

Is Your Makeup Toxic?

Women are unknowingly exposing themselves to some one hundred (100) chemicals every morning when applying makeup, body creams and lotions.

Test studies have regularly found that many of these chemicals cause infertility, hormone imbalances and even cancer. So next time you or your loved one puts on lipsticks, body creams, eye shadows, foundations, nail polish, perfumes, shampoos, conditioners or hair products read your ingredients and consider that there are conscious choices each of us can make.

Some important statistical facts to be aware of:

- ⤴ 89% of the 10,500 ingredients used in personal care products have NOT been evaluated for safety
- ⤴ According to FDA Handbook – “cosmetic manufactures are not required to register with the FDA”
- ⤴ There are lists of chemicals known to be toxins by the FDA and the EPA which are regularly used in deodorants, hair shampoos, lip balms, perfumes, facial and skin moisturizers

The first thing consumers can do to protect them and make healthy choices is to read labels and understand what they are reading. Looking for chemical names and knowing what they do is a great place to start. Below are some of these common chemicals that have been correlated and tested to cause or increase the incidences of disease:

Parabens

- ⤴ Widely used as preservatives. Studies implicate their connection with cancer. They mimic estrogen interfering with the body’s endocrine system
- ⤴ Commonly found in deodorants, hair shampoos, lip balms, facial and skin moisturizers

Dioxane

- ⤴ Found in compounds known as PEG – first reported as a carcinogen in 1965. This was later confirmed in a 1978 study by the National Cancer Institute. – It is a synthetic derivative of coconut so look out for “comes from coconut”
- ⤴ EPA – a probable human carcinogen and clear-cut animal carcinogen known to cause cancer in animals

Mineral oil, Paraffin and petrolatum

- ⤴ Suspected of causing cancer in laboratory animals.
- ⤴ Disrupts hormonal activity

SLS – sodium laurel or laurel sulfate

- ⤴ Used in car washes and degreasers
- ⤴ Found in 90% of all personal care products
- ⤴ Can cause hair loss
- ⤴ Combined with other chemicals it becomes a potent carcinogen

Toluene

- ⤴ Found in most synthetic fragrances
- ⤴ Poisonous – fatal if swallowed
- ⤴ Found to cause anemia, liver and kidney damage and can affect fetus formation and health

Accrylamide

- ⤴ Commonly found in hand and face creams
- ⤴ Has been linked to mammary tumors in lab animal research

At a recent Green Expo in Anaheim California there were many make up companies marketing body care products and makeup lines totally free of these toxic chemicals priced to sell at or below many of some of the designer makeup lines. There are choices that are much healthier, look good and do a great job.

My wife is a make up artist and when I suggested the products she was using had many of these chemicals in them her first reaction was to say they would not work the same. After a little research and trials she found a great makeup line totally free of toxic chemicals that worked even better than what she was use to.

What can you do? Start by getting educated and becoming aware. The internet is a great tool for researching organic cosmetics. It is essential that you ask questions and read labels. If you do not understand what you are reading keep asking and keep looking.

Remember designer body care products are not necessarily green and toxin free. Many of the expensive products sold at top department stores are full of these chemicals. Remember – often green toxin free products actually cost less than the designer products.