

Personal Care Products ingredients to avoid:

<i>What?</i>	<i>Why?</i>
Methyl-, propyl-, butyl-, and ethyl-paraben	Most commonly created from petroleum. Used as inhibitors of microbial growth and to extend shelf life of products. Widely used even though they are known to be toxic and linked to cancer. Have caused many allergic reactions and skin rashes. Methyl paraben combines benzoic acid with the methyl group of chemicals. Parabens are highly toxic.
Sodium Lauryl Sulfate	Chemically derived from coconut, thus altering it from its original natural state, this synthetic substance is used in shampoos for its detergent and foam-building abilities. It causes eye irritations, skin rashes, hair loss, scalp scurf similar to dandruff, and allergic reactions. It is frequently disguised in pseudo-natural cosmetics with the parenthetic explanation "comes from coconut."
Pthalates (frequently hide in "fragrance")	These plasticizer chemicals endocrine disruptors which can cause damage to male sex organs and sperm, feminization of baby boys, or infertility. Avoid dibutyl phthalate in nail polish.
1,4-dioxane and other Petroleum Byproducts	These ingredients include carcinogens in baby shampoo and petrochemical waste called coal tar in scalp treatment shampoos.
Lead	Lead exposure levels long considered safe for adults have been linked to higher death rates from stroke and heart attack, metallic candle wicks, imported crayons, household products and toys. Children have died of lead poisoning after swallowing small items made of lead..
Mercury	<p>Mercury is a bioaccumulative toxin that is easily absorbed through the skin, respiratory and gastrointestinal tissues. Minamata disease is a form of mercury poisoning. Mercury attacks the central nervous system and adversely affects the mouth, gums, and teeth. High exposure over long periods of time will result in brain damage and ultimately death. It can pose a major health risk to the unborn fetus. Air saturated with mercury vapor at room temperature is at a concentration many times the toxic level, despite the high boiling point (the danger is increased at higher temperatures). The higher up on the food chain, the more toxins the fish gets from other fish that have eaten other critters. So the older the fish, the higher up on the food chain, the more toxins it accumulates.</p> <p>It's called bioaccumulation. It's a well-established scientific fact. Anchovies are small and short-lived, so they don't have as long to accumulate high levels of toxins in their tissues, so they're less of a risk. Since tuna live multiple years and are relatively high up the food chain, they tend to accumulate high levels of toxins.</p>
Nanoparticles	Particles smaller than 100nm (nanometers) which can be easily absorbed by the skin to enter the blood stream and pass through cell membranes. Most commonly used in sunblocks to make zinc and titanium dioxide transparent, to avoid the whitening effect. Titanium dioxide should not be absorbed into the blood stream because of risk of damaging brain cells. Zinc should not be absorbed in high doses by the body because the risk of weakening immune system. Micronized particles, which are larger in size, are not the same as Nanoparticles.

Toluene	<i>From Material Safety Data Sheet (MSDS):</i>
	Poison! Danger! Harmful or fatal if swallowed. Harmful if inhaled or absorbed through skin.
	Vapor harmful. Flammable liquid and vapor. May affect liver, kidneys, blood system, or central nervous system. Causes irritation to skin, eyes and respiratory tract.
	Inhalation: inhalation may cause irritation of the upper respiratory tract. Symptoms of overexposure may include fatigue, confusion, headache, dizziness and drowsiness. Peculiar skin sensations (e. G. Pins and needles) or numbness may be produced. Very high concentrations may cause unconsciousness and death.
	Ingestion: swallowing may cause abdominal spasms and other symptoms that parallel over-exposure from inhalation. Aspiration of material into the lungs can cause chemical pneumonitis, which may be fatal. Skin contact: causes irritation. May be absorbed through skin.
	Eye contact: causes severe eye irritation with redness and pain. Chronic exposure: reports of chronic poisoning describe anemia, decreased blood cell count and bone marrow hypoplasia. Liver and kidney damage may occur. Repeated or prolonged contact has a defatting action, causing drying, redness, and dermatitis.
	Exposure to toluene may affect the developing fetus.

Cleaning Products

<i>What?</i>	<i>Why?</i>
2-butoxyethanol	Also known as ethylene glycol butyl ether, this is one of many glycol ethers used as a solvent in carpet cleaners and specialty cleaners. It can be inhaled or absorbed through the skin and may cause blood disorders, as well as liver and kidney damage. It may also cause reproductive damage on long term exposure.
Phosphates	Phosphate is termed a "pollutant" and is primarily used in soaps, detergents, shampoos and even soda pop. Other phosphate sources include fertilizers, organic debris such as leaves and bark, and some pool chemicals. Phosphate pollution in lakes and streams is caused mainly by overdevelopment, which causes extreme amounts of byproduct waste to end up in natural water systems. Some states and localities are starting to severely limit or ban phosphates in dishwasher detergent
Ethoxylated nonyl phenols (NPEs)	Ethoxylated surfactants are widely used in cosmetics as foaming agents, emulsifiers and humectants. As part of the manufacturing process the toxic chemical 1,4-dioxane, a potent carcinogen, is generated. On the label, they are identified by the prefix "PEG", "polyethylene", "polyethylene glycol", "polyoxyethylene", "-eth-", or "-oxynol-".



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