

## THE SKIN'S Dirty Dozen

Las Vegas' Guide to Healthy Living

LVHEALTH  
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WOMEN'S HEALTH  
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"What you put on your skin can go into your body and affect your health either negatively or positively." Cheryl Martin

**Everyday we use products on our skin that we think are safe. BUT the truth is that products are not always safe and manufacturers don't have to tell us so.**

**EVER SINCE 1938**, when the Food and Drug Administration (FDA) granted self-regulation to the cosmetic industry, such products can be marketed without government approval of ingredients, regardless of what tests show. Most of the 25,000 chemicals used in our everyday skin products have not been tested for long-term effects. In a typical day, you might be exposed to more than 200 different chemicals-many of which are suspected of causing cancer or disrupting hormones.

Most people do not know what ingredients are being used. Detergents, preservatives, stabilizers, colorings, artificial fragrances, and petroleum by-products are more common than you know. What you put on your skin can go into your body and affect your health either negatively or positively. You can choose which, if you know the facts.

Start checking all product labels and watch for these ingredients in your skincare products:

**Propylene Glycol (PG) and Butylene Glycol:** Found in antifreeze. Strong enough to remove barnacles from boats. The Environmental Protection Agency (EPA) considers PG so toxic that workers are required to wear protective clothing and to dispose of it by burying it in the ground. ***Instead: Use water, herbs, essential oils, olive oil, or almond oil to wipe your make-up off.***

**Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate:** Detergents used in garage floor cleaners, engine degreasers, and 90 percent of cosmetics that foam. Animals exposed to SLS experience eye damage, depression, labored breathing, and even death.

***Instead: Use essential oils, herbal infusions, or just gently rub the skin with a 100 percent cotton face cloth.***

**Diethanolamine (DEA), Monoethanolamine (MEA) and Triethanolamine (TEA):** Hormone disrupting chemicals that can form cancer-causing nitrates. In shampoo, shaving cream and bubble baths. Restricted in Europe.  
**No alternatives necessary.**

**Phthalates:** Large group of chemical compounds used in cosmetics such as nail polish. Affects lung, liver and kidney in the developing testes of male embryos.  
**Instead: Use nail polish without phthalates. Found in health food stores.**

**Triclosan:** Synthetic antibacterial with chemical structure similar to Agent Orange. EPA registers it as a pesticide. In a class of chemicals suspected of causing cancer.  
**Instead: Use bio-enhanced grapefruit seed extract.**

**DMDM and Imidazolidinyl (Urea):** Two of many preservatives often releasing formaldehyde that may cause many symptoms, including joint pain, allergies, depression, headaches, and chest pains.  
**Instead: Use Japanese Honeysuckle plant.**

**Polyethylene Glycol (PEG):** Carcinogenic petroleum ingredient that leaves the skin vulnerable to bacteria. In oven-cleaners and used to dissolve oil and grease.  
**Instead: Use gentle cleansing products such as Planteren or Organic Essentials.**

**Parobens:** Found in underarm deodorants and other cosmetics. These chemicals have been discovered in breast cancer tissue.  
**Instead: Use bio-enhanced grapefruit seed extract or colloidal silver.**

**Alcohol, Isopropyl (50-40):** Drying, irritating solvent that strips skin of moisture, creating vulnerability to bacteria and viruses. Made from a petroleum derivative also found in shellac and antifreeze.  
**Instead: Use bio-enhanced grapefruit seed extract.**

**Mineral Oil:** Coats skin like plastic, interfering with ability to eliminate toxins. Promotes acne and slows down skin and cell development. Causes premature aging of skin.  
**Instead: Use Ceramides, jojoba or grapeseed oil.**

**FD&C Color pigments:** Synthetics from coal tar that deposit toxins on skin. Absorption into body can cause depletion of oxygen and death. Animal studies have shown almost all are carcinogenic.  
**No alternatives necessary.**

**Fragrances:** Many toxic and carcinogenic. Some contain animal urine. Cause a host of symptoms and affect the nervous system.

***Instead:* Use aromatherapy and organic essential oils.**

We don't allow food or drugs to be sold until they are shown to be safe, but thousands of synthetic chemicals on the market have never been tested for safety. Even fewer have been tested in combination with other chemicals.

However, we do have alternatives. We can find them in health food stores, books to make your own skin care products and from professionals such as aestheticians, nutritionists and alternative health practitioners. Remember, carefully read the labels on skin products before purchasing or using.

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Comments from Michelle:

The word is getting out about these deadly chemicals.

Young Living has a complete product line that is completely **Free of Harmful Chemicals!** To learn more about these products, please contact Michelle at 360-263-1306 or [michelle@healandrelax.com](mailto:michelle@healandrelax.com).