10 Ingredients

To Avoid

In.....

- **Personal Care Products**

- **Sunscreen**

- **Food**

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Introduction

Chemicals are everywhere and are hard to avoid. They are in our personal care products, our sunscreens, and even in our food. It is hard to believe, but you may be brushing your teeth with a pesticide! If these chemicals were so harmful, the FDA would not approve them for use in our products, right? Wrong. The cosmetics industry is responsible for policing its own products through the *Cosmetic Ingredient Review* board, largely funded by who else, but the cosmetics industry. The FDA does not have the authority to govern cosmetic companies and the ingredients they use in their products; it is the companies themselves who decide what they consider to be "safe." The really scary part? There are many cosmetic ingredients that have never been tested; only 11% have ever been assessed for safety.

The effects of these chemicals can be especially harmful in children. They may be even more exposed to chemicals than we are: they play on the laminate floor, they put their fingers in their mouths, and they chew on toys that contain phthalates and other undesirable chemicals. They are more closely connected to their environments, and can have a higher exposure than many adults. In fact, a study on phthalate exposure in children found that phthalate levels in all of the children examined were higher than a similar study performed on adults. Also, children's bodies lack detoxification mechanisms and are more susceptible to the damaging effects of certain chemicals. Their cells are dividing quickly, are organs are developing. It is during this time of rapid growth that children's bodies are susceptible to damage or disruption by chemicals. Since children are exposed at a younger age, they also have a longer exposure time, resulting in an increased chance of harmful effects that may occur later in life.

We are literally bathing in and exposed to thousands of chemicals, most of which we know nothing about. The average woman is exposed to 168 chemical ingredients in personal care products every day, and the average man is exposed to about 85 chemicals. We don't know the effects of the combinations of the chemicals in our bodies, or even on developing fetuses. Is a combination of 15 different chemicals 15 times more likely to cause cancer or 100 times more likely? We don't know.

It may sound scary and confusing, but there are things you can do. Be sure to avoid the chemicals listed below. At the end of this booklet, you will find a page you can print to take to the store with you so you can check ingredient lists. Of course, there are many more ingredients to avoid, but these are a good start. The internet is a great resource. You can google a suspicious ingredient, or you can enter a product name into the *Environmental Working Group*'s Cosmetics Database (be sure to bookmark this page to use often!). Also, check to see if the company has signed the Compact for Safe Cosmetics, in which companies pledge to not use toxic ingredients in their products. Europe and other countries have banned some of these toxic chemicals, and if we are not buying products that contain them, then maybe companies will remove the harmful chemicals here in the U.S., also.

10 Ingredients to Avoid in Your Personal Care Products:

1. Phthalates

Pronounced “THAL-ates,” they are softening agents used in plastics. Exposure may cause immune suppression, endocrine disruption, reproductive and developmental harm, and even cancer. They are also linked to asthma and allergies. Exposure can occur through inhalation (perfumes and fragrance), ingestion, and through direct skin contact. Found in vinyl shower curtains and other products with ***PVC (labeled #3),*** automobile interiors (they are responsible for that "new car smell"), and many household products such as paint, laminate, wood flooring, and many more, including those soft, vinyl toys that babies and toddlers love to chew on.

2. Parabens

Used as a preservative, parabens can act as endocrine disruptors (a synthetic chemical that can mimic or block hormones, disrupting the body's normal functions) and are also suspected of causing changes at the cellular level, possibly making our bodies more susceptible to cancer. Parabens have been found inside the tissue of breast cancer tumors.

3. BPA (bisphenol A)

Used to harden plastic, a large study has recently linked BPA to heart disease, Type II Diabetes, and liver enzyme abnormalities. Canada banned the use of BPA in 2008. Found in canned foods, especially acidic foods such as canned tomatoes (even in canned Muir Glen organic tomatoes!), single-use drink bottles, plastic food containers, food wrap, baby bottles, pacifiers, and teethers. Beware of the ***#7*** code on plastic items, usually located on the bottom of the product.

4. Triclosan

Used as a pesticide, triclosan is linked to abnormalities of the endocrine system and thyroid signaling, weakening of the immune system, and birth defects. Found in soaps, toothpaste, hand sanitizers, socks, deodorant, cutting boards, and other antibacterial products. Click here to view a triclosan fact sheet and a list of products containing it from Beyond Pesticides.

5. Hydroquinone

A skin-lightening chemical found in face, scar, and stretch mark creams. Ranked a10 out of 10 on the EWG's hazard scale, and the FDA has proposed a ban on the chemical in over-the-counter product sales, making it available by prescription only. It has also been linked to an irreversible skin condition called ochronosis in which the skin becomes dark and thick in areas, resembling a caviar-like appearance. Reports of abnormal function of the adrenal glands, high levels of mercury in those who have used hydroquinone-containing products, and the possibility of it being a carcinogen are the reasons why hydroquinone has already been banned in Japan, the European Union, and Australia

6. Sodium Laurel Sulfate

A foaming agent used in many products such as soap, shampoo, and toothpaste; it is what causes the foaming and bubbling we are used to seeing when using these products. SLS is absorbed into skin and mimics estrogen. SLS and its chemical relative, ***sodium laureth sulfate***, are usually contaminated with 1,4 dioxane (see below)*. Linked to causing hair loss, this substance can also prevent a baby's eyes from developing normally and can cause glaucoma in adults.

7. Methylisothiazolinone (MIT)

A neurotoxin; an active ingredient in antimicrobial and personal care products (I also found it in Suave kids' shampoos!) and is similar in function, purpose, and molecular structure to Agent Orange.

8. Phenoxyethanol

Used as a preservative and an anti-bacterial, and found to affect brain and nervous system in animals. It acts as an endocrine disruptor, and according to its safety sheet, it is "toxic to kidneys, nervous system, and liver. Repeated or prolonged exposure can produce target organs damage." Found in many personal care products.

9. Coal Tar Colors (FD&C, D&C)

Derived from petroleum waste, research has suggested ***FD&C Blue No.1 and FD&C Green No. 3*** are carcinogenic (cancer-causing), and ***D&C Red No. 33, FD&C Yellow No. 5, and FD&C Yellow No. 6*** can contain impurities that may cause cancer when applied to the skin. Banned for use in Canada and the European Union. ***FD&C Yellow***

No. 5 is also used in foods and is known as ***tartrazine***, and can worsen asthma and breathing problems.

10. Mineral Oil

A derivative of petroleum, this substance can clog pores and inhibit skin's natural oil production, further increasing dehydration of the skin. Works as "plastic wrap" on the skin and disrupts its ability to breathe and absorb, while also hindering the release of toxins from the skin. Found in products such as baby oil, lotions, creams, and foundations.

By-Products of the Manufacturing Process (These are *not* required to be listed on ingredient labels):

Formaldehyde

A known human carcinogen. Avoid these formaldehyde-releasing ingredients: ***DMDM Hydantoin, Quaternium-15, imidazolidinyl urea, diazolidinyl urea***. Other names for formaldehyde: ***formalin, methylene oxide, oxymethylene***.

1,4 Dioxane

Listed as a probable human carcinogen, and the California EPA lists it as a suspected kidney toxicant, neurotoxicant, and respiratory toxicant. It is commonly found in products such as shampoo, toothpaste, bubble bath, etc., that create suds. Ingredients that can be contaminated with dioxane include *sodium laurel (and laureth) sulfate, PEG (polyethylene glycol)*, and other ingredients containing the words *xynol, cetereth*, and *oleth*.

10 Ingredients to Avoid in Your Sunscreen

Avoid these ingredients in your sunscreen, along with those previously listed for personal care products:

1. **Avobenzone**

Also known as butyl methoxydibenzoymethane or Parsol 1789, this is the most photo-unstable sunlight filter (meaning it will degrade in sunlight). One of the biggest free radicals producers - free radicals damage cells, speed up the aging process, and can cause cancer. Easily absorbs into the skin, releasing free radicals into the body.

2. **Octocrylene**

Added to stabilize avobenzone and other UV filter; results in bio-accumulation (building up in the body tissues for years or decades after exposure).

3. **Homosalate**

A hormone disruptor; forms toxic metabolites in the body, and can enhance the penetration of a toxic herbicide.

4. **Octinoxate (also known as OCM or Octyl methoxycinnamate)**

A photo-unstable substance; the combination of avobenzone and octinoxate degrade faster together than either one does alone; potential high-risk of irritation as well as the risk of possible estrogenic and other "adverse affects."

5. **Octyl Salicylate (octisalate)**

Poor range of UVB protection; also a penetration enhancer, unfortunately resulting in more of the sunscreen chemicals being absorbed into your skin.

6. **Oxybenzone (Benzophenone-3)**

Unstable; high risk of skin irritation; a weak hormone disruptor, absorbs into the skin in significant amounts; promotes the generation of free radicals and cancer.

7. **Fragrance**

Known to be toxic to the human immune system; human neurotoxicity; not assessed for safety in cosmetics by industry panel; fragrance can actually be made up of over 4,000

different chemicals, and usually contains phthalates.

8. PABA/Padimate-O

A study from Oxford showed that sunscreens containing PABA and its derivatives can damage DNA when exposed to sunlight in test tube experiments. Even worse, it did not block the UV rays, but instead absorbed the energy.

9. 4-Methylbenzylidene Camphor (4-MBC)

Unstable, high risk of irritation, risk of estrogenic and other adverse affects, not approved as an active ingredient in the U.S., but is still used as an inactive ingredient. Penetrates the skin. Concerns regarding thyroid toxicity and endocrine disruption have led to the recommendation that it not be used in sunscreens.

10. Retinyl Palmitate (Vitamin A Palmitate)

Retinol compounds (from Vitamin A) break down and produce free radicals that can damage the DNA and cause gene mutations when exposed to UV light. A recent FDA study showed that sunscreen containing Vitamin A applied to skin in the presence of sunlight may speed up the growth of skin tumors and lesions.

10 Ingredients to Avoid in Food and Beverages:

1. High Fructose Corn Syrup (soon to be known as "corn sugar")

Found in most processed foods – cookies, crackers, chips, salad dressings; even fruit juices and soda. In fact, because it is a cheaper alternative to sugar, it is hard to find processed foods that do not contain high fructose corn syrup (HFCS). A study published in the *Journal of Nutrition* found that the body rapidly converts fructose into fat. The liver decides how the body will use dietary sugars; however, fructose does not need the liver to metabolize it, so it floods the bloodstream, quickly converting into fat. HFCS accounts for the largest amount of calories in the American diet, and Americans consume about 12 teaspoonfuls of it per day.

Besides rapidly turning to fat, high fructose corn syrup is also linked to diabetes, wrinkling of the skin, collagen damage, metabolic syndrome, increased cellulite, hypertension, increased cancer risk, and accelerating the aging process. In a study, almost half of tested samples of commercial high-fructose corn syrup contain the neurotoxin mercury, which is a result of the production process.

2. Monosodium Glutamate (MSG)

MSG is an excitotoxin that over-excites nerve cells to the point of cell damage, or even cell death. Used as a flavor enhancer, MSG plays a major role in obesity; researchers have known that an injury to specific parts of the hypothalamus in the brain can cause an animal to become grossly obese. MSG has been discovered to cause lesions in these same parts of the hypothalamus.

MSG also shuts off the hormone Leptin, which is responsible for telling us that we are full. Leptin enters the brain and acts with neurons in the hypothalamus to suppress appetite. In animal experiments, MSG suppressed the leptin, rendering it useless in this area of the brain, causing the animal to overeat and become grossly obese. Have you ever eaten a bag of chips in one sitting and wonder, *how did that happen*? It happened because the MSG turned off the leptin, so you didn't get the signal that you were full.

MSG and other excitotoxins, such as aspartame (NutraSweet, Equal), cause more glucose to enter fat cells, resulting in more fat being stored, especially around vital organs in the midsection. MSG also is not required to be listed on an ingredient label, and many ingredients are known to contain MSG. Click here for a link to those ingredient names.

3. Aspartame

This substance was once listed on the Pentagon's list as a prospective biochemical warfare weapon. Brand names Nutrasweet and Equal, aspartame is linked to birth defects, depression, mental retardation, epilepsy, Parkinson's, Alzheimer's, multiple sclerosis, chronic fatigue syndrome, and many neurological symptoms, it is found in

everything from soft drinks, multivitamins, prescription medications, cereals, and many other sugar-free items. One of the components of Aspartame, methanol, releases formaldehyde into the body as a result of aspartame digestion. It has recently been re-branded as ***AminoSweet***.

4. Acesulfame Potassium (Acesulfame K)

Another artificial sweetener, exposure to this chemical produced tumors of the lung and breast, rare types of tumors of other organs, chronic respiratory diseases, and several types of leukemia in several rodent studies. Acesulfame K is often used in combination with aspartame in products (check your diet sodas) to mask bitterness, but there are **no known studies** that have researched the synergistic effects of the two together.

5. Polysorbate 80

Also known as *Tween 80,* it is an emsulsifier found in ice cream, pudding cups, vitamin tablets, chewing gum, bubble bath, vaccines, and much more. It is linked to miscarriage and reproductive issues. Another risk is its link to anaphylactic shock. In their conclusion, PubMed.gov states that polysorbate 80 "can cause severe nonimmunologic anaphylactoid reactions."

6. Butylated Hydroxyanisole (BHA) & Butylated Hydroxytoluene (BHT),Tert-Butyl Hydroquinone (TBHQ)

These are synthetic antioxidants made from petroleum that are used to prevent oxidation in foods. BHA is found in everything from chewing gum, butter, meats, food packaging, and even cosmetics. It is known as a possible carcinogen. BHT is also used to preserve food odor, flavor, and coloring, and is used in many types of packaging materials. They are linked to causing hyperactivity in children, possibly causing cancer and tumor growth (especially lung tumors), and possibly interfering with hormone functions.

7. Nitrates and Nitrites (also known as sodium nitrate, potassium nitrate, and ammonium nitrate)

Used as food additives in processed, smoked, and cured meats, they can interact with other elements in the body to form nitrosamines, a potentially cancer-causing compound. Nitrosamines increase the risk for cancers such as non-Hodgkins lymphoma, and bladder, prostate, or esophageal cancers. A study has found that children who eat more than 12 hot dogs per month have 9 times the risk of developing childhood leukemia. Nitrates are thought to be the major cause.

8. Genetically Modified Foods

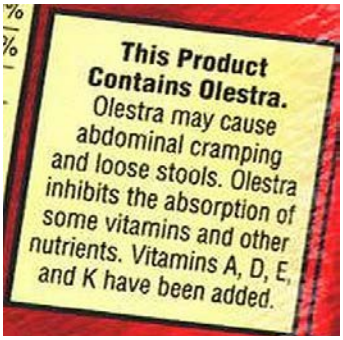
GM foods are genetically modified organisms in which genes are taken from one species, such as bacteria and viruses, and forcing them into the DNA of another species, such as soybeans or corn plants. There have not been many human studies regarding GM foods, but animal studies have shown that GM foods are linked to infertility, immune problems, accelerated aging, organ damage, and GI problems. The *American Academy of Environmental Medicine* urges all doctors to prescribe non-GMO diets to all of their patients.

The only human feeding study demonstrates that GM genes can remain inside us, in our intestinal bacteria, and can continue to function long after we stop eating GMOs; this could even be life-long. The FDA does not officially approve GMOs; there is only a voluntary consultation process, and the bioengineering company can present whatever information they choose; no safety testing is necessary. Other ingredients to look out for include rBGH and aspartame, both of which also have genetic components. GM foods have already been banned in Europe, so if we buy organic as much as possible and buy non-GMO foods when we can't, we can create a "tipping point" much like Europe's, and get the GM ingredients out of our food supply. Another way to avoid GM foods is to use the *Non-GMO Shopping Guide*.

9. Olestra

Also known as *olean*, olestra is a fat-substitute used in foods (click here for a list of popular items that contain olestra/olean) that passes through the body undigested because it is not absorbed in the intestines, thereby making it zero calories. It also attaches to fat-soluble vitamins (A, D, E, K) and carotenoids and flushes them out of the body. Although vitamins A,D,E,K are added back in the food, they are usually under the required daily amount of that vitamin. The removing of carotenoids is particularly troubling because they play an important role in the prevention of cancer, and other diseases such as macular degeneration, the leading cause of legal blindness.

Other reported side effects include gastrointestinal issues. Symptoms include diarrhea, gas, loose stools, nausea, and stomach pain or discomfort.



10. Food Colorings

Studies show that these dyes can cause hyperactivity in children. Red 40, Yellow 5, and Yellow 6 are contaminated with cancer-causing substances, and Red 40 has been shown by the FDA to be a known carcinogen (a substance that causes cancer), but is still in use in products such as toothpaste, soda, pop-tarts, candy, and even cough syrups and other medicines (Also see *Coal Tar Colors (FD&C, D&C*, in the first section).

How to Avoid These (and Other) Chemicals

These are just 10 food ingredients to avoid, although there are many more! A great way to avoid these undesirable ingredients is to eat fresh, organic, whole foods (fruits, vegetables, grains, lean meats) as a majority of your diet. According to the Environmental Working Group, the following foods are the "Dirty Dozen" fruits and vegetables that are commonly exposed to pesticides and/or wax. Buy these organic, whenever possible:

- Peaches
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes
- Spinach
- Lettuce
- Potatoes
- Apples

Not sure if it is organic or not? Check the label; labels on organic produce will begin with a 9, and produce that is conventionally grown will start with a number 4. If you are buying processed foods, be sure to check the labels carefully. Avoid the ingredients previously listed, and another great way to avoid potentially harmful food chemicals is if you cannot pronounce the ingredient names, it is best to avoid the product.

Shopping Guide

Print this and take with you to the store to check labels

Avoid in Personal Care Products:

Phthalates (also its abbreviations: DBP, DEP, DEHP, DMP, and BZBP)
Parabens (methyl-, iso-, butylparebens)
BPA (avoid recycling codes 3 & 7, usually located on the bottom of the product)
Triclosan
Hydroquinone (usually found in stretch mark or scar-lightening creams)
Sodium laurel sulfate and sodium laureth sulfate
Methylisothiazolinone (MIT)
Phenoxyethanol
Coal Tar Dyes (FD&CBlue No.1, FD & C Green No. 3, D&C Red No. 33, FD&C Yellow No. 5, and FD&C Yellow No. 6)
Mineral Oil
Formaldehyde (and ingredients that release it: DMDM Hydantoin, Quaternium-15, imidazolidinyl urea, diazolidinyl urea; other names for formaldehyde: formalin, methylene oxide, oxymethylene)
1,4 Dioxane (ingredients contaminated with it: PEG (polyethylene glycol), and other ingredients containing the words xynol, cetereth, and oleth)

Avoid in Sunscreens:

Avobenzone
Octocrylene
Homosalate
Octinoxate (OCM or octyl methoxycinnamate)
Octyl Salicylate (octisalate)
Oxybenzone (Benzophenone-3)
Fragrance
PABA/Padimate-O
4-Methylbenzylidene Camphor (4-MBC)
Retinyl Palmitate (Vitamin A Palmitate)

Avoid in Foods:

High Fructose Corn Syrup (also known as “corn sugar”)
Monosodium Glutamate (MSG)
Aspartame (also known as AminoSweet; brand names are NutraSweet and Equal)
Acesulfame K
Food Colorings (see Coal Tar Colors, above)
BHA (Butylated Hydroxyanisole)**, BHT** (Butylated Hydroxytoluene), **and TBHQ** (Tert-Butyl Hydroquinone)
Nitrates and Nitrites (also known as sodium nitrate, potassium nitrate, and ammonium nitrate)
Genetically Modified Foods (Major varieties include soy, corn, canola, cottonseed, and sugar beets – buy organic or download the Non-GMO Shopping Guide)
Olestra (olean)
Polysorbate 80 (Tween 80)

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About Us

Naturally Boutique, LLC

www.naturallyboutique.com

Natural and Organic Products for the Entire Family

Mission Statement: We are committed to providing high-quality, chemical-free and natural products while providing superior and personalized customer service. Through our products, blog, links, and special events, we will educate and empower our customers to make healthy decisions in order to keep themselves and their families safe and healthy.

Naturally is dedicated to providing only truly chemical-free and natural and/or organic products for you and your entire family. As the mother of three beautiful children and a childhood leukemia survivor, I am very cautious about the products I use on my family. Unfortunately, this was not always the case; when my children were babies I bought baby products that would be gentle for their skin, never knowing that some of the chemicals I was putting on them were toxic. It wasn't until I began a master's degree in holistic nutrition that the strong link between our diets and certain health conditions became so clear to me, and the health implications from the everyday chemicals we expose ourselves to came soon after. I began researching not only a healthier way to feed my family, but also finding chemical-free cleaning and personal care products.

The idea for *Naturally* gradually evolved after purchasing so many "natural" products that turned out to be anything but natural. Again, after more research it became clear that putting the word "natural" on the front of the product did not mean it was natural. More research led to even more disturbing facts about the chemicals we expose ourselves and our loved ones to on a daily basis. These chemicals are linked to cancer, reproductive problems, endocrine disorders, infertility, neurological problems, and much more. These chemicals are not necessary but are still used because they are cheap and readily available. Did you know that there is an ingredient widely used in shampoo that is linked to hair loss? This same ingredient, sodium lauryl sulfate, is also found in car washes, engine degreasers, and garage floor cleaners. A scary thought, especially since scientists have realized that the skin does not work as a protective barrier, but rather as a method of absorption.

Our product lines have been carefully chosen after being thoroughly researched and tried out on my own family. All of our products are free of phthlates, parabens, propylene glycol, sodium laurel sulfate, propylene glycol, synthetic fragrances, and other harsh chemicals. More products will be added as I find new ones that meet my strict criteria, so check back often to see what's new. If you have any products that you would like me to carry, please contact me and I will be happy to look into it for you. I am very excited about the products that we carry. I wanted to find both natural and organic products, but I also wanted to find ones that are truly unique, and I feel that I have found both.

My goal is to educate as many people as I can on the dangers of the many chemicals we are exposed to in our everyday household and personal care products, and to show you how to reduce or eliminate them so that you can live a healthier life. By shopping with us, you can relax and enjoy your shopping experience, knowing that the research has been done and you are getting truly safe products. Make small changes at a time; don't feel you have to replace nothing or everything. I believe it's all about reducing your exposure, so if you just want to change a little here and there then you've already made a difference in your life. I look forward to helping you make a healthy change!

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