

Toxic Toiletries

Do you know that according to Professor Samuel Epstein, the author of the "Safe Shopper's Bible", there are 884 known toxic chemicals allowed in toiletries and cosmetics, and of those 884 known toxic chemicals 125 of them are carcinogenic. They are even present in products from "high-street brands", which, from their marketing, you would assume are safe.

It's a frightening thought. These are products we all use every day and they are increasing the toxic load on our bodies. Each of those 884 known toxic chemicals has to be neutralised by your immune system. This means that our immune systems are using up their reserves dealing with stuff we could be avoiding rather than being used to fight infections etc. Is it any wonder that our immune systems are overloaded and more and more of us are generally unwell?

We have been very concerned about this for many years and have now found a range of toiletries, cosmetics and other personal care products without any of these 884 known toxic chemicals in them. The same company also makes a range of household cleaners that are non-toxic to you and to the environment.

If you want more information on this issue and how this situation has developed please ask to borrow a cassette on the subject.

Inside is a list of just some of the most commonly used 884 known toxic chemicals. We suggest you check out the products in your bathroom and see if you are cleaning yourself to death.



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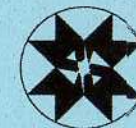
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TOXIC TOILETRIES



**Are you cleaning
yourself to death?**

The ISHTA Centre



Alcohol

A colourless, volatile, flammable liquid produced by the fermentation of yeast and carbohydrates. It is used frequently as a solvent and is also found in beverages and medicine. As an ingredient in ingestible products it may cause body tissues to be more vulnerable to carcinogens. Mouthwashes with an alcohol content of 25% or more have been implicated in mouth, tongue and throat cancers.

Alpha Hydroxy Acid

An organic acid produced by anaerobic respiration. Skin care products containing AHA exfoliate not only damaged skin cells but the skin's protective barrier as well. Long term skin damage can result from its use.

Aluminium

A metallic element used extensively in the manufacture of aircraft components, prosthetic devices and as an ingredient in antiperspirants, antacids and antiseptics. It has been linked to Alzheimer's disease.

Animal Fat (Tallow)

A type of animal tissue made up of oily solids or semi-solids that are water-insoluble esters of glycerol with fatty acids. Animal fats and lye are the chief ingredients in a bar of soap; a cleaning and emulsifying product that may act as a breeding ground for bacteria.

Bentonite

A porous clay, which expands to many times its dry volume as it absorbs water. It is commonly found in many cosmetic foundations and may clog pores and suffocate the skin.

Collagen

An insoluble fibrous protein that is too large to penetrate the skin. The collagen found in most skin care products is derived from animal skins and ground up chicken feet. It forms a layer of film that may suffocate the skin.

Dioxins

A potentially carcinogenic by-product that results from the process used to bleach paper at paper mills. Dioxin treated containers sometimes transfer dioxins to the product itself.

Elastin of high molecular weight

A protein similar to collagen that is the main component of elastic fibres. It is also derived from animal sources. Its effect on the skin is similar to collagen.

Fluorocarbons

A colourless, non-flammable gas or liquid that can produce mild upper respiratory tract irritation. They are commonly used as propellants in hairsprays.

Formaldehyde

A toxic, colourless gas that is an irritant and a carcinogen. When combined with water, it is used as a disinfectant, fixative or preservative. It is found in many cosmetic products and conventional nail care systems.

Glycerin

A syrupy liquid that is chemically produced by combining water and fat. Glycerin is used as a solvent and plasticiser. Unless the humidity of air is over 65% glycerine draws moisture from the lower layers of the skin and holds it on the surface, which dries the skin from the inside out.

Kaolin

A fine white clay used in making porcelain. Like bentonite, it smothers and weakens the skin.

Lanolin

A fatty substance extracted from wool, which is frequently found in cosmetics and lotions. It is a common skin sensitizer that can cause allergic reactions, such as skin rashes.

Lye

A highly concentrated watery solution of sodium hydroxide or potassium hydroxide. It is combined with animal fats to make bars of soap, which may corrode and dry out the skin.

Mineral Oil

A derivative of crude oil (petroleum) that is used industrially as a cutting fluid and lubricating oil. It forms an oily film over the skin to lock in moisture, toxins and wastes, but hinders normal skin respiration by keeping oxygen out.

Petrolatum

A petroleum based grease that is used industrially as a grease component. It exhibits many of the same potentially harmful properties as mineral oil.

Propylene Glycol

A cosmetic form of mineral oil found in automatic brake and hydraulic fluid and industrial antifreeze. In skin and hair products it works as a humectant, which is a substance that retains the moisture, either of the skin and hair, or of the cosmetic product by preventing the escape of water. Material safety data sheets warn users to avoid skin contact with propylene glycol as this strong skin irritant can cause liver abnormalities and kidney damage.

Sodium Lauryl Sulphate (SLS)

Harsh detergents and wetting agents used in garage floor cleaners, engine degreasers and car cleaning products. SLS is well known in the scientific community as a common skin irritant. It is rapidly absorbed and retained in the eyes, brain, heart and liver, which may result in harmful long term results. SLS could retard healing, cause cataracts in adults, and prevent children's eyes from developing properly.

Sodium Laureth Sulphate (SLES)

This is the ethoxylated form of SLS. It is slightly less irritating than SLS but may cause more drying. Both SLES and SLS may cause potentially carcinogenic formations of nitrates and dioxins to form in shampoos and cleansers by reacting with other ingredients. Large amounts of nitrates may enter the blood system from just one shampooing.

Talc

A soft grey-green mineral used in some personal hygiene and cosmetic products. Inhaling talc may be harmful as this substance is recognized as a potential carcinogen.