

## **ARE YOUR PERSONAL CARE PRODUCTS SAFE?**

Today chemicals are ubiquitous and increasingly present in our homes, cars, work places and even our food. Thousands of new synthetic chemicals come into new consumer products every year without any safety testing. More than 80,000 new chemicals circulate in our environment since the rise of the petrochemical industry.

Most consumers would be shocked to find out just how many of these chemicals they are actually unknowingly putting in their bodies through their skin. Our skin is not an impenetrable barrier; whatever you spread on your skin or smell as in cologne and perfume has a very real chance of being absorbed and impacting your health.

Over the past decade, the United States has been urgently investigating the effect of low levels of synthetic personal care product chemicals found in our waters. Scientists from around the world have now linked these chemicals to a growing health crisis, causing serious hormonal, metabolic, and neurological disorders. The impact of these chemicals threatens to bankrupt the US medical system within the next 30 years.

Where are these harmful chemicals found? They are found in almost all shampoos, conditioners, hair coloring agents, fragrances, cosmetics, sunscreen, and pharmaceuticals. Not only are these toxins accumulating on our planet, they are also accumulating in our fat cells and other areas of our bodies. The real harm is the inability to break them down, so they steadily build up over a lifetime of use.

Although the EPA and other agencies are concerned, there has been no pressure up to this point on the manufacturers. No regulations exist to protect the consumer. "Ignorance is not bliss" in this case! Even the uninformed can become quite sick from a lifetime of shampoo, perfume, lipstick, nail polish, etc.

How can you protect yourself and your family? **READ LABELS!** Be suspicious of every chemical ingredient. Ask your self if you would eat it, since almost 60% will end up inside! Check your shampoo, conditioner, toothpaste, deodorant, mouthwash, fragrances, makeup, lotions, etc. Just because a product is labeled "natural" or "pure" is not enough; there are no regulations. However, clean healthy pure products DO exist. With increased

public demand we will see even more options. Here at HealthSpring we have several lines of biodynamic, “clean” body care products. There are other companies producing varying degrees of safe products. Check out the web and the books below for more info.

**Some Chemicals to Avoid:**

Parabens, DEA (diethanolamine), propylene glycol, SLS (sodium laurel sulfate), talc, phthalates to name just a few.

[www.netnewspl.com](http://www.netnewspl.com) - for a good booklet on this subject

[www.ewg.org/skindeep](http://www.ewg.org/skindeep) - for a rating of many products on the shelves

Cosmetics Unmasked, by Antczak, Stephen and Gina

Consumer Dictionary of Cosmetic Ingredients, by Winter, Ruth