

* Lanolin

This is in Cosmetics and Body Lotions and also found in nappy cream. Lanolin is a known skin sensitiser that can cause rashes. In tests 50 – 60% of lanolin samples were found to be highly contaminated with organo-chlorine pesticides (used in sheepdip), which are known carcinogens.

Other Potentially Harmful Ingredients To Look Out For:

Alpha Hydroxy Acid (AHA) - in Skin Care Products. Can cause long-term skin damage.

Aluminium - in Deodorants. Has been linked to Alzheimer's disease.

Animal Fat (Tallow) - in Soap. Acts as a breeding ground for bacteria.

Bentonite - in Cosmetic Foundations. May clog pores and suffocate the skin.

Collagen - in Skin Care Products. Forms a layer of film that may suffocate the skin.

Elastin of High Molecular Weight - in Skin Care Products. Has a similar action to Collagen.

Fluorocarbons - in Hairsprays. Can produce mild upper respiratory tract irritation.

Glycerin - in Skin Care Products. Can dry the skin from the inside out.

Kaolin - in Cosmetic Foundations. Can smother and weaken skin.

Lye - in Soaps. May corrode and dry out skin.

Now take a look at the list of ingredients on your containers of shampoo, bubble bath, shower gel, toothpaste etc. Are any of the above mentioned on the labels? Frightening isn't it? However, you are now able to make an informed choice on whether or not to:

1. Ignore all you have just read and "hope" you and your family will not be harmed.
2. Become a wise consumer by avoiding known, harmful ingredients and seek out companies who consciously make an effort to manufacture safe alternatives.

To find out about one such company who has received the "Seal of Safety" award from the **Cancer Prevention Coalition**, contact:

Healthy Choices
01234 851318
www.healthychoices.co.uk

**Our children trust us to make safe choices for them.
Can YOUR children trust YOU?**

Is There Danger Lurking In Your Bathroom?



Warning! *The information contained in this leaflet may change your life forever!*

Most people assume that the products they use daily for personal hygiene and skin care are safe, in the belief that the government would not allow them if they were harmful. However, in reality, the government has little say on this matter and until legislation is changed, the health of every man, woman and child is at risk.

The National Institute of Occupational Safety and Health (NIOSH) in the US, found 884 chemicals commonly used in our toiletries and cosmetics that could cause harm to our health and, in some cases – cancer. The manufacturers are well aware of the potential harm of these chemicals because their employees, by law, are required to wear safety goggles and protective clothing to prevent skin contact (see example of a Material Safety Data Sheet, below)

So why do they use these chemicals when there is so much evidence documenting their harm? One reason is they are cheap. Also, the manufacturers know they could never be held responsible by individuals because very few people would use the same brand of toiletry throughout their life.

Below, you will find a list of ingredients commonly found in our toiletries, including baby care products. All have been documented around the world to cause potential harm to human health.

Section 8. Exposure Controls/Personal Protection

- * Wear appropriate NIOSH/MSHA-approved respirator, chemical-resistant gloves, safety goggles, other protective clothing.
- * Use only in a chemical fume hood.
- * Safety shower and eye bath.
- * Avoid inhalation.
- * Do not get in eyes, on skin, on clothing.
- * Avoid prolonged or repeated exposure.
- * Wash thoroughly after handling.
- * Irritant.
- * Strong sensitizer.
- * Keep tightly closed.
- * Store in a cool dry place.

* Sodium Lauryl Sulphate (SLS) and Sodium Laureth Sulphate (SLES)

These are found in shampoos, hair conditioners, toothpastes, body washes etc. They are strong detergents, which can cause irritation and permanent damage to the eye (especially in children), skin rashes, hair loss, flaking skin and mouth ulceration.

When combined with other ingredients, they can form nitrosamines, which are carcinogenic and can easily pass through the skin into the bloodstream, accumulating in the heart, lungs, liver and brain.

This is an extract from the Material Safety Data Sheet of SLS

* Propylene Glycol (PG)

Material Safety Data Sheets warn users to avoid skin contact with this substance, and protective clothing should be worn at all times. It is the cosmetic form of mineral oil found in automatic brake fluid, hydraulic fluid and industrial antifreeze, yet is also found in make-up, hair and skin care products, deodorants, and aftershave.

The related agent, **Polyethylene Glycol (PEG)** that is found mainly in skin cleansers is a caustic used in industry to dissolve grease.

Both of these are strong skin irritants and can cause contact dermatitis, liver abnormalities and kidney damage.

It is the most common moisture-carrying vehicle, other than water, in cosmetics. It has better permeation through the skin than glycerin and is less expensive; although it has been linked to more sensitivity reaction.

".....why a dollop of the wife's moisturiser makes light work of removing paint.....research has revealed that what may look like an innocent tube of white cream could in fact have unforeseen circumstances" Daily Mail, October 14th 1999.

* Diethanolamine (DEA); Triethanolamine (TEA); Monoethanolamine (MEA)

These chemicals are found in children's bubble baths. When combined with nitrosamines, they act like Sodium Lauryl Sulphate and become carcinogenic. They are able to pass directly into the blood stream and in studies have been found to induce cancer of the liver and kidneys in mice.

Although outlawed in some countries, DEA, TEA and MEA are still widely available in the UK, Ireland and the US.

* Talc

This is found in baby powders, face powders, and body powders as well as some contraceptives such as condoms. Talc is a known carcinogen and is a major cause of ovarian cancer when used in the genital area. It can be harmful if inhaled as it can lodge in the lungs, causing respiratory disorders.

* Isopropyl

This is a poisonous solvent and denaturant (alters the structure of other chemicals) and can be found in hand lotions, body rubs, hair colour rinses, fragrances and aftershave lotions. Isopropyl dries hair and skin, creates cracks and fissures in the skin, which encourages bacterial growth and can cause headaches, flushing, nausea, vomiting and depression.

* Imidazolidinyl urea and DMDM hydantoin

These formaldehyde-forming preservatives can cause joint pain, allergies, depression, headaches, chest pain, chronic fatigue, dizziness, insomnia and asthma. They can also weaken the immune system and even cause cancer. They can be found in skin, body and hair products, antiperspirants and nail polish.

* Alcohol

This is a colourless, volatile, flammable liquid that is frequently used in beverages and medicine. When it is used in ingestible products it may cause the body to be more vulnerable to carcinogens.

Mouthwashes that have an alcohol content of 25% or more have been implicated in mouth, tongue and throat cancers.

"Most popular mouthwash brands have a higher alcohol content than beer or wine and that can be dangerous, even deadly to small children that accidentally swallow mouthwash", according to the Non-prescription Drug Manufacturers Association. "Many of the top selling mouthwash brands have between 12.5% and 27% alcohol. Now in alcohol terms that's from 25-54% proof."

* Sodium Fluoride

This is found in toothpaste. It can cause permanent discolouration of second teeth, called Fluorosis, especially when ingested as a baby. It is also an active component of rat poison. In the US, it is a legal requirement to display the following warning in bold faced capitals on the boxes of all toothpastes containing Fluoride:

"WARNING: KEEP OUT OF THE REACH OF CHILDREN UNDER SIX YEARS OF AGE. IN CASE OF ACCIDENTAL OVERDOSE, SEEK PROFESSIONAL ASSISTANCE OR CONTACT A POISON CONTROL CENTER IMMEDIATELY."

* Petrolatum & Mineral Oil

This is used industrially as a petroleum based grease component and is also known as liquid vaseline, mineral oil jelly, baby oil and paraffinum liquidum. This substance strips the natural oils from the skin and forms an oily film over the skin, which prohibits the release of toxins. It can also cause photosensitivity, chapping, dryness and premature ageing.

"Mineral Oil has a tendency to dissolve the skin's own natural oil and thereby increase dehydration. Mineral Oils have been found to be probably the single greatest cause of breakouts in women who use a new product." Deborah Chase, The New Medically-Based No-Nonsense Beauty Book, 1989.