



## INGREDIENTS TO AVOID

Ingredients to try to avoid in skin, hair, nail products because they cause inflammation, aging, and disease including contributing to skin cancers (in order of the degree of toxicity):

1. Triethanolamine/Diethanolamine - mimics estrogen in the body and binds to estrogen receptors so men get enlarged prostates and nipple and breast enlargement and erection problems and women have weight struggles and increased risk of breast cancer and menstrual problems and PMS.
2. Sodium Lauryl/Laureth Sulfate and Sarcosinate-a cell membrane irritant and destroys protein therefore causes skin and collagen damage and aging. Contributes to hair loss and is a carcinogen.
3. Propylene Glycol-petroleum derivative. Very inflammatory and irritating to skin and organs. Toxic and inflammatory.
4. PEG-carcinogenic, toxic and inflammatory and aging.
5. Parabens-all-cheap antimicrobials-toxic and inflammatory and aging.
6. Ureas-release formaldehyde-toxic and inflammatory.
7. Mineral Oil-like Crisco for the pores-from petroleum-toxic, aging and inflammatory.
8. There are many others like Triclosan and most of the alcohols and synthetic fragrances-all are toxic, inflammatory, carcinogenic, aging.
9. Any of the forms of acrylates, methylacrylate, etc.-carcinogenic.
10. DMDM Hydantoin-same as formaldehyde-carcinogenic and causes rashes.
11. Triclosan-pesticide-mimics as hormones in men and women-carcinogenic.
12. Petrolatum-petroleum byproduct, which is irritating, aging, blocks pores and is aging.
13. Retinyl Palmitate - inflammatory and increasing cancer risk.
14. Oxybenzone - disrupts hormone levels.

I recommend:

1. Body Soap - Dr. Bronner's Peppermint/Castille at Trader Joe's or Whole Foods or any vegetable glycerin soaps (Trader Joe's has several bar - ones that have nice scents) – no lauryl sulfates or any sulfates
2. Hair products and body lotions – Burt's Bees, Jason, Avalon or Alba. Trader Joe's has an excellent shampoo and conditioner called Tea Tree Tingle. For dry skin I also recommend Jojoba Oil, Raw Coconut Oil (or butter it's called sometimes), Shea Butter, Emu Oil, or cold-pressed Olive Oil.

I also recommend Organic Whole Leaf unprocessed Aloe Juice (in the unrefrigerated juice section of Trader Joe's – in a big jug) as a great hydrating, exfoliating toner and internally 1-2 ounces per day for bowel health, function and for treating constipation.

I recommend non-toxic nail polish such as No-Miss at Whole Foods with no Toluene, formaldehyde, etc.