

For your Health and Wellness!

10 Cosmetic Ingredients Legal in the US but Banned Elsewhere

MSN Healthy Living

Many of the most commonly used personal care products in the US contain ingredients banned elsewhere. Women are exposed to an average of 168 ingredients per day in their personal-care products while men encounter about 85 says the Environmental Working Group, a leading American environmental health research and advocacy organization. "The European Union, they do a lot of testing," says Tony Vargas a cosmetic chemist for 30 years. If the European Union thinks there's something wrong with an ingredient, there's got to be something there. The EU is probably the top tester while other countries watch what they're doing.

- **Parabens**-an extremely common preservative in lotions, shampoos, and all kinds of cosmetics. Banned in Denmark in products made for children in 2010 and the rest of the EU followed in 2012. Parabens are absorbed in the bloodstream and can lead to hormonal disruption and have a link to breast cancer. They prevent the breakdown of estrogen and are dangerous during pregnancy.
- **Phthalates**-a solvent used in perfumes and even pesticides have been linked with disorders of the male reproductive system. Exposure also correlates with increased risk of breast cancer, childhood obesity, and premature births. It's sometimes lumped together with other mystery chemicals under "fragrance".
- **Formaldehyde**-used as a preservative in cosmetics, causes allergic reactions and is neurotoxic. Also lurks in nail polish and hair straighteners.
- **Petroleum distillates**-from oil refineries used as inexpensive emollients may cause contact dermatitis or be contaminated with carcinogenic impurities. Found in eyeshadow, lotions, creams, hair sprays, foundation makeup and even wart remover.
- **Octinoxate**-can act as an endocrine disruptor that can mess up your thyroid and interfere with brain signals. A popular ingredient used as a chemical sunscreen limiting the amount of radiation that reaches your skin.
- **Hydroquinone**-effectively lightens skin but has been linked to lung irritation and tumors in mice.
- **Methyl cellosolve**-a solvent used in antiaging creams, moisturizers and serums. This chemical is a neurotoxin and irritant that may cause DNA mutations. Often gets lumped into "fragrance" when listed on labels.
- **Butylated hydroxyanisole**-commonly known as BHA, used to extend life of lipsticks, moisturizers, shaving creams, fragrance and other personal care products. Listed as a possible human carcinogen. Has been cited as a priority substance for interfering with hormone function. Adversely affects the environment.
- **Quarternium-15**-a formaldehyde donor used in body wash, cosmetic powders, shampoo, conditioner and eyeshadow. Listed as a carcinogen frequently irritates eyes and skin.
- **Nanoparticles**-currently under intense research in Europe. At less than 100 nm they are so small that they can get into the cells themselves and disrupt them. Found in cosmetic powders and aerosols, can be inhaled and lodged in your airways or gets absorbed, maybe into the bloodstream.

Just another example of chemical dangers that we are exposed to. So what do you do? Check your products for any of these ingredients and avoid using them. Dr. C. can muscle test your products to see if they are harmful to your body so bring them in. Chances are you've had years of exposure. We can help they are too! Some of the supplements that are used Nutrition Response Testing are natural detoxifiers. Also ask about the 21 day Purification Program that helps to get these products out of your body and cells.

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