

INGREDIENTS TO AVOID IN YOUR BODY CARE PRODUCTS*

Parabens: widely used in make-up ingredients, as a preservative. May be labeled as butylparaben, methylparaben, or propylparaben. They enter the skin and live in tissue, causing hormone disruption by mimicking estrogen, associated with breast cancer.

Formaldehyde releasing preservatives: Labeled as DMDM hydrantoin, diazolidinyl urea, quaternium-15. It is widely used in hair products and moisturizers and is carcinogenic.

Triclosan: Used in anti-bacterial products, hand sanitizers, toothpastes, etc. May interfere with hormone function. Harmful to fish and wildlife.

Sodium Laureth Sulfate, Sodium Lauryl sulfate: In all products that foam. Shampoos, cleansers, bubble bath, soaps, etc. The Environmental Working Group has labeled this as a moderate hazard, linking it to cancer, liver damage, neurotoxicity, organ toxicity, skin irritation and endocrine disruption. Also harmful to fish and wildlife. Otherwise known as SLS.

Petroleum by products: Can be contaminated with cancer causing impurities.

Phthalates: Industrial plasticizers used widely in cosmetics and personal care products. They disrupt hormones, linked to infertility and birth defects. May be listed as 'fragrances'. Simply inhaling enough of these is a risk in itself.

*Source – Health First Network, Canada's leading independent health and wellness retailers.

INGREDIENTS TO AVOID IN YOUR CLEANING PRODUCTS*

- 1. Phthalates:** Used in all kinds of products from household items to air fresheners and dish soap. Endocrine disruptors (see description under Body Care Products, over page).

Alternatives: Look for cleaning products that are fragrance-free or scented with essential oils.

- 2. Sodium Lauryl Sulfate:** See description under Body Care Products (over page).

Alternatives: Just avoid this ingredient all together, or look for natural foaming agents!

- 3. 2-Butoxyethanol:** commonly found in all-purpose or multi-purpose cleaners as well as window cleaning sprays. It's a solvent that helps to break down residue, dirt and oil, making it very popular for cleaning products. It is toxic to the system, being linked to liver and kidney damage and even pulmonary edema.

Alternatives: natural cleaners or use a product like e-cloth or microfiber cloths that clean with just water.

- 4. Ammonia:** extremely effective as a polisher or glass cleaner. It's a major irritant to human tissue. If you are prone to any lung or breathing problems, this ingredient will cause discomfort quickly.

Alternatives: Vinegar is becoming a popular alternative to ammonia.

- 5. Parabens:** parabens are used as a preservative to help make a product last longer. See descriptors under Body Care Products (over). They are also bad for the environment and have been found in the bodies of marine mammals.

Alternatives: look for preservative-free products or those that use natural preservatives.

*GoodnessMe and the Environmental Working Group