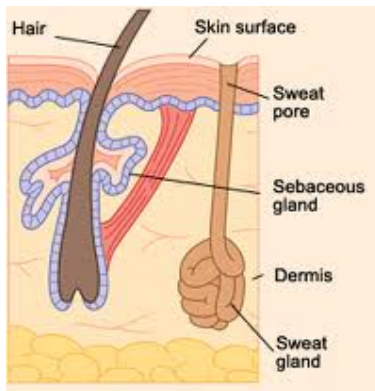



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What You Put on Your Skin Can Make You Sick. Look for Non-Toxic Skin and Personal Care Products for Better Health

July 31, 2013

What is the largest organ in the body? The skin is the largest organ in your body, with a staggering 2.5 million sweat glands. Isn't it fascinating that some brilliant scientist out there can actually calculate how many sweat glands we each have? And guess what else? One square inch of skin has 650 sweat glands, 65 hair follicles, and 234 feet of nerves, 57 feet of capillaries, 19,000 sensory cells, 94 oil glands & 1,250 pain receptors. I couldn't make those kind of facts up if I wanted. The human body is pretty amazing man, so take care of her!

What is the purpose of our skin? Our skin is designed to protect each of us from the onslaught of toxic and undesirable elements in our environment, and that is a good thing considering the toxins we face each and everyday! The skin is also designed to let beneficial things back into our bodies and I don't know about you, but I will take whatever good stuff I can get! Prior to the age of industrialization, most of what touched our skin came from Mother Nature herself. Unfortunately, in today's industrialized world our skin is exposed to a daily onslaught of unwanted and toxic chemicals. In addition, we unknowingly put many toxic ingredients onto our skin when we use personal care products including shampoos, soaps, deodorants and toothpaste.

Do the FDA and USDA protect us from toxic ingredients? Not necessarily. There are very few regulations surrounding body care and cosmetic products in the U.S. In fact, the U.S. has banned a meager 10 ingredients from these products compared to 1,100 ingredients banned in cosmetics by the European Union. It is certainly good to know we are protected from toxic ingredients such as mercury compounds and chloroform but concerning that there is still a long list of toxic ingredients that are prohibited elsewhere and still allowed in American beauty care products.

If I buy organic or natural care products does that mean I am safe? Unfortunately, buying organic or natural products does not guarantee you won't be purchasing products that are safe for your health. In personal care products, due to the lack of regulations, "organic" can mean anything. As a result, "green-washing" is rampant with hundreds and thousands of not so eco-friendly companies tricking consumers by using words like "organic", "natural" or "eco" on their labels or in their advertising when in fact the product may not have all, truly organic or natural ingredients and may contain many harmful and toxic ingredients.

What do I need to look for on the labels, to determine if a product is safe? Label reading can be very confusing. For a start, keep with you a list of the most common toxic ingredients used in personal care products and understand the dangers of using these products. We will provide you with a basic list of things to watch for when purchasing personal care products. The list isn't complete, but a good start to help you out. For detailed information on toxic ingredients in body, skin and personal care products click on, [Environmental Working Group](#).

We need your help. After reading this article please help spread your new found knowledge about toxic ingredients. Forward this email to someone you care about or share this information with family, friends, neighbors and colleagues. Help us plant the seeds for better health for all!

Further, this fall we will be coming out with a raw shea butter from Africa. It is a fair trade product, with no added ingredients or preservatives. It can be used as a moisturizer and for many other things. Stay tuned. We will tell you more about it soon. If interested, click on "[Shea Butter](#)" and send us an email asking for information on Energy Quixotica's raw, unrefined Shea Butter. You will qualify for 20% off if you purchase the product!

Make Sure Your Deodorant Doesn't Have Aluminum or Parabens.

There is a plethora of research demonstrating Aluminum contributes to Alzheimer's Disease and other memory disorders. Further, aluminum has been tied to breast cancer. Almost all antiperspirant deodorants contain aluminum and work by blocking the pores so sweat cannot be released by the skin. The truth is our bodies sweat to release toxic substances, and if we block the pores so we don't sweat, these toxic substances, like aluminum and are locked into our bodies and can cause all sorts of problems. Even though some argue there isn't enough research to document this fact yet, why take a chance?



[According to the National Cancer Institute](#), "Aluminum-based compounds are used as the active ingredient in antiperspirants. These compounds form a temporary plug within the sweat duct that stops the flow of sweat to the skin's surface. Some research suggests that aluminum-based compounds, which are applied frequently and left on the skin near the breast, may be absorbed by the skin and cause estrogen-like (hormonal) effects. Because estrogen has the ability to promote the growth of breast cancer cells, some scientists have suggested that the aluminum-based compounds in antiperspirants may contribute to the development of breast cancer."

Some researchers have focused on parabens, which are preservatives used in some deodorants and

antiperspirants that have been shown to mimic the activity of estrogen in the body's cells and can disrupt the body's endocrine system. Parabens are heavily used as preservatives in cosmetics, foods and pharmaceutical drugs to extend the shelf life of products. They are used in an estimated 13,200 cosmetic and skin care products and are in more than 95% of all cosmetics even though they are known to be toxic. The good news is, according to the FDA, although parabens are used in many cosmetic products, most major brands of deodorants and antiperspirants in the United States do not currently contain parabens.

In addition to disrupting the endocrine system, parabens trigger skin irritations, cause allergic actions, reduce sperm count and have been linked to breast cancer. Parabens can be identified by names such as methylparaben, propylparaben, butylparaben, or benzylparaben. Click on, [The Environmental Work Group](#), (EWG) for more detailed information on what ingredients to avoid in deodorants and for specific product information. The key is to read the labels as ingredients by manufacturer do

specific product information. The key is to read the labels, the ingredients, by manufacturers as periodically change.



Fluoride isn't the Only Thing to Avoid in Toothpaste and Oral Health Care Products!

Fluorine, up until the early 1940's was considered poisonous. It was proven to alter enzymes used by living organisms to carry out a multitude of essential processes. It is the most reactive element on the planet and the strongest free radical known to man. In the early 1930's and 1940's scientists used it to create the most deadly nerve gasses, rocket fuel and radioactive U235 for the

bomb. We are now exposed to increased doses of fluoride from toothpaste, mouth rinses, tap water, shower water, food and medicines. Dr. Hardy Limeback, Head of Preventative Dentistry at the University of Toronto stated, "It is illogical to assume that tooth enamel is the only tissue affected by low daily doses of fluoride ingestion." If ingested in small doses, it accumulates over time, much like lead and arsenic, causing a blockage in the way the cells breathe. This can lead to the malformation of collagen resulting in dental fluorosis, which results in tooth decay, chipping and fractures. More than 32% of American children suffer from fluorosis and are at risk of other diseases from fluoride poisoning in their adult years. **Cancer, diabetes, thyroid and neurological disorders, hormonal imbalances, heart disease, osteoporosis, fractures and periodontal disease have all been linked to chronic fluoride ingestion.** Further, several studies have linked aluminum with fluoride, showing the bioavailability of aluminum is increased in the presence of fluorides, causing aluminum in the brain to double.

Folks, the research is plentiful about the harmful effects of fluoride. Yeah, the choice is yours but I encourage you to please do your research and please, please, please consider using products without fluoride, plain and simple. Below are a few quotes, from professionals in the business.

Journal American Dental Association, October 1944, Editorial

"We do know that the use of drinking water containing as little as 1.2 - 3.0 parts per million of fluorine will cause such developmental disturbances in bones as osteosclerosis, spondylosis and osteopetrosis, as well as goiter, and we cannot afford to run the risk of producing such serious systemic disturbances in applying what is at present a doubtful procedure intended to prevent development of dental disfigurements...."

Dr. Robert Carton, Ph.D, former Environmental Protection Agency Scientist (20 years), Food & Water Journal, Summer 1998

"The level of fluoride the government allows the public is based on scientifically fraudulent information and altered reports. People can be harmed simply by drinking water."

Dr. William Marcus, Ph.D, Environmental Protection Agency Scientist, Food & Water Journal, Summer 1998

"Fluoride is a carcinogen by any standard we use. i believe EPA should act immediately to protect the public, not just on the cancer data, but on the evidence of bone fractures, arthritis, mutagenicity, and other effects."

Click on Fluoridation.com for more quotes on fluorides are a protoplasmic poison.

And fluoride isn't the only active ingredient in toothpaste and mouth rinses to monitor. There are other toxic ingredients you should strongly consider not putting onto your pearly whites (and incidentally into your mouth and down your throat or that of your family). Here are some other things to look out for:

1. **Tin:** Yup, tin. That toxic stuff called tin. It is found in one of the three kinds of recognized fluorides under the name stannous fluoride. Of course, **fluoride free** is best, but if you are still choosing fluoride than pick one of the other, non-tin fluorides like sodium monofluorophosphate, which is less toxic. But really, do you want to choose something less toxic? Really? Why not choose something non-toxic?

2. **Sodium Lauryl Sulfate (SLS) or Sodium Laureth Sulfate (SLES):** These compounds are used as detergents and surfactants and found in car wash soaps, floor cleaners and engine degreasers. And they are found in over 90% of personal care products. Pretty scary folks! They break down your skin and mouth's moisture barrier, creating premature aging. Because they penetrate the skin, they also allow other toxic chemicals easy access. Not good. According to the American college of Toxicology, both SLES and SLS cause malformation in children's eyes. Other research has shown they are damaging to the immune system, are linked to cell degeneration and cause ulcers (including canker sores!). So beware folks. Stay away from products with SLS or SLES.

3. **Artificial sweeteners and dyes:** Lots of you understand the idea of not drinking or eating foods with Sucralose or Aspartame and not eating foods with fake caramel or blue colors. O.K. So connect the dots and ban dental products with artificial sweeteners and colors that make them "taste better" and "look "minty fresh". Clearly, those things aren't good for you folks! Canada is ahead of the game, so take heed and pay attention. They have already banned things like **saccharin** and the U.S. has not.

4. **Titanium Dioxide:** According to the [Canadian Centre for Occupational Health and Safety](#), "Titanium dioxide has recently been classified by the International Agency for Research on Cancer (IARC) as an IARC Group 2B carcinogen "possibly carcinogen to humans". Titanium dioxide accounts for 70% of the total production volume of pigments worldwide. It is widely used to provide whiteness and opacity to products such as paints, plastics, papers, inks, foods, and toothpastes. It is also used in cosmetic and skin care products, and it is present in almost every sunblock, where it helps protect the skin from ultraviolet light." Folks, although the U.S. hasn't yet classified it as such, why take a chance? Why not try using things like baking soda without aluminum or other non-toxic ingredients to whiten your teeth? Do you really want to swallow poison and have it build-up in your body over time?

5. **Triclosan:** Guess What? The EPA regulates Triclosan as a pesticide and preservative and somehow, somehow, through FDA loopholes, oral healthcare products like toothpaste, mouthwash and even toothbrushes that contain Triclosan are allowed to be sold and are not regulated. Surprise, Surprise. I simply don't understand how triclosan is allowed in oral health care and skin care products despite the fact that it impairs heart and muscle function and contributes to hypothyroidism. Fancy that, one agency appropriately monitors Triclosan as a pesticide and the other agency, the good 'ole FDA allows it in oral health care and skin care products. Hardly health, wouldn't you agree?

Triclosan is promoted as an antiseptic and antibacterial cleaner and in acne treatments with active ingredient concentrations ranging from 0.1% to 1.0%. In toothpastes, it's present in 0.3% concentrations as an anti-gingivitis agent. I don't know about you, but the benefits don't outweigh the harmful effects of this chemical. Look for triclosan-free products.

Some toothpaste products that were recently listed as fluoride free include Spry, Peelu, Euthymol, Nature's Gate, Tom's of Main (read label, only some products), Arm and Hammer, Kiss My Face, etc. Again, consult the EWG website for the latest, greatest and most accurate list on oral health care products sans toxic ingredients. Fluoride free is a good start, but some of those products may still have other toxic ingredients. Manufacturers can and do change ingredients so always read the labels, plain and simple!

Skin and Hair Care Products - 10+



Ingredients You Don't Want on the Label!

We need your help. Please spread the word. Share your knowledge and education on what ingredients everyone should avoid in skin and hair care products. Remember, applying creams, oils and shampoos to the body is essentially no different than eating them, because they enter the blood-stream regardless of whether they are ingested in the mouth or absorbed through the skin! So, the onus is upon you. Do your due diligence. Read the labels, gain a knowledge of what to avoid. For your sake and the sake of your family!



For a detailed list of 99 Cosmetic Ingredients to avoid, click on [Organic Natural Beauty Directory](#). For those of you not inclined to read a list of 99, here is 10 of the most common things to avoid:

1. **Parabens such as Meethyl, Propyl, Butyl, Ethyl and Benzyl:** Parabens are found in most skin and hair products today. They are a skin and eye irritant, endocrine disruptor linked to breast and ovarian cancer and an environmental contaminant. See the section above on deodorants for more information.
2. **Propylene Glycol (PG):** PG is a surfactant or wetting agent and solvent. It is the active component in antifreeze and yet it is commonly used in cosmetic moisturizers and as a carrier for fragrance oils. There is no difference between the PG used in industry and the PG used in personal care products. In industry it is used to break down protein and cellular structure (what skin is made of) yet it is found in most make-up, hair products, lotions, after shave, deodorants, mouthwashes and toothpaste. Because it penetrates the skin quickly, the EPA requires workers to wear protective gloves, clothing and goggles when working with this substance. On the Material Safety Data Sheets (MSDS) it warns against skin contact and states that PG has systemic consequences such as brain, liver and kidney abnormalities. It causes skin irritation and also inhibits skin cell growth. It can also increase the amount of acid in the body, resulting in metabolic problems and is known to cause upper respiratory tract irritation. Consumers are not protected and there are no warning labels on products such as stick deodorants, where there is a greater concentration than most industrial applications.
3. **DMDM Hydantoin:** It is a petro-chemical used as an anti-freeze in cars. It contains carcinogenic Formaldehyde; used in the formulation of shampoos, hair conditioners, skin care products, moisturizers, bath products and makeup bases and foundations. It is an irritant to the skin, eyes and lungs and an environmental toxin.
4. **Sodium Laurel Sulfate (SLS) and Sodium Laureth Sulfate (SLES):** See above section on toothpastes and oral health care products. They are a skin and eye irritant and are linked to cell degeneration, immune system damage and ulcers in the mouth.
5. **Synthetic Colors:** They are labeled as FD&C or D&C, followed by a color and number such as FD&C Red 6. Most are made from coal tar and contain heavy metal salts that deposit toxins on the skin. The toxins cause skin sensitivity and irritation. Absorption of certain colors causes depletion of oxygen in the body and even death according to Consumer's Dictionary of Cosmetic Ingredients. Nearly all have been linked as cancer causing agents. Some have been banned in Europe and others have been tied to bladder cancer, thyroid tumors, chromosomal damage, carcinomas and bone marrow hyperplasia and more.
6. **Synthetic Fragrances:** Many fragrances are carcinogenic or otherwise toxic. According to Home Safe Home, "Fragrance on a label can indicate the presence of up to 4,000 separate and toxic ingredients". Symptoms may include headaches, dizziness, rashes, skin discoloration, coughing

ingredients : Symptoms may include headaches, dizziness, rashes, skin discoloration, coughing, vomiting, allergic reactions and skin irritation. Some fragrances can affect the central nervous system causing depression, hyperactivity, irritability and inability to cope.

7. **Triethanolamine (TEA), Momoethanolamine (MEA), Diethanolamine (DEA):** All three are used to adjust the pH balance in personal care products like bubble bath, body washes, shampoos, soaps and facial cleansers. All are toxic and cause eye problems and dryness of skin and hair. They are hormone disrupting chemicals and are known to form cancer causing nitrates and nitrosamines. According to Dr. Samule Epstein, Professor of Environmental Health at the University of Illinois, "Repeated skin applications of DEA-based products resulted in a major incidence of two cancers - liver and kidney cancers." On labels, look for names like Cocamide DEA or MEA or Lauramide DEA.

8. **Imidazolidinyl Urea and Diazolidinyl Urea:** Used as a preservative, but a primary cause of contact dermatitis. They are just a few of the many preservatives that release formaldehyde. According to the Mayo Clinic, formaldehyde can irritate the respiratory system, cause skin reactions and trigger heart palpitations. Exposure may also cause joint pain, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness and loss of sleep. Serious side effects include weakening of the immune system and cancer. Nearly all brands of skin, body and hair care products and antiperspirants and nail polishes contain formaldehyde releasing ingredients so read your labels!

9. **Behentrimonium Chloride:** It is a toxic ammonia compound. Ingestion is often fatal. Small concentrations (0.1%) can be irritating to the eyes and can cause necrosis (tissue death) of mucus membranes.

10. **Titanium, Zirconium, Benzalkonium, Bismuth, Antimony, Barium, Aluminum, Tin, Chromium, Benzene & PCBs:** According to Dr. Hulda Reghi Clark, all of these ingredients are extremely dangerous. Breast cancer cases show titanium, zirconium, benzalkonium, bismuth, antimony and aluminum accumulation in the breast. Barium is described in the Merck Index as a "caution" because all water or acid soluble Barium is POISONOUS.

Great News! We are launching a raw, unrefined Shea Butter from Africa this fall. Shea butter is a great, non-toxic moisturizer and also is awesome in minimizing scars. Our Shea Butter, by Energy Quixotica, is 100% pure Shea Butter. No added preservatives or other toxic ingredients. Click on ["Shea Butter"](#) and send us an email asking for more information. You will qualify for 20% off on any purchase of our Shea Butter product.

Questions? Email us at info@retreatquixotica.com.

Thanks for Spreading the Good Word.

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