampoo, dyes, cosmetics, lipstick, hand and body lotion and toothpaste.
Is a known carcinogen and exposure can lead to increased risks of lung, scrotum and skin cancer. Psoriasis sufferers may have an increased risk of developing cancer, as many skin preparations used for psoriasis sufferers contain coal tar.
Coal tar dyes in contact with skin are photo-toxic and may cause dermatitis or skin cancer.

6 PROPYLENE GLYCOL

A common ingredient used extensively in industry as a component of brake fluids, paint, varnishes and anti-freeze. Is also in toothpaste, eye and face make-up, some baby wipes and a wide range of products!
Is a petro-chemical solvent readily absorbed through the skin and scalp. It accumulates in the heart, liver and kidneys, causing abnormalities and damage, and weakens the immune system.
Damages cell membranes causing rashes, dry skin, contact dermatitis and surface damage to the skin.
Is toxic to human cells in cultures.

7. SODIUM LAURYL SULPHATE (SLS)

A foaming agent and one of the most common found in personal care and cosmetic products.
It is also used in car washes, garage floor cleaners and engine degreasers. It readily penetrates the skin and can cause tissue damage that could result in liver, brain, heart and lung damage long term; eye damage; weakening of the immune system; severe skin irritation; hair loss and eczema.
When absorbed through skin SLS maintains residual levels in the heart, liver, lungs and brain. It also remains in biological system and eye tissue for up to 5 days.

8. TALC.

Is a very fine, powdered substance used in eye shadows, blushers and face powders.
It is chemically similar to asbestos (a known carcinogen), and like asbestos, can cause lung problems.
It is associated with an increase in ovarian cancer and respiratory illness.
It should never be used on babies because of its carcinogenicity and acute respiratory stress it can cause from inhalation.

9. TOLUENE

A widely used solvent found in nail enamels, spray cans, hair gel, perfumes and fragrances, room deodorisers, body sprays etc
It is suspected of being a trigger for asthma and one of the few chemicals that can cause asthma in a healthy person
Is a suspected human carcinogen and leads to adverse nervous system effects

10 PEG

Used in cleansers to dissolve oil and grease. Also used in cosmetics. It adjusts the melting point and thickens products. Also used in caustic spray-on oven cleaners.
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.
Ethoxylated surfactants such as PEG 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-".

Sources : Peter Dingle and Toni Brown 'Dangerous Beauty'
Health Report, Geoff Goldie
Lillian Reekie 'Hidden Dangers'