



Things to Consider About Your Skin Care, Baby, Beauty, and Hygiene Products

Parabens

- New research has detected the presence of paraben esters in **99%** of breast cancer tissues sampled.
- Parabens are chemicals with estrogen-like properties, and estrogen is one of the hormones involved in the development of breast cancer. Studies have also linked parabens to breast cancer.
- The US Environmental Protection Agency (EPA) has linked methylparabens in particular to metabolic, developmental, hormonal, and neurological disorders, as well as various cancers.
- Deodorants and antiperspirants are some of the primary sources of parabens. Other commonly used beauty and hygiene products are shampoos, conditioners, shaving gels, toothpaste, lotions and sunscreens, make-up and cosmetics, pharmaceutical drugs, and food additives.
- It is important to recognize that whatever you spread on your skin is absorbed into your body and can potentially cause serious damage over time,
- Parabens are used as preservatives. On the label, they are listed as methylparaben, propylparaben, isobutylparaben, ethylparaben, butylparaben, and E216 with **methylparaben** and **propylparaben** being the two most dangerous.

Petrolatum

- Petrolatum, commonly known as petroleum jelly, is a byproduct of petroleum.
- Petrolatum is a soft paraffin or wax mixture sold as a topical skin ointment.
- Side effects of petrolatum include finding the petroleum byproduct in breast tumors, suffocation of the skin, premature aging, and aggravated acne.
- Absorbing these chemicals directly into the bloodstream decreases oxygen absorbed through the skin.
- As with many carcinogens such as nicotine and chemical additives, ingestion and absorption of these products can increase free radicals that can cause the skin and organs to age at a rapid rate.
- Petrolatum is found in many cosmetics and can cause skin irritations and rashes.
- Petrolatum or mineral oil jelly (Vaseline) and mineral oils can cause skin photosensitivity or promote sun damage.
- According to the Environmental Working Group, petrolatum may be found in one of every 14 products as well as 15% of lipsticks and 40% of baby lotions and oils.

- As soon as a product enters the pores, it can lead to an obstruction that triggers an inflammatory response, resulting in acne.
- Blackheads and whiteheads develop as a result of clogged, suffocated hair follicles.

Mineral Oil

- If using products containing mineral oil are part of your daily routine or care of yourself, your husband and children, or your baby, you may want to consider the effects of repeated exposure.
- Mineral oil can interfere with the body's absorption of vitamins in two ways. Used on the skin, mineral oil can slow the production of vitamin D by creating an extra layer or covering on the skin. Taken internally, mineral oil absorbs fat-soluble vitamins, and can cause deficiencies in calcium, beta-carotene, potassium, phosphorus, and vitamins A, D, E, and F.
- Mineral oils can irritate the respiratory tract and cause coughing, sneezing, and shortness of breath. Mineral oils can clog pores, preventing the release of toxins from the body.
- Long-term use can cause dermatitis and skin irritation.
- Mineral oil (sometimes named petrolatum or paraffinum) is an extremely common ingredient in personal care products from moisturizers to foundation to lip balm, and it is also an ingredient in a myriad of hair products. Baby oil, for example, is made entirely of mineral oil.
- Before the invention of synthetic oil, mineral oil was predominantly used as a mechanical lubricant.
- According to the Environmental Working Group, mineral oil is derived from petroleum and may be contaminated with cancer-causing polycyclic aromatic hydrocarbons (PAHs).
- Mineral oil aggravates acne and negatively impacts skin function, causing it to age prematurely.
- Your skin is your body's largest organ, and it works together with your kidneys to rid your body of toxins. However, your skin needs to be able to breathe to perform these functions. Mineral oil coats the skin like plastic wrap, disrupting the skin's natural immune barrier and inhibiting its ability to breathe.
- Applying it to your skin repeatedly can cause various negative hormonal effects, including ovarian dysfunction, endometriosis, miscarriages, and damage to the immune system.

Take a quick peek at your labels.

Don't panic, just adjust.

Be empowered,



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