



THE
WHOLE TULIP
INTEGRATIVE NUTRITION HEALTH COACHES

Greening Your Beauty Routine:

how to avoid everyday toxins in your skin care

Hi there!

When people think about living a clean lifestyle, often we do not think about the toxins in our home or our make-up.

Going toxic free is extremely important for the health of our bodies and our mind. Going toxic free is also vital in disease prevention. Even though our bodies cleanse and detox naturally, it can become too hard on our liver which processes the toxins out of our bodies. When our liver becomes overworked, we get toxic build-up which leads to illness and disease.

Once we felt like we had the food piece under control, we realized we needed to look more closely at what we were putting on our skin, our largest organ. We were a little overwhelmed at first, but we turned to some trusted sources and started trying out new products and found ones we love. Now we feel great about what we are putting on our skin and our kids. And our skin looks better too!

Here is a list from the Environmental Working Group of ingredients to avoid in your products.

Here is to going toxic-free!

xoxo,
Adri & Carolyn

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By Product Type:

Soap	Avoid: triclosan and triclocarban.
Skin moisturizer and lip products	Avoid: Retinyl palmitate, retinyl acetate, retinoic acid and retinol in daytime products
Hand sanitizers	Pick: ethanol or ethyl alcohol in at least 60% alcohol
Sunscreen	<p>Just say no:</p> <ul style="list-style-type: none"> • SPF above 50 • Retinyl palmitate • Aerosol spray and powder sunscreen • Oxybenzone • Added insect repellent <p>Say yes to:</p> <ul style="list-style-type: none"> • Hats and shade in mid-day sun • Zinc Oxide or Titanium Dioxide as active ingredients, otherwise Avobenzone (at 3%) • SPF 15 to 50, depending on your own skin coloration, time outside, shade and cloud cover. • Use a lot and reapply frequently
Hair Care	<p>Avoid or limit:</p> <ul style="list-style-type: none"> • Dark permanent hair dyes • Chemical hair straighteners
Toothpaste	Avoid: triclosan
Nails	<p>Avoid:</p> <ul style="list-style-type: none"> • Formaldehyde or formalin in polish, hardeners

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- or other nail products.
- Toluene and Dibutyl phthalate (DBP) in polish.
- Pregnant? Skip polish

Tips for babies and young children

Children are not little adults. Pound for pound, kids are exposed to more contaminants in air, water, food, and personal care products than adults. Immature organ systems are often less capable of fending off chemical assaults. Subtle damage to developing bodies may lead to disease later in life.

Parents can make healthy choices by using fewer personal care products for their children, ignoring ad hype and following these tips:

Baby wipes

Avoid:

- Bronopol
- DMDM hydantoin
- Fragrance

Diaper cream

Avoid:

- BHA
- Boric acid
- Fragrance

Toothpaste

Use a small amount of fluoride-free toothpaste until kids can reliably rinse and spit (none for kids under 2). Use child-strength toothpaste for children 6 and younger. Use only a pea sized amount and supervise child's brushing and rinsing (to minimize swallowing)

Sunscreen

Infants under 6 months don't belong in the sun and they shouldn't wear sunscreen. For older babies and children, use protective clothing and sunscreen that provides good UVA and UVB protection. Use enough and reapply often.

Baby powder

Skip it! Just like auto exhaust or secondhand smoke, tiny airborne particles can damage baby's delicate, developing lungs

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Tips for teens and tweens

Teens use cosmetics. Sometimes lots of them. From hair gels and straighteners to eye make-up, body wash and lotions. And then some! Knowing which ones are healthy — and which ones aren't — is important. Why? EWG found that adolescent girls' bodies are contaminated with chemicals commonly used in cosmetics and body care products. In fact, we detected 16 potentially toxic chemicals — phthalates, triclosan, parabens, and musks — [in blood and urine samples from 20 teen girls](#). Studies link these chemicals to potential health effects including cancer and hormone disruption.

To make matters worse, teens may be particularly sensitive to exposures to hormone-disrupting chemicals, given the complex role they play during puberty – precisely when girls typically experiment with an increasing number and variety of body care products. When we surveyed them, our teen study participants reported using an average of 17 personal care products each day, 40 percent more than an adult woman.

Teens can easily make safer choices by reducing the number of body care products they use, viewing marketing claims with skepticism, always checking the ingredients for toxins (a good lifelong habit!), and following EWG guidelines to select safer products:

Acne products

Avoid:

- Triclosan
- Parabens
- PEG/cetearetj/polyethylene

Perfume,
cologne, and
body spray

Avoid:

- Diethyl phthalate
- “Fragrance” (listed as an ingredient)

Make-up

Avoid:

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- Loose powders
- Vitamin A (listed as: retinol, retinyl palmitate, retinyl acetate) in skin and lip products

Choose:

- Safer make-up using Skin Deep

Sun protection Be sun smart! Sunburns in children and teens increase your risk of the most deadly form of skin cancer—melanoma.

Avoid tanning beds. Tanning booths expose the skin to 15 times more UV sun. The use of tanning beds before age 30 can cause a 75 percent increase in melanoma.

Tips for women

The average woman uses 12 products containing 168 different ingredients daily. Many cosmetic chemicals are designed to penetrate into the skin's inner layers, and they do. Consequently, some common cosmetic ingredients turn up in people's bodies. Among them: industrial plasticizers called phthalates; parabens, which are preservatives; and persistent fragrance components like musk xylene.

Are levels found in our bodies causing biological damage? Only more research can say. Several studies have linked feminization of American baby boys to a common fragrance chemical called diethyl phthalate.

Anti-aging products **Avoid:** Alpha and beta hydroxy acids (lactic acid and glycolic acid) FDA-sponsored studies find UV-caused skin damage doubles for users of products with alpha hydroxy acid. Regular sunscreen application is the best way to avoid sun-damaged skin.

Hair dye Minimize use of dark, permanent hair dyes. Many contain coal tar ingredients, including aminophenol, diaminobenzene, and phenylenediamine, linked to cancer.

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Skin lighteners Avoid skin lighteners with hydroquinone. FDA warns that this skin-bleaching chemical can cause a skin disease called ochronosis, with “disfiguring and irreversible” blue-black lesions on exposed skin.

Illegally imported skin lighteners can contain mercury, which can poison adults and children and is especially toxic during pregnancy. Be wary of imported skin lighteners, don't buy products without ingredients clearly labeled, and always avoid products with “mercury,” “calomel”, “mercurio” or “mercurio chloride”.

Chemical hair straighteners Many hair straightening treatments use harsh or toxic ingredients, and make misleading safety claims. We recommend you avoid chemical hair straighteners.

If you choose to use, avoid keratin treatments.

Tips for men

The average man uses 6 products daily with 85 unique ingredients. Some ingredients are hormonally active; some of these are specifically linked to male reproductive system disorders. For instance, phthalates have been associated with altered hormone levels in men and boys and sperm damage.

Aftershave

Avoid:

- “Fragrance”
- Oxybenzone
- PEG/ceteareth/polyethylene
- Parabens

Shaving cream

Avoid:

- DMDM hydantoin
- “Fragrance”
- PEG/ceteareth/polyethylene
- Triclosan

Sunscreen Wear sunscreen. Surveys show just 34 percent of men wear

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sun protection, compared to 78 percent of women. Chose a sunscreen with UVA and UVB protection and reapply often. See [EWG's annual sunscreen report](#) for good choices.

Shopping tips by ingredient

BHA: The National Toxicology Program classifies butylated hydroxyanisole (BHA) as “reasonably anticipated to be a human carcinogen.” It can cause skin depigmentation. In animal studies, BHA produces liver damage and causes stomach cancers such as papillomas and carcinomas and interferes with normal reproductive system development and thyroid hormone levels. The European Union considers it unsafe in fragrance. It is found in food, food packaging, and personal care products sold in the U.S.

Boric acid and Sodium borate: These chemicals disrupt hormones and harm the male reproductive system. Men working in boric acid-producing factories have a greater risk of decreased sperm count and libido. In animals, high doses cause testicular damage to mice, rats, and dogs. Both the European Union and Canada restrict these ingredients in body care products made for children under three years of age and require that products containing these ingredients be labeled as not appropriate for broken or damaged skin. No similar safety standards are in place in the United States. The cosmetic industry’s own safety panel states that these chemicals are unsafe for infant or damaged skin, because they can absorb readily into the body. Despite this guidance, boric acid is found in some diaper creams.

Coal tar hair dyes and other coal tar ingredients (including Aminophenol, Diaminobenzene, Phenylenediamine): Coal tar, a byproduct of coal processing, is a known human carcinogen, according to the National Toxicology Program and the International Agency for Research on Cancer. Hair stylists and other professionals are exposed to these chemicals in hair dye almost daily. Europe has banned many of these ingredients in hair dyes. While FDA sanctions coal tar in specialty products such as dandruff and psoriasis shampoos, the long-term safety of these products has not been demonstrated.

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Formaldehyde: A potent preservative considered a known human carcinogen by the International Agency on Research on Cancer. Formaldehyde, also an asthmagen, neurotoxicant and developmental toxicant, was once mixed into many personal care products as antiseptic. This use has declined. But some hair straighteners are based on formaldehyde's hair-stiffening action and release substantial amounts of the chemical.

Formaldehyde releasers – Bronopol, DMDM hydantoin, Diazolidinyl urea, Imidzaolidinyl urea and Quaternium-15: Cosmetics preservatives that slow form formaldehyde to kill bacteria growing in products. Formaldehyde is a known human carcinogen. The preservatives and the formaldehyde they generate can trigger allergic skin reactions. Formaldehyde releasers are widely used in US products. Not surprisingly, more Americans develop contact allergies to these ingredients than Europeans.

Fragrance: It may help sell products from face cream to laundry detergent, but do you know what's in it? Fragrances are in everything from shampoo to deodorant to lotion. Federal law doesn't require companies to list on product labels any of the chemicals in their fragrance mixture. Recent research from EWG and the Campaign for Safe Cosmetics found an average of 14 chemicals in 17 name brand fragrance products, none of them listed on the label. Fragrances can contain hormone disruptors and are among the top 5 allergens in the world. Our advice? Buy fragrance-free wherever possible.

Hydroquinone: A skin bleaching chemical that can cause a skin disease called ochronosis, with blue-black lesions that in the worst cases become permanent black caviar-size bumps. In animal studies, hydroquinone has caused tumor development.

Lead: A neurotoxin in popular hair dye Grecian Formula 16 and other black hair dyes for men. Lead from hair dyes travels from hair to doorknobs, cabinets and other household items, where children can ingest it.

Methylisothiazolinone, methylchlorisothiazolinone and benzisothiazolinone: Preservatives, commonly used together in personal care products, among the most common irritants, sensitizers and causes

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of contact allergy. Lab studies on mammalian brain cells suggest that methylisothiazolinone may be neurotoxic.

Nanoparticles: Zinc oxide and titanium dioxide nanoparticles appear to be among the safer and more effective active ingredients in U.S.-marketed sunscreen creams because they do not penetrate the skin. But avoid sprays and powders containing these nanoparticles, which could penetrate your lungs and enter your bloodstream. Many other nanoparticles have received very little testing, yet they readily penetrate the skin and contaminate the body. Cosmetics manufacturers are not required to disclose the presence of nanoparticles in products.

Oxybenzone: Sunscreen agent and ultraviolet light absorber, found in the bodies of nearly all Americans, according to the U.S. Centers for Disease Control and Prevention. In human epidemiological studies, oxybenzone has been linked to irritation, sensitization and allergies. A study of 404 New York City women in the third trimester of pregnancy associated higher maternal concentration of oxybenzone with a decreased birthweight among newborn baby girls but with greater birth weight in newborn boys. Studies on cells and laboratory animals indicate that oxybenzone and its metabolites may disrupt the hormone system.

Parabens (specifically Propyl-, Isopropyl-, Butyl-, and Isobutyl-parabens): Parabens are estrogen-mimicking preservatives used widely in cosmetics. The CDC has detected parabens in virtually all Americans bodies. According to the European Commission's Scientific Committee on Consumer Products, longer chain parabens like propyl and butyl paraben and their branched counterparts, isopropyl and isobutylparabens, may disrupt the endocrine system and cause reproductive and developmental disorders.

PEGs/Cetareth/Polyethylene compounds: A family of conditioning and cleaning agents that go by many names. These synthetic chemicals are frequently contaminated with 1,4-dioxane, which the U.S. government considers a probable human carcinogen and which readily penetrates the skin. Cosmetics makers could easily remove 1,4-dioxane from ingredients, but tests documenting its common presence in products show that they often don't.

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Petroleum distillates: Petroleum-extracted cosmetics ingredients, commonly found in mascara. They may cause contact dermatitis and are often contaminated with cancer-causing impurities. They are produced in oil refineries at the same time as automobile fuel, heating oil and chemical feedstocks.

Phthalates: A growing number of studies indicate that chemical family damages the male reproductive system. Pregnant women should avoid nail polish containing dibutyl phthalate. Everyone should avoid products with “fragrance” indicating a chemical mixture that may contain phthalates.

Resorcinol: Common ingredient in hair color and bleaching products; skin irritant, toxic to the immune system and frequent cause of hair dye allergy. In animal studies, resorcinol can disrupt normal thyroid function. The federal government regulates exposures to resorcinol in the workplace, but its use is not restricted in personal care products.

Toluene: Volatile petrochemical solvent and paint thinner and potent neurotoxicant that acts as an irritant, impairs breathing and causes nausea. A pregnant woman's exposure to toluene vapors during pregnancy may impair fetal development. In human epidemiological and animal studies, toluene has been associated with toxicity to the immune system. Some evidence suggests a link to malignant lymphoma.

Triclosan & Triclocarban: Antimicrobial pesticides in liquid soap (triclosan) or soap bars (triclocarban), very toxic to the aquatic environment. Often found as contaminants in people due to widespread use of antimicrobial cleaning products. Triclosan disrupts thyroid function and reproductive hormones. American Medical Association and the American Academy of Microbiology say that soap and water serves just as well to prevent spread of infections and reduce bacteria on the skin. Overuse may promote the development of bacterial resistance.

Vitamin A compounds (retinyl palmitate, retinyl acetate, retinol): Vitamin A is an essential nutrient but not necessarily safe for use on skin. Studies show that when applied to sun-exposed skin these compounds can increase skin sensitivity. Furthermore sunlight breaks down vitamin A to produce toxic free radicals that can damage DNA and hasten skin lesions and tumors in lab animals. These ingredients are widely used in

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sunscreens, skin lotions, lip products and makeup. EWG urges consumers to avoid leave on skin and lip products with vitamin A.

Animal-based ingredients: Many consumers are asking manufacturers tough questions about ethical sourcing of their ingredients. Vegetarians, vegans, and people concerned about animal welfare frequently seek to avoid ingredients derived from animals. However a number of animal-based substances are found in cosmetics, and might not be clearly labeled as such. If you are concerned about avoiding animal products the best bet is to choose brands claiming to be vegetarian or vegan or labeled with the PETA and Leaping Bunny logos.

Source: <http://www.ewg.org/skindeep/top-tips-for-safer-products/>