

The Creation Fertility Guide to Skincare

To encourage good health for all the family and especially when there are any forms of hormonal imbalances and during pregnancy I recommend you change household and beauty products to cruelty-free, non-bleach formulas. Skincare products should not contain petro-chemicals, artificial preservatives, artificial colours and fragrances, parabens, SLES (sodium laureth sulfate) harsh detergents, phosphates, enzymes or chlorine bleach. **Here is some information I have gathered from various web-sites.**

Contaminents	Reasoning
Organochlorine pesticides in lanolin	Whilst lanolin itself is safe some people are allergic or sensitive to it. Cosmetic-grade lanolin can be contaminated with carcinogenic pesticides such as DDT, dieldrin, and lindane, in addition to other neurotoxic pesticides).
Dioxane:	A wide range of personal care products including shampoos, hair conditioners, cleansers, lotions, and creams, besides household products such as soaps and cleaning products, contain surfactants or detergents such as ethoxylated alcohols, polysorbates, and laureths. These ingredients are generally contaminated with high concentrations of the highly volatile 1,4 – dioxane, which is both readily inhaled and absorbed through the skin. The carcinogenicity of dioxane in rodents was first reported in 1965 and subsequently confirmed in other studies including by the National Cancer Institute in 1978; the predominant sites of cancer were nasal passages in rats and liver in mice. Epidemiological studies on dioxane-exposed furniture makers have reported suggestive evidence of excess nasal passage cancers. On the basis of such evidence, the Consumer Product Safety Commission concluded that "the presence of 1,4 – dioxane, even as a trace contaminant, is a cause of concern." These avoidable risks of cancer in numerous personal care, besides other consumer, products is inexcusable, particularly as the dioxane is readily removed from surfactants during their manufacture by a process known as "vacuum stripping."
Artificial Colours	Some artificial colours, such as Blue 1 and Green 3, are carcinogenic. Impurities found in commercial batches of other cosmetic colors such as D&C Red 33, FD&C Yellow 5, and FD&C yellow 6 have been shown to cause cancer not only when ingested, but also when applied to the skin. Some artificial coal tar colours contain heavy metal impurities, including arsenic and lead, which are carcinogenic. Some artificial colours, such as Blue 1 and Green 3, are carcinogenic. Impurities found in commercial batches of other cosmetic colors such as D&C Red 33, FD&C Yellow 5, and FD&C yellow 6 have been shown to cause cancer not only when ingested, but also when applied to the skin. Some artificial coal tar colours contain heavy metal impurities, including arsenic and lead, which are carcinogenic.
BHT Butylated Hydroxytoluene, E321	Used as a synthetic antioxidant. It is linked with irritation and possible behavioural effects and reproductive problems
Hair Dyes	The use of permanent or semi permanent hair colour products, particularly black and dark brown colours are associated with an increased incidence of human cancer including non-Hodgkin's lymphoma, multiple myeloma, and Hodgkin's disease. There are several natural hair-colouring products which are relatively effective and safe.
Talcum Powder	Cosmetic talc is carcinogenic. Inhaling talc and using it in the genital area, where its use is associated with increased risk of ovarian cancer, are the primary ways this substance poses a carcinogenic hazard.
Silicia	Some silica used in cosmetics, especially amorphous hydrated silica, may be contaminated with small amounts of crystalline quartz. Crystalline Silica is carcinogenic.
Phthalates Dibutyl phthalate (DBP) and di(2-ethylhexyl) phthalate (DEHP), butyl benzyl phthalate (BBP or BzBP).	Found in products such as : hair sprays, perfume, nail polishes. Used to soften plastic, skin moisturisers and skin penetration enhancers in cosmetics. Research indicates: <ul style="list-style-type: none"> • Known to cause serious reproductive and developmental effects in lab animals • linked to premature breast development in young girls and interference with reproductive development in male foetuses • hormone disruptors

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<p>Parabens - A group of artificial preservatives also known as Alkyl parahydroxy benzoates – butyl/methyl/ethyl/ propyl/isobutyl paraben.</p>	<p>Parabens have been deemed xenoestrogens which means that they are thought to mimic oestrogen in the body, penetrate the skin and appear in the blood. They have been linked to breast cancer and reproductive issues. In 2004 British cancer researcher Philippa Darbre, Ph.D., found parabens present in malignant breast tumours (1). As a result, experts in many countries are recommending limits on paraben levels in cosmetic products. There is also a concern that if parabens can be stored in the body, they could, over time have a cumulative effect and therefore pose a possible health risk. Another concern is that the oestrogen-mimicking aspect of parabens may be a factor in the increasing prevalence of early puberty in girls (2). There have also been links with adverse affects on testosterone secretion and the function of the male reproductive system (3).</p>
<p>Sodiumhydroxymethylglycinate Synonym(s): SODIUM HYDROXYMETHYLGLYCINATE, GLYCINE, N- (HYDROXYMETHYL) -, MONOSODIUM SALT; GLYCINE, N- (HYDROXYMETHYL) -, SODIUM SALT; GLYCINE, N- (HYDROXYMETHYL) -. MONOSODIUM SALT; HYDROXYMETHYLAMINOACETIC ACID, SODIUM SALT; N- (HYDROXYMETHYL) - SODIUM SALT GLYCINE; N- (HYDROXYMETHYL) -. MONOSODIUM SALT GLYCINE; N- (HYDROXYMETHYL) GLYCINE, SODIUM SALT</p>	<p>Sodium hydroxymethylglycinate, SLES/SLS/ALS and its various formats are common surfactants, detergents and emulsifiers added to many cosmetics and cleansers. SLS is an antimicrobial preservative that works by forming formaldehyde in cosmetic products. Dr Mercola suggests that nearly 16,000 studies mention the toxicity of sodium lauryl sulfate (SLS), a surfactant, detergent, and emulsifier used in thousands of cosmetic products and industrial cleaners. SLS has also been linked to nitrosamines, potent carcinogens that cause your body to absorb nitrates, which are known to be carcinogenic as well. People exposed to such formaldehyde-releasing ingredients may also develop a formaldehyde allergy or an allergy to the ingredient itself. It is present in nearly all shampoos, scalp treatments, hair colour and bleaching agents, toothpastes, body washes and cleansers, make-up foundations, liquid hand soaps, laundry detergents, and bath oils/bath salts. Although SLS originates from coconuts the manufacturing process results in SLES/SLS being contaminated with 1,4 dioxane, a carcinogenic by-product. SLS is the sodium salt of lauryl sulfate. Similar to sodium <i>lauryl</i> sulfate (SLS) is sodium <i>laureth</i> sulfate (short for sodium lauryl ether sulfate, or SLES), a yellow detergent with higher foaming ability. Ammonium lauryl sulfate (ALS) is another surfactant variation commonly put into cosmetics and cleansers to make them foam. ALS is similar to SLS, with similar risks</p> <p>More information and references can be found at http://www.ewg.org/skindeep/ingredient/706077/SODIUM_HYDROXYMETHYLGLYCINATE/# and www. http://articles.mercola.com/sites/articles/archive/2010/07/13/sodium-lauryl-sulfate.aspx</p>
<p>Toluene</p>	<p>Found in: lacquers and nail polish. It is a volatile petrochemical solvent and paint thinner and potent neurotoxicant that acts as an irritant, impairs breathing, and causes nausea. Mother's exposure to toluene vapors during pregnancy may cause developmental damage in the fetus. In human epidemiological studies and in animal studies toluene has been also associated with toxicity to the immune system and a possible link to blood cancer such as malignant lymphoma.</p>
<p>Xylene – also known as xylol or dimethylbenzene</p>	<p>Found in lacquers and nail polish. Research indicates it can affect Developmental/reproductive toxicity, Allergies/immunotoxicity, Irritation (skin, eyes, or lungs), Organ system toxicity (non-reproductive), Neurotoxicity, Occupational hazards</p>

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Justine's Guide to Natural Skincare Brands Ranges:

There is a wide range of ethical and good "natural" products available however for a selection of sulphate free (sls, sles, ales), paraben & phthalate free, propylene glycol, mineral oils, dea, peg, silicones, methylisothiazolinone, methylchlorisothiazolinone, ones that avoid animal testing or ingredients tested on animals I tend to use the product companies below :

Company	Reasoning	Website
Melanie's Garden	Free from parabens. Her oil based products use only Rosemary Antioxidant and Vitamin E to preserve them. Her water based products use a gentle preservative passed by the soil association for use in organic products. Each one of her products are brimming with nutrients because Melanie is a qualified nutritional therapist. Her anti-ageing range uses a water based gel (Miracle Youth Gel) with an oil based serum (Super Potent Anti-ageing Serum) that you mix together at the point of application. Wonderful!	www.melaniesgarden.co.uk for further information about our product range. Email on info@melaniesgarden.co.uk .
MyPure.Co.uk ; Burt's Bees A'kin	Mypure has a good selection of natural products free of parabens	http://www.burtsbees.co.uk and http://www.mypure.co.uk/
The Organic Pharmacy	Full of natural skincare products	http://www.theorganicpharmacy.com
Ren, Weleda, Lavera, Faith in Nature, Jason, Aveda, Green People and many others	Offer a variety of skincare products	

Website Research and Health Information:

Environmental Working Group : <http://ewg.com/>
<http://www.mercola.com/>
<http://www.goodguide.com/>

References

1. Harvey PW, Everett DJ (Jan 2004). "Significance of the detection of esters of p-hydroxybenzoic acid (parabens) in human breast tumors". *Journal of Applied Toxicology* 24 (1): 1-4.
2. Weil, Elizabeth (March 30, 2012). "Puberty Before Age 10: A New 'Normal'?". *The New York Times*.
3. Oishi S. Effects of butyl paraben on the male reproductive system in mice. *Arch Toxicol* 2002;76:423-9.

Also see:

Creation Fertility Guide to Natural Cleaning and Creation Fertility Guide to Environmental Health