

Toxin Awareness





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All the following information is compiled from works by Linda Chaé and the ToxicFree™ Foundation

ToxicFree™ Foundation:

“WE ARE COMMITTED

To providing healing solutions for a ToxicFree™ world, and Empowering healthy lifestyle choices for all generations.”



You can make a difference...

“Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it’s the only thing that ever has.”

Margaret Mead

Dioxin Poisoning



Victor Yushchenko



Today:

- **1 in 3 Americans will suffer from CANCER, Versus 1 in 8,000 before the industrial revolution**
- **1 in 600 children will get CANCER, the most common fatal childhood disease**
- **50% of women will die from CANCER**
- **Asthma has tripled in the last 20 years, afflicting 20 – 30 million Americans.**



Today:


- **ADD is increasing in adults and children:
2 million diagnosed in 1993,
over 9 million this year.**
- **Approximately 4 million sufferers of Alzheimer's
will increase to 14 million in the next century.**
- **25% of college students are functionally sterile,
compared with 0.5% 35 years ago.**



What has changed to bring all this on?

“In the last 50 years, over 75,000 chemicals have been introduced in the U.S.”

Environmental Protection Agency (EPA)



“We look good, we smell good, and we have just exposed ourselves to **200 different chemicals a day, through personal care products.”**


U.S. News and World Report (Nov. 10, 1997).



Alert From the CDC!

“Some synthetics in Skin & hair care and household products cause birth defects, learning disorders, obesity, children’s cancers, sexual confusion...”

**Centers of Disease Control ~ National Toxicology Program,
20 years of peer-reviewed studies**



The National Institute of Occupational Safety and Health (NIOSH) analyzed 2,983 chemicals used in personal care products and found that:

- **884 were toxic**
- **778 caused acute toxicity**
- **313 caused biological mutation**
- **376 caused skin & eye irritations**
- **148 caused tumors**
- **218 caused reproductive complications**



We are being affected...

Synthetic chemicals have been found in the human body in random samples.

A recent report on NBC was alarming. Mt. Sinai School of Medicine tested the **blood** of numerous people and found as many as **95 chemicals in each person**:

- **53 chemicals known to cause cancer**
- **62 chemicals toxic to the brain or nervous system**
- **55 associated with birth defects**



We are being affected...

- **We are the first generation of people with Chemical overload**
- **There are approximately 200 chemicals in the average person's body fat.**
- **It is not a question of if we are carrying a burden of toxic compounds... but how much.**



**“Not a single child today is born
free of synthetic chemicals.”**

Bill Moyer

Washing your hair Twice a week...

**“DEA, MEA, & TEA compounds have the
biggest effect on the developing brain during
pregnancy and the first few years of life.”**



Toxic Chemicals are often present in ALL of the following types of products.

- **Fragranced Products**
- **Deodorant & Antiperspirant**
- **Toothpaste & mouth wash**
- **Nail Polish & remover**
- **Skin Care**
- **Makeup, Cosmetics**
- **Antibacterial hand soaps**



Toxic Chemicals are often present in ALL of the following types of products.


- **Bubble Bath**
- **Hair care products**
- **Sunscreens**
- **Baby Care: shampoo, creams, wipes, etc.**
- **Shower Products**
- **Household cleaners**
- **Perfume**



How do these Toxic Chemicals enter our body?

Our skin is the largest organ of our body. More chemicals are absorbed through it into the blood stream than any other method.

That is why transdermal patches are so successful.



Propylene glycol (PG), Polyethylene Glycol (PEG), Butylene Glycol (BG) and Ethylene Glycol (EG) are all petroleum derivatives that act as solvents, surfactants, and wetting agents.

They can easily penetrate the skin, and can weaken protein and cellular structure.

In fact, PG penetrates the skin so quickly that the EPA warns factory workers to avoid skin contact, to prevent brain, liver, and kidney abnormalities.

And Propylene Glycol is what is used to carry the “active” ingredients in those transdermal patches INTO YOUR BODY.



Some Chemicals make it easier for other Chemicals to penetrate the skin.

Alcohol compounds, like rubbing alcohol, and Lye soaps (sodium hydroxide) strip the skin of its protective barrier, allowing easier and faster absorption of toxic chemicals.



Even in very small amounts, multiple exposures adds up.

- **Repeated exposure, Use day after day.**
- **Multiple exposures in multiple products.**
- **Long-term exposure from products that we don't rinse off: perfume, makeup, and creams.**
- **Bioaccumulation: they are stored in our body tissues instead of being eliminated.**



Even in very small amounts, multiple exposures adds up.

- **Scientists are finding harmful health effects even from very low-dose exposure to some chemicals previously thought to be safe of their small concentration in consumer products.**
- **Goes down the drain, recycled in the water, and is consumed by others, animals, and increases human exposure.**



Long term effects...

“Long term illnesses ranging from cancer to birth defects may not be linked to their underlying cosmetic causes...because symptoms of chronic toxic effects may not occur until months or years after exposure.”

Senator Edward Kennedy



Why would they use ingredients that are harmful?

- **Profit, It's all about the Money**
- **Synthetic chemicals get the patents which lead to high profits.**
- **Companies need to get a return from their research and development investments**
- **Manufactures use the chemicals from the big chemical companies because they are told that they are safe, and they are cheaper than trying to make their own.**



The chemical and cosmetic industries are self regulated.

- **They conduct their own tests.**
- **They are not required to show the results of their testing to any one, not the government, not the media, not the public.**
- **They define their own standards.**



The chemical and cosmetic industries are self regulated.

“By law, the FDA does not have the authority to approve cosmetic products or ingredients...”

“...A cosmetic manufacturer may use any ingredient or raw material and market the final product without government approval.”

Food and Drug Administration Homepage (www.FDA.gov)



Senator Edward Kennedy stated...

“The cosmetics industry wants the public to believe that no effective regulation is necessary or desirable. They are the masters of the slick ad and expensive public relations campaign.

But all the glamorous pictures cannot obscure the facts: this is an under-regulated industry with products that are often hazardous.”



Non-Toxic Doesn't Mean Safe

“According to the federal regulatory definition, *nontoxic* doesn't necessarily mean “not at all toxic” or “absolutely safe”, but can mean, for example, that **less than half of the laboratory animals exposed to the product died within two weeks.**

Debra Lynn Dadd; Nontoxic, Natural & Earthwise,



Beware of Products That Claim to Be Natural

“There are no standards for what natural means. They could wave a tube (of plant extract) over the bottle and declare it natural. Who’s to say what they are actually using?”

John Bailey, Head of the EPA



Not 100% natural: “Natural” products often include synthetic chemicals such as....

- **Parabens**
- **Propylene Glycol**
- **Sodium Lauryl Sulfate**
- **DEA, MEA TEA**



Toxic Affects of Synthetic Chemicals

Accelerated aging

Acne

ADHD

ADD

Allergies

Anxiety

Arthritis

Asthma & breathing disorders

Autoimmune Diseases

Birth defects

Bone Marrow Damage

Brain Fog

Brain Hemorrhage

Breast Cancer

Cancer



Toxic Affects of Synthetic Chemicals

Chronic Fatigue

Hormone disruption

Circulatory Collapse

Hot Flashes

Cold Sores

Immune System Dysfunction

Coma

Infertility

Convulsions

Insomnia

Depression

Over Sleeping

Diabetes

Joint Pain

Dizziness

Loss of Memory



Toxic Affects of Synthetic Chemicals

Nausea

Obesity

Paralysis

PMS

Psoriasis

Rashes

Sensitive Skin

Rheumatism

Sexual Dysfunction

Shingles

Skin Dysfunction

Slow Healing

Strokes

Vision Problems

Wrinkles

Ingredients To Avoid



Chemicals, such as Dioxin, accelerate aging



Victor Yushchenko



Dioxin

- Causes Accelerated aging, cancer, brain & central nervous system damage, fetal damage to developing brain and immune system.
- Not listed as an ingredient, but is present as a by-product of other ingredients.
- A 1992 FDA survey found the highly toxic 1,4 dioxane in **27 out of 30** children's bubble bath and shampoo products.
- 54 ethoxylated raw materials used in cosmetics were tested, **all 54** contained 1,4 dioxane.



Ingredients that have Dioxin as a by-product

- **Triclosan** (active ingredient in ALL antibacterial soaps)
- **Emulsifiers**
- **Polyethylene Glycol (PEG)**
(active ingredient in Miralax & Glycolax)
- **Sodium Laureth sulfate**
- **Ammonium Laureth sulfate**



Avoid Toxic Preservatives

Parabens – methyl, ethyl, propyl & butyl

- **Hormone disruptors ~ Estrogen-like**
- **Breast Cancer, Male Sterility, Sexual confusion.**

Imidazolidinyl Urea, Diazolidinyl Urea, & DMDM Hydantoin

- **Contain Formaldehyde**
- **Cancer, Joint Pain, Asthma**



Avoid Toxic Sudsing Agents

SLS – Sodium Lauryl Sulfate

- Irritation, dryness, loss of hair, tumors
- Increased pimples & blackheads
- 1% drop in eye – stored in heart, brain, lungs, remains 5-7 days

SLES – Sodium Laureth Sulfate

- FDA found dioxin in all products with ethoxylated ingredients
- Dioxine – carcinogen, hormone disruptor



Avoid Toxic Antibacterial Agents

Triclosan

- Chemically similar to agent orange
- EPA registers it a pesticide with high risk scores to humans, animals & environment
- Contains dioxane & furans: powerful carcinogens & hormone disruptors
- Toxic at parts per trillion – 300 Olympic-size swimming pools
- Creates superbugs – Tufts University



Avoid Toxic Synthetic Fragrance

“Fragrance often contains 4,000 separate synthetic components including diethyl phthalate” (Eternity, Calvin Klein)

Suspected Carcinogen & Hormone disruptor

Toxic Symptoms

Depression

Headaches

Obesity

Dizziness

Rashes & Skin Irritations

Hyperactivity

Foggy thinking & ADD

Skin Discoloration

Irritability, Inability to cope

Violent coughing



Other Ingredients to Avoid

DEA, MEA, TEA

- Causes Liver and Kidney Cancer in lab rats.

FD&C Colors

- Made from coal tar which is carcinogenic

Cinnamates

- Produces free radicals which can cause cancer

Flouride

- Can cause brittle bones, tooth discoloration, lethal to children if swallowed



Other Ingredients to Avoid

1,4-Diodane

**2-bromo-2-nitropropane -
1,3-diol**

Acetone

Benzophenones

-Benzone

Benzoyl Peroxide

BHA & BHT

Butylene Glycol (BG)

-Cinnamate

**FD&C, D&C Colors &
Pigments**

Diethenolamine ~DEA

MEA – TEA

Dichlorobenzene

Dichlorophenoxy (2,4-D)



Other Ingredients to Avoid

Digalloyl Trioleate

-Laureth Sulfate (SLES ALES)

DMDM Hydantion

-Lauryl Sulfate (SLS, ALS)

Ethylene Glycol (EG)

MenthylAnthranilate

Fluoride

Methylchloroisothiazolinone

Formaldehyde

Methylisothiazolinone

Fragrance

Methylene

Isopropyl Alcohol

PABA

Mineral Oil

Padimate-O



Other Ingredients to Avoid

-Paraben

-Phthalate

Preservatives

Polyethelyne Glycol (PEG)

Propylene Glycol (PG)

Sodium Hydroxide (LYE)

Quarternium 15

Psoralen

Talc

Toluene

Triclosan

Urea

Xylene

What We Can Do

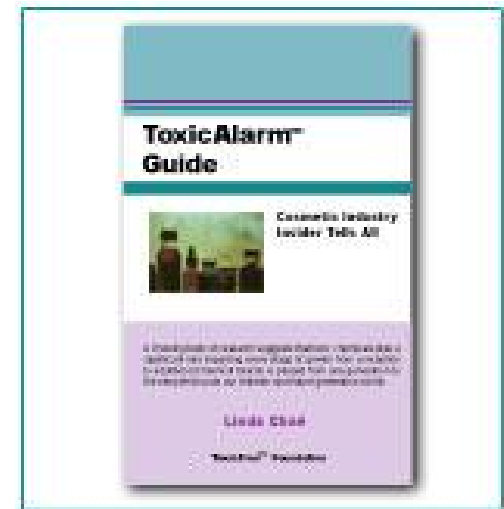


Knowledge is Power

Become Educated about the ingredients that are in the products that you use.

Recomended reading:

- **Toxic Alarm Guide by Linda Chaé**



- **Beauty to Die For by Judi Vance.**
- **A good Cosmetic dictionary.**



Be Proactive

- **Share this information with others.**
- **Invite your friends and family to see this Toxic Awareness presentation. Email them the link to see this presentation:**
www.viva.homestead.com/info.html
- **Write your congressmen.**
- **Get involved with groups that promote toxic awareness.**



Read Labels

- **Many companies don't want you to read labels
“Just trust our company.”**
- **Carry a list of harmful chemicals with you when
you go shopping.**
- **Check everything! Propylene glycol and FD&C
colors are also in food, and medication.**
- **Refuse to purchase products with harmful (or
questionable) ingredients.**



Purchase only products that are Free of Toxins.

- **Protect your family by using safe products.**
- **Support those companies that are dedicated to providing safe products.**
- **Use your buying practices to demonstrate what consumers really want. Voting with your money.**
- **Supply and demand curve, when the big companies see that the money is being spent on toxic free products, they will follow suit.**