

Dying

to be beautiful

Top 10 KILLER Ingredients in Your
Beauty Products...

...And Your Natural Alternatives

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Dying to be Beautiful – Top 10 Killer Ingredients in Your Beauty Products (And Your Natural Alternatives)

Are you dying to be beautiful? You may not think much about the skincare, hair care, and cosmetic products you use everyday but they can do serious harm to your health. It is estimated that the average women uses 12-20 toxic chemicals on her skin each day. Once you learn more about the top 10 killer ingredients in your beauty products, you'll never look at your makeup the same way again!

Top 10 Killer Ingredients in Your Beauty Products

When you eat something, your natural digestive process helps break it down and flush the unnecessary portions of the food (pesticides, additives, etc.) out of your body. However, when you put chemicals directly on your skin, they don't go through any filtration system at all. They're just absorbed directly into your organs!

Here are the top 10 killer ingredients in your beauty products:

1. Parabens

Parabens are estrogenic compounds that have been medically-proven to stimulate the growth of breast cancer. These toxic chemicals can be found in everything from your favorite skin lotion to the underarm deodorant you use each day.

These parabens, which go by the names methylparaben, propylparaben, isoparaben, butylparaben, may be absorbed through your skin at a concentration ***10 times higher than that of oral ingestion!***

In addition to cancer, parabens have been linked to developmental problems in children, thyroid dysfunction, autoimmune disease, premature aging, and infertility. Check your products and throw out anything containing these dangerous toxins!

2. Phthalates

Phthalates are endocrine disruptors that have been linked to thyroid disease, decreased sperm count, increased risk of birth defects, behavioral problems in children, premature birth, and breathing difficulties in children with asthma.

Phthalates are often found in perfume, eye shadow, skin moisturizer, nail polish, liquid soap, and hair spray. If you see DBP (di-n-butyl phthalate) or DEP (diethyl phthalate) in any of the products you currently use, throw them away. They're very dangerous.

3. **Mineral Oil**

You wouldn't think that anything that sounds as harmless as mineral oil could cause you any health problems but you'd be mistaken. Mineral oil is an odorless, colorless substance made from petroleum. This oil can clog your pores, which leads to skin congestion and the inability to release built-up toxins.

This can cause chronic skin congestion, toxic build-up, irritated skin, and allergies as well as premature aging. Mineral oil has also been shown to be carcinogenic and immune-disrupting. It has been linked to the development of rheumatoid arthritis and has been shown to cause skin cancer when combined with UVB rays. (How scary is that?)

Oftentimes, mineral oil will be named as such. However, it can also go under other names like 'baby oil', 'white oil', 'liquid paraffin', and 'liquid petroleum'. Steer clear.

4. **Synthetic Fragrance**

Synthetic fragrances are among the most dangerous of all the ingredients in your beauty products. They are considered "trade secrets" so cosmetic companies never have to divulge what's really in their products. Many of these unknown fragrances are both neurotoxic and carcinogenic. Synthetic musk, for example, has been shown to contribute to the development of breast cancer due to interference in estrogen and progesterone levels. These fragrances can be found in everything from skin lotion to lipstick and they usually hide under the ubiquitous name, "fragrance".

5. **Artificial Dyes**

Artificial dyes and synthetic coloring agents may be fun to play with when you're experimenting with a new eye shadow but they can be very dangerous to your health. FD&C colors are derived primarily from coal tar, which is a skin and respiratory toxin. Almost all of them are carcinogenic and can contribute to the development of permanent neurological dysfunction. Colors with numbers or anything to do with the word 'lake' should be avoided. Instead, look for makeup containing

safer colorants such as Titanium Dioxide, Iron Oxides, Iron Oxide, Tin Oxide, Carmine and Ultramarines.

6. **Retinyl Palmitate**

During my research, one of the most alarming ingredients I found is Retinyl palmitate, which is an ingredient comprised of palmitic acid and synthetic vitamin A. Retinyl palmitate breaks down into toxic free radicals when exposed to sunlight. This breakdown can damage DNA, which can cause gene mutations and the eventual development of cancer. Studies conducted by the FDA have shown that extensive daily application of this synthetic ingredient can cause a build-up that's high enough to cause damage to a developing fetus! This toxin is often found under the brand name Retinol in anti-aging creams and skin lotion.

7. **Triclosan**

This discovery actually made me angry. Since hand sanitizers became popular, I'd been using them on myself and my kids quite liberally thinking I was protecting us from disease. Now I understand how dangerous this stuff actually is. Triclosan is a synthetic antibacterial agent that was designed for occasional use in the intensive care unit of hospitals. Now, it's everywhere and because of that, has led to lowered immune resistance, colds, and flu, as well as thyroid disease and even cancer. In addition to hand sanitizer, Triclosan can be found in shave gel, bronzer, foundation, lipstick, and skin lightening cream. Avoid it. Nobody needs to be that clean anyway.

8. **Propylene Glycol**

Propylene glycol is a form of mineral oil that has been shown to cause respiratory distress as well as brain and skin abnormalities. It has also been shown to cause liver damage if used over long periods of time. Propylene glycol hides under dozens of different names so it can be difficult to avoid. Any skincare product containing an ingredient starting with bis, cetyl, di, lauryl, peg, ppg, stearyl, and tri could potentially be propylene glycol. Avoid it.

9. **PABA**

PABA (Para-Amino-Benzoic Acid) is often used as a topical reflective agent in commercial sunscreens. The Journal of Clinical Dermatology claims PABA helps prevent skin cancer but may contribute to the

development of melanoma. That just doesn't make sense. According to research, PABA floods your body with free radicals and can cause liver damage as well. I don't use anything containing it now.

10. **Sodium Laurel Sulfate**

Sodium laurel sulfate, an emulsifier used in thousands of skincare products, has been proven to be highly toxic to your health. It has been shown to cause skin and eye irritation, developmental disabilities in children, infertility, neurological dysfunction, and even cancer. It has also been shown to strip your skin of natural oils, which can contribute to premature aging. Stay away from any product containing this toxin.

Natural Alternatives to the Most Common Beauty Products

When you first realize how many toxic chemicals you've been putting on your body, it can be a bit sickening. I know I felt like I had been betrayed. I couldn't really understand how all these cosmetic manufacturers could produce thousands of products like this and not warn their customers. It shocked me.

Now, my entire household is much more natural and I love sharing this information with others. You don't have to spend a ton of money or saturate your body with potentially-harmful toxins in order to be and feel beautiful.

Here's a list of my natural alternatives to the most common beauty products:

1. **Skin Lotion**

Just about every commercial skin lotion contains some type of toxic ingredient, which is why I completely avoid them now. My favorite skin lotion is, believe it or not, coconut oil! I use 100% natural, organic coconut oil on my skin once a day (twice when it's dry and cold outside). Despite what you might think, it's not greasy and melts right into your skin. Coconut oil is rich in lauric acid, which helps fight bacterial overgrowth and acne while moisturizing your skin. I love it!

2. **Anti-Aging Cream**

Many of those anti-aging creams contain Retinol, the synthetic version of vitamin A that has been linked to skin cancer. That's why I don't even bother with it anymore. A few months before my 32nd birthday, I

noticed a few tell-tale lines and wrinkles, (which I blame on smoking from the ages of 13 to 22). The lauric acid in coconut oil has been shown to cut down on the appearance of fine lines and wrinkles but I wanted something more.

I did a little research and found [Skinception Argan Oil](#). Skinception Argan Oil is 100% natural and contains only that one ingredient. It has been used for thousands of years as a skin rejuvenator and anti-aging serum. I've been using it for a little over a year now and I'm actually noticing a real difference. Even my husband has noticed.

3. **Cosmetics**

I gave up conventional cosmetics and switched to organic mineral make-up a few years ago. All cosmetics like blush and eye shadow are made with minerals but in the case of the store-bought ones you're used to, they often contain added chemicals that can harm your health. I started using mineral makeup from a place called [SunCat Minerals](#) and I've never been happier with the result. It's easy to apply, looks great, and last for hours. The best part is, since I started using it, my lingering acne *finally* cleared up.

4. **Perfume**

Perfume may smell good but it can do serious damage to your health. Essential oils work just as well, last for a very long time, and are completely non-toxic. My favorites are jasmine, lavender, and orange and I've started experimenting with mixing them with a combination of jojoba oil and alcohol. It's a ton of fun!

5. **Shampoo**

Castile soap is olive oil based soap that is non-toxic and incredibly versatile. Not only can you use it as a shampoo, a body wash, and a shaving cream, you can also use it to wash your clothes. It's so inexpensive and environmentally-friendly that I know I'll never go back to conventional products again.

6. **Hair Dye**

Conventional hair dye has been linked to upper respiratory damage, permanent hair damage, and even cancer. Henna dye is a natural alternative that can easily cover grey and help you get back to your original color. If you're looking to lighten your hair naturally, you can

use chamomile tea and sit in the sun for 1-2 hours to let it soak in. Lemon works as well but I can dry your hair so I stick with the chamomile. You can also use black or red tea to darken your hair using the same steps used with the chamomile.

7. **Sunblock**

From the research I've done, excessive use of sunblock may actually cause skin cancer due to its chemical content and the inability of the sun's rays to penetrate the skin. You see lack of sunlight is just as bad for you as excessive sun exposure. It's the leading cause of vitamin D deficiency and vitamin D deficiency has been linked to skin cancer!

I was surprised to know that there are foods that actually help decrease your chances of skin damage from the sun.

These foods are:

- **Chocolate** – Dark, organic chocolate contains flavanol antioxidants that help lessen reddening after UV exposure by 25% when used over a period of 3 months.
- **Tomatoes** – Tomatoes contain a powerful antioxidant called lycopene, which has been shown to cut the risk of sunburn by 48% when consumed regularly over the course of 3 months.
- **Fatty Fish** – The omega-3 fatty acids found in wild-caught oily fish like salmon and mackerel can reduce sun damage by 30% when eaten daily.
- **Green Tea** – Green tea also contains antioxidants that help prevent sunburn and precancerous skin changes.

If your skin is on the lighter side like mine, you're still going to have to use some type of sunscreen to protect yourself. For my health and safety, I choose organic sunscreens with zinc oxide as a primary ingredient but mostly, I just cover up with hats and loose-fitting shirts during peak sun hours.

8. **Sunless Tanner**

Sunless tanner contains a lot of chemicals that can be quite harmful when used over long periods of time. The Environmental Working Group recommends a few low-risk sunless tanners that are worth

checking out. In my case, I've learned to just live with being light-skinned.

9. **Underarm Deodorant**

When I was in my 20s, I had hyperhidrosis of the armpit that caused embarrassing sweat and stains. I used to use so much antiperspirant, my underarms were caked with the stuff but it still didn't seem to help. If anything, the more I used, the worse the sweat got.

What I discovered is that your underarms are designed to sweat to release toxins. Covering up this ability just makes things worse. Plus, the parabens in antiperspirant are linked to breast cancer so it's preferable to avoid them anyway.

I use a crystal stick deodorant now with a bit of coconut oil and a tiny drop essential oil. It works great!

10. **Nail Polish**

Even before I started doing research into natural health, I knew in the back of my mind that nail polish had to be bad for you. I mean, the stuff smells awful. I have breakable nails so unless I want them to chip and crack, I file them everyday and keep my nail beds moisturized with coconut oil. When I do use nail polish, I use a non-toxic, organic brand called [Piggy Paint](#). They've got a lot of great colors and even though the color doesn't last as long as the traditional stuff, I'd still take it over the smelly stuff anyway.

You don't have to fill your skin with toxic products that could do serious harm to your health. The cosmetic manufacturers may not want you to know what this stuff can do to you but I do. I hope my research has been helpful to you and given you a new lease on a healthier life. It sure has for me!

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Resources:

<http://www.ncbi.nlm.nih.gov/pubmed/14745841>

<http://www.sciencedaily.com/releases/2011/07/110711131614.htm>

<http://www.atsdr.cdc.gov/toxprofiles/tp189.pdf>

<http://www.ncbi.nlm.nih.gov/pubmed/18348443>