

Know your Household toxins

Toxin	Commonly found in...	Potential Harm
<p><u>Triclosan</u></p> <p>AKA: Microban, Biofresh, Bactraban,</p>	<p>Anti-bacterial agent found in toothpastes, hand sanitizers, soaps, clothing fabric, dishwashing liquids, face washes, deodorants, cosmetics,</p>	<ul style="list-style-type: none"> • Dermatitis, skin irritation, photoallergenic, • Neurotoxic issues (working up to 12 hours after use) • LD (Lethal Dosage) to rats is 5000mg/kg. • It bio-accumulates in fatty tissues. • Affect Thyroid function • Nonspecific depressant effect on the central nervous system • Weakly androgenic, (causing fish to change fin length and sex ratios.) • Contributing to allergic asthma and rhinitis • Linked to dioxin. Dioxin can be highly carcinogenic, weakens immune system.
<p><u>"Fragrances"</u></p> <p>An ambiguous term where many toxic chemicals are hidden under.</p>	<p>Can be found in anything with a scent. 'Fragrances' may include any of 3,163-4,000 different chemicals.</p>	<ul style="list-style-type: none"> • Associated with allergies, dermatitis, respiratory distress, • Potential effect on fertility • Headaches, dizziness, rashes, skin discoloration, violent coughing and vomiting, and allergic skin irritations.
<p><u>Toluene</u></p>	<p>Toluene is a common solvent used in paint thinners, moisturizing creams and nail polishes.</p>	<ul style="list-style-type: none"> • It is a potent neurotoxin that impairs breathing and causes nausea. Exposure may cause developmental damage to a developing fetus. Toluene is also associated with immune system disruption and cancer.
<p><u>Parabens</u></p>	<p>Compounds used to preserve and scent many products.</p>	<ul style="list-style-type: none"> • Parabens mimic estrogen and are likely endocrine disruptors. • This is a preservative that is able to mimic estrogen hormones and has been found in breast tumors.
<p><u>Formaldehyde</u> <u>Releasers/donors—</u> are a class of antimicrobial preservatives (such as DMDM hydantoin and Quaternium-15)</p>	<p>Personal care products</p>	<ul style="list-style-type: none"> • Toxic to the immune system and skin and are highly allergenic. (Japan restricts their use.) • Respiratory system, causes skin reactions and trigger heart palpitations. Joint pain, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, loss of sleep.
<p><u>Oxybenzone</u></p>	<p>Sunscreens and UV light absorbers</p>	<ul style="list-style-type: none"> • May actually cause photoallergic reactions. It may also be an endocrine disruptor.
<p>Artificial Colors</p>	<p>Food dyes</p> <ul style="list-style-type: none"> • Blue #1 (Brilliant Blue) An unpublished study suggested the possibility that Blue 1 caused kidney tumors in mice. What it's in: Baked goods, beverages, desert powders, candies, cereal, drugs, and other products. • Blue #2 (Indigo Carmine) Causes a statistically significant incidence of tumors, particularly brain gliomas (tumors), in male rats. 	

	<p>What it's in: Colored beverages, candies, pet food, & other food and drugs.</p> <ul style="list-style-type: none"> • Citrus Red #2 It's toxic to rodents at modest levels and caused tumors of the urinary bladder and possibly other organs. What it's in: Skins of Florida oranges. • Green #3 (Fast Green) Caused significant increases in bladder and testes tumors in male rats. What it's in: Drugs, personal care products, cosmetic products except in eye area, candies, beverages, ice cream, sorbet; ingested drugs, lipsticks, and externally applied cosmetics. • Red #3 (Erythrosine) Recognized in 1990 by the FDA as a thyroid carcinogen in animals and is banned in cosmetics and externally applied drugs. What it's in: Sausage casings, oral medication, maraschino cherries, baked goods, candies. • Red #40 (Allura Red) This is the most-widely used and consumed dye. It may accelerate the appearance of immune-system tumors in mice. It also causes hypersensitivity (allergy-like) reactions in some consumers and might trigger hyperactivity in children. What it's in: Beverages, bakery goods, dessert powders, candies, cereals, foods, drugs, and cosmetics. • Yellow #5 (Tartrazine) Yellow 5 causes sometimes-severe hypersensitivity reactions and might trigger hyperactivity and other behavioral effects in children. What it's in: Pet foods, numerous bakery goods, beverages, dessert powders, candies, cereals, gelatin desserts, and many other foods, as well as pharmaceuticals and cosmetics. • Yellow #6 (Sunset Yellow) Caused adrenal tumors in animals and occasionally causes severe hypersensitivity reactions. What it's in: Color bakery goods, cereals, beverages, dessert powders, candies, gelatin deserts, sausage, cosmetics and drugs.⁸ DR. Mercola 	
<p>Diethanolamine (DEA) AKA—Cocamide DEA, DEA Lauryl Sulfate, Lauramide DEA, Linoleamide DEA, Oleamide DEA TEA or Triethanolamine</p>	<p>A chemical that is used as a wetting agent in shampoos, lotions, creams and other cosmetics. Provides a rich lather in shampoos and keeps a favorable consistency in lotions and creams.</p>	<ul style="list-style-type: none"> • DEA may not be harmful on its own but when reacting with other chemicals in cosmetics, it can be an extremely potent carcinogen.² • Cosmetic products are least regulated by USA FDA please read ingredients • Increase in liver and kidney cancer cases.⁵
<p>Phthalates AKA-DEO, DIBP, DOP, DBP</p> <p>Banned in Japan, Taiwan and other countries. Not yet banned in USA.</p>	<p>Phthalates are esters of phthalic acid. Commonly used as <u>plasticizers</u> to make plastics more flexible and easier to process. Vinyl shower curtains, upholstery, plastic toys, paints, adhesives and cosmetics. (New car smell?? Is probably it!) Sometimes manufactures are not required to add this as an ingredient if it is already mixed in something else.</p>	<ul style="list-style-type: none"> • Its Ubiquitous nature allows it to be stored in the body. A study by U.S. CDC found that 100% of 289 people tested had Phthalates in their bodies. Highest levels are in women of reproductive age.³ • Linked to 'testicular dysgenesis syndrome' • Increasing incidence of birth defects of the male reproductive tract. • Affect premature puberty in girls. Prolong estrous cycles and cause anovulation, infertility issues. Linked to lower birth weight and disruptive behavior in offspring.³

	Found in Nail Polish, cosmetics, personal care products and hairsprays etc.	
Propylene glycol or Ethylene glycol	Found in shampoo, conditioner, toothpaste, medicines and cosmetics. While this alcohol-based but non-toxic substance serves as a chemical addition to non-food products, it is also a possible additive to processed food. It is used in artificial smoke or fog. Used in photographic development solutions, break fluid.	<ul style="list-style-type: none"> • They are clear liquids used in antifreeze or de-icing solutions. Exposure to excess amounts of ethylene glycol can damage the kidneys, heart, and nervous system. • In very large amounts, ethylene glycol can result in death, while large amounts can cause nausea, convulsions, slurred speech, disorientation, and heart and kidney problems. • Female animals that ate large amounts of ethylene glycol had babies with birth defects and male animals had reduced sperm count.
Sodium Laureth Sulfates (SLES)/ Sodium lauryl sulfate (SLS)	Used as detergents and surfactants. Found in cleaners cosmetics, toothpastes, hair conditioner and 90% of all shampoos and products that foam.	<ul style="list-style-type: none"> • From Dangerous Beauty article SLES, SLS is reported to cause eye damage, depression, labored breathing, diarrhea, severe skin irritation and corrosion and death. • American College of Toxicology states, “both SLS and SLES can cause malformation in children’s eyes. ...damaging to the immune system, especially within the skin. Skin layers may separate and inflame due to its protein de-naturing properties. It is possibly the most dangerous of all ingredients in personal care products. • When combined with other chemicals, it can be transformed into nitrosamines, a potent class of carcinogens, which causes the body to absorb nitrates at higher levels than eating nitrate-contaminated food.⁵ • Other studies show residual levels in liver, heart, lungs and brain.
Triethanolamine (TEA) —restricted in Europe due to known carcinogenic effects. Unfortunately it is still in use in USA.		TEA causes allergic reactions including eye problems, dryness of hair and skin, and could be toxic if absorbed into the body over a long period of time. ⁴

Some References:

1. *Slow Death by Rubber Duck* by Rick Smith & Bruce Lourie
<http://slowdeathbyrubberduck.com>
2. www.preventcancer.com Cancer Prevention Coalition (Diethanolamine)
3. [www.threla.com/ blog/My_Blog/post/The_Hidden_Dangers_of_Phthalates/](http://www.threla.com/blog/My_Blog/post/The_Hidden_Dangers_of_Phthalates/)
4. www.purezing.com/living/toxins
5. <http://www.naturalhealthway.com/articles/chemicals/chemicals.html>
6. http://www.health-report.co.uk/ethylene_glycol_propylene_glycol.html
7. Read more: [Foods & Drinks With Propylene Glycol | eHow.com](http://www.ew.com)
http://www.ew.com/list_6962663_foods-drinks-propylene-glycol.html#ixzz2OFTE0B63
8. <http://articles.mercola.com/sites/articles/archive/2011/02/24/are-you-or-your-family-eating-toxic-food-dyes.aspx>

Disclaimer:

This is not a research paper aimed to treat or cure diseases. It is a summary of what I've learned and researched. I hope this sparks a desire within you to research too.

Anytime we reduce toxins in our body, we reduce the accumulative negative effects on our mind and body. This allows our body to heal faster and more effectively!

Taking a proactive holistic approach is the best and most permanent way to heal from diseases. You will notice amazing healing happening quickly as you cleanse your gut and organs with key nutrients, essential oils and water.

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