

EXPOSED

7 TOXIC COSMETICS



By Dr. Al Sears, MD



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Uniquely Qualified to Keep You Healthier For Life



Dr. Al Sears, M.D. currently owns and operates a successful integrative medicine and anti-aging clinic in Royal Palm Beach, Florida, with over 25,000 patients. His cutting-edge therapies and reputation for solving some of the most difficult-to-diagnose cases attract patients from around the world.

As a graduate of the University of South Florida College of Medicine, Dr. Sears scored in the 99th percentile on his MCAT and graduated with honors in Internal Medicine, Neurology, Psychiatry, and Physical Medicine.

After entering private practice, Dr. Sears was one of the first to be board-certified in anti-aging medicine. As a pioneer in this new field of medicine, he is an avid researcher, published author, and enthusiastic lecturer. He is the first doctor licensed in the U.S. to administer TA-65, the most important breakthrough in anti-aging medicine today.

Dr. Sears is board-certified as a clinical nutrition specialist and a member of the American College of Sports Medicine (ACSM), the American College for the Advancement in Medicine (ACAM), the American Medical Association (AMA), the Southern Medical Association (SMA), the American Academy of Anti-Aging Medicine (A4M), and the Herb Research Foundation, (HRF). Dr. Sears is also an ACE-certified fitness trainer.

Dr. Sears currently writes and publishes the monthly e-Newsletter, *Daily House Call*, and daily email broadcast, Doctor's House Call, and contributes to a host of other publications in the field. He has appeared on over 50 national radio programs, ABC News, CNN, and ESPN.

Since 1999, Dr. Sears has published 15 books and reports on health and wellness with a readership of millions spread over 163 countries.

In his first book, *The T-Factor, King of Hormones*, Dr. Sears perfected the use of natural and bio-identical testosterone boosters to help men restore the drive, ambition, muscle strength, vitality and sexual performance of their youth.

Dr. Sears followed up with *12 Secrets to Virility*, a full-blown strategy for male performance that includes his own patient-tested protocols for successfully dealing with men's health concerns like fighting excess estrogen, protecting the prostate, eliminating fat gain and keeping a sharp mind and memory.

In 2004, Dr. Sears was one of the first to fight against the conventional belief that cholesterol causes heart disease, proving that cholesterol is not the cause, but the part of the body that heart disease acts upon. In *The Doctor's Heart Cure*, Dr. Sears offers an easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

In 2006, Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, *PACE: The 12-Minute Fitness Revolution*. Expanding on the fitness principles in *The Doctor's Heart Cure*, he developed a fast, simple solution to restore muscle strength, guard against heart attack and burn excess fat. Today, PACE is practiced by thousands of people worldwide.

In 2010, Dr. Sears made history by bringing telomere biology to the general public. As the first U.S. doctor

licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, his breakthrough book *Reset Your Biological Clock* shows how anyone can preserve the energy of youth by controlling the length of your telomere, the true marker of aging.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM), the Age Management Medicine Group (AMMG), and the Society for Anti-Aging, Aesthetic and Regenerative Medicine Malaysia (SAAARMM).

As the founder and director of Wellness Research Foundation, a non-profit research organization, Dr. Sears has made it his life's work to bring his patients the latest breakthroughs in natural therapies. As part of his ongoing research, Dr. Sears travels the world in search of herbs, novel cures and traditional remedies. Meeting with doctors and healers, Dr. Sears has brought back and revitalized much of the traditional knowledge considered endangered in today's modern world.

- During an expedition to the Peruvian Andes, Dr. Sears brought back a nutrient-dense oil made from the Sacha Inchi nut, containing the highest plant source of heart and brain boosting omega-3 fatty acids.
- In India, Dr. Sears studied at the oldest existing school of Ayurvedic medicine, the ancient Indian healing tradition, and was tutored by Ayurvedic doctors on the use of potent Indian herbs used to treat heart disease, cancer and Alzheimer's disease.
- While trekking through the Amazon rainforest in Brazil, Dr. Sears lived among the native Ashaninka Indians, incorporating their ancient knowledge of healing herbs into his own nutritional supplement formulas.
- In Jamaica, Dr. Sears met with the last living healer from the ancient and forgotten lineage known as the Maroons. Coming from West Africa 500 years ago, their knowledge was on the brink of extinction until Dr. Sears published a book showcasing their unique herbs and healing formulas.
- On the island of Bali, Dr. Sears had a meeting with the most famous of the ancient healers known as "Balians," – Ketut Leyir – and also met two of the country's foremost herbalists. Dr. Sears is publishing a book showing how to use Balinese herbs and make unique healing mixtures for the skin and body.

With a life-long interest in botany, herbology, physiology and anthropology, Dr. Sears has a unique capacity to investigate the evidence behind the stories and claims of traditional medicine from native cultures around the world.

By exposing the flaws of mainstream medicine and pioneering new solutions through innovative approaches to exercise, nutrition and aging, Dr. Sears continues to empower the lives of his patients and readers through his books, newsletters and regular media appearances.

Exposed: 7 Toxic Cosmetics

By Dr. Al Sears, MD

The words “baby oil” make me think of a mother caring for her child. She’s gently rubbing the lotion into her newborn’s sensitive skin before she puts on the baby’s diaper.

And that thought is very sweet and comforting, until you know what baby oil really is.

Do you know what happens to the leftovers from refining gasoline? The petroleum industry sells it to the cosmetics industry. They add a little artificial scent to it and sell it as baby oil.

And that’s just one of the cosmetics industry’s secrets.

Most hand sanitizers contain another one. It’s called triclosan. This chemical may kill a few germs, but it also disrupts hormones. Like the ones that control your child’s growth rate. And the “male hormone,” testosterone.

And then there’s ammonia. You use it to clean your windows. The cosmetics industry uses it, too. It puts ammonia in facial moisturizers. What you may not know is that ammonia reacts with the moisture in your skin – and kills your skin cells.

In fact, there are plenty of chemical toxins that make up some of the common ingredients in cosmetics and personal care products. Here's what the manufacturers themselves say about some of them:

- “Harmful... through skin absorption.”
- “Corrosive.”
- “May cause harm to the unborn child.”
- “Skin contact... may produce pain, redness, severe irritation or full thickness burns.”
- “May be absorbed through the skin with possible systemic effects.”

If you find these quotes disturbing, I don’t blame you.

I also wouldn’t blame you if you ran to your bathroom to check out some of the labels on your cosmetics to see if you can find these types of warnings. But you won’t because they’re not there. I found them in the companies’ Material Safety Data Sheets (MSDS). These are warnings the government requires companies to post where these chemicals are used.

The cosmetics industry has to warn their workers about these chemicals. The industry then tells you the products they’re used in are perfectly safe... despite the toxins they contain.

The truth is, the cosmetics industry uses chemicals like these in nearly all health and beauty products. And they leave it up to you to figure out what's safe and what isn't.

So how do you avoid toxic cosmetics? I'll show you by revealing seven of the worst ingredients in health and beauty products ... how they may be harmful... and a few of the companies that use them.

But first, how do these dangerous chemicals even get into your cosmetics?

The Big Lie: The Government Is In Charge

On paper, the Food & Drug Administration (FDA) regulates the cosmetics industry. But as the FDA itself says, "Cosmetic ingredients are not subject to FDA premarket approval authority."

In fact, the FDA lists just eight ingredients that are banned for cosmetic use!

So who *really* regulates the safety of the cosmetic products you use? The cosmetics industry itself. And they're doing a bang-up job.

In 2005, the Environmental Working Group filed a petition with the FDA. Their complaint? The industry failed to conduct required safety reviews on 89 percent of the ingredients it uses.

Did the FDA enforce its own regulations? Hardly. If it had, almost 99 percent of all cosmetics labels would have added this:

"Warning: The safety of this product has not been determined."

If you don't remember seeing that warning, you're not alone. That's why I decided to issue this special report. Because you should know about the dangerous chemicals you and your family are using every day.

You're about to discover seven cosmetics ingredients I believe should concern you most. This list isn't complete. But well over 20,000 common health and beauty products contain these seven ingredients. So they're a good start.

A word of caution here ... I've only listed three companies that use each chemical. But I don't mean to pick on any particular company. These are just examples. In some cases, hundreds of companies use these same ingredients. I just wanted you to see how common these toxic ingredients really are. Because the chances are most of them are in your home – and have been for years.

Parabens – Hormonal Preservatives

Uses: Preservative, anti-microbial

Found in: Moisturizers, anti-aging creams, make-up (including eye shadow), facial cleansers, sunscreen and more

Also called: Benzoic acid, 4-hydroxy benzoic acid, Butyl ester, Parahydroxybenzoate ester, Methylparabe, Ethyl ester, Sodium 4-carbomethoxyphenolate, Isopropylparaben and hundreds of similar names

Brands: Coppertone, K-Y, Kiss My Face

Parabens are used as preservatives and anti-microbial agents in foods and cosmetics. They're everywhere. In fact, just one type of paraben – Methylparaben – is used in over 19,800 cosmetic products!

The cosmetics industry claims parabens are perfectly safe. But I don't agree.

You see, parabens are “xenoestrogens.” These chemicals mimic the hormone estrogen. And study after study has shown they can interfere with your body's production and use of estrogen.

As if that weren't bad enough, research also links parabens to an increased risk of several serious health threats. A recent article in *The Journal of Applied Toxicology* includes skin and breast cancer, male fertility problems and DNA damage on that list.

And speaking of DNA damage, our next two candidates carry that distinction, too. They also have an unusual relationship with one another.

The Formaldehyde Family – Skin Allergies and Much Worse

Formaldehyde

Uses: Preservative, biocide

Found in: Nail polish, styling gel and more

Also called: Formalin, Formic aldehyde, oxomethane, Methyl aldehyde, Merthaldehyde.

Brands: Wildroot, Nail Tek, OPI

Formaldehyde is dangerous at very low concentrations. In fact, the Environmental Protection Agency says just one part in 10 million can cause “watery eyes, burning sensations in the eyes and throat, nausea and difficulty in breathing...”

Those reactions are enough to tell you to avoid products containing formaldehyde. But it gets worse. According to the MSDS for formaldehyde, it can damage your skin, liver and kidneys. And it's suspected to cause cancer in humans. A Hungarian study from March 2010 shows that formaldehyde also accelerates DNA damage and cell death.

And here's an awful surprise ... you may be exposed to formaldehyde when it's not even listed on the label. You see, the cosmetics industry also uses “stealth” sources of formaldehyde.

DMDM Hydantoin

Uses: Preservative

Found in: Shampoo and conditioner, facial cleansers and body wash, hair color, hand soap and more

Also called: Dimethylol-5,5-dimethylhydantoin; 1,3-BIS (hydroxymethyl) -5,5- dimethyl-; and several other similarly confusing names

Brands: Huggies, Eucerin, Olay

DMDM hydantoin is one of several “formaldehyde releasers.” As the name implies, these chemicals slowly release formaldehyde. So you get that surprise exposure I talked about.

The most common problem reported with formaldehyde releasers has been allergic skin reactions. In fact, in one test, 57 percent of the subjects had an allergic skin reaction to this chemical.

But researchers have discovered that DMDM hydantoin can release formaldehyde at concentrations of more than 200 parts per million. *That's 2,000 times higher than the level the EPA says causes bad reactions!* That moves skin reactions way down my list of concerns.

And if *that* tidbit doesn't sound very appetizing, wait until you check out our fourth chemical.

Triclosan – Hormonal Toothpaste?

Uses: Preservative, biocide

Found in: Toothpaste, eye shadow, deodorant, facial cleansers, body wash and more

Also called: Phenol 5chloro2 (2,4dichlorophenoxy) – phenol; 2,4,4'-trichloro-2'- hydroxydiphenyl ether; and several other similarly confusing names

Brands: Clearasil, Revlon, Dial

If you want to deliver medication fast, just put it under your tongue. It's one of the most effective delivery systems doctors have.

That's one reason I can't believe triclosan is in so many brands of toothpaste. It's a proven hormone-disruptor... and putting it in your mouth is a fast track to trouble.

In animal studies, triclosan altered levels of thyroid hormones. Researchers at the Indian Institute of Technology found the same when they tested triclosan on human tissue. These hormones control everything from your growth rate to body temperature to blood pressure. So messing with them can spell big trouble.

For men, triclosan may be double trouble. Animal studies show triclosan lowers testosterone levels. Add the effects of estrogenic chemicals – such as parabens – and you could be looking at serious “male problems.”

But men aren't the only ones in trouble with cosmetics. How about an ingredient the FDA says shouldn't be used on children at all?

BHA – Protect Your Kids With Sunscreen ... or Not

Uses: Antioxidant, masking

Found in: Make-up, including eye shadows and liners, sunscreens, facial moisturizer and more

Also called: Antrancine, Embanox, Tenox BHA, Protex, Antioxyne B, Sustane 1-F, and several similar names

Brands: Preparation H, Cover Girl, Max Factor

Almost everyone tells you to slather sunscreen on your children before you send them out to play. But not the FDA. That's because BHA – salicylic acid – is a common ingredient in sunscreens. And the FDA says, “Avoid using BHA-containing products on infants and children.”

Here's an even more curious fact. The cosmetics industry's own review board – the CIR – says that any product with BHA should also *contain* a sunscreen. Because BHA increases sensitivity to the sun.

So using BHA in sunscreen products makes perfect sense, right?

I don't think using BHA makes sense under any conditions. The MSDS for BHA calls it, “Harmful by inhalation, ingestion and skin absorption.” It may even cause fetal damage in pregnant women. Now *there's* a chemical I want on my skin!

But BHA isn't the only product you should worry about with your kids.

Phthalates – Invitation to Early Puberty

Uses: Plasticizer, solvent

Found in: Nail and cuticle products, blush, bath oils and more

Also called: Thylene glycol-terephthalic acid polymer; Dioctyl 2,6-naphthalate; Celluflex DPB; Dibutyl 1,2-benzenedicarboxylate; and dozens of other names

Brands: Sally Hansen, Nutra Nail, Skincode Essentials

Our grandparents used to say, “Kids grow up so fast these days.” They never realized their saying would become quite literally true. Girls are reaching puberty earlier and earlier. And one cause – according to a report from Texas Women’s University – is phthalates.

Like so many of the chemicals in cosmetics today, phthalates are xenoestrogens. And they’re a particular problem, because phthalates leach out of many plastic products, too. In fact, researchers at Seattle’s Child Health Institute discovered that baby lotions, powders and shampoos exposed infants to significant levels of phthalates.

But, once again, it’s not just children who are affected. Men may have a special problem with phthalates, too.

Scientists at the University of Rochester looked at a large three-year study of men. They found a clear link between phthalate exposure and belly fat. They also found that insulin resistance increased with exposure to phthalates.

Even grown women should be careful about phthalates. A 2009 article in *Alternative Medicine Review* points out that they affect thyroid hormone levels. And we’ve already seen the kind of trouble that can cause.

Finally, here’s another product that particularly affects women. And this is a chemical that nobody – but nobody – should put on their hair or skin under any circumstances.

Ammonia – Window Cleaner/Moisturizer

Uses: Adjust pH, buffering

Found in: Hair colors and bleaches, facial moisturizers, wound-care products and more

Also called: Aqua ammonia; Ammonia solution, strong; Spirit of Hartshorn; Ammonium hydroxide

Brands: Clairol, Afterbite, Environ Skin Care

Of all the chemicals cosmetic companies use, ammonia stands out as one of the worst. As soon as it touches your skin or eyes, it reacts with the moisture there to form ammonium hydroxide ($\text{NH}_3[\text{aq}]$). This new chemical causes cell death by damaging the cell membranes. And this leads to inflammation, which causes even more damage.

Ammonia is extremely corrosive. The MSDS says that exposure over a long period can lead to kidney, liver and lung damage. And it can be absorbed through the skin to do its dirty work.

Yet the cosmetics industry claims ammonia is perfectly safe – when used as directed – in many hair colorings, facial moisturizers and other products. But would you ever wash your face or hair with household window cleaner? I doubt it.

Protecting Yourself and Your Family

There are many other ingredients in health and beauty products I think you should avoid. I simply don't have the space in this one report to cover them all.

But don't just avoid products from the companies I've mentioned here. Many of them make some products that don't contain these ingredients. And there are many other companies that *do* use these ingredients – even “natural” health companies.

But if you read product labels before you buy ... and avoid products that contain the ingredients I've listed here ... you'll go a long way toward preventing unwanted health problems – for you *and* your family.

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