



## *The Reference Point* *When you're ready for solutions.*

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### **Eight Chemicals in Skin & Hair Care Products You Should Never Use**

Listed below are eight chemicals on the "most wanted" list – the 8 chemicals we most want to see OFF labels of skin and hair care products. Avoid these harmful, toxic chemicals. Its time for first class, super healthy skin and hair care products!

#### Propylene Glycol

This is a cheap, synthetic petrochemical used as an emulsifying base in creams and lotions to make the skin look smooth, but ultimately it ages the skin faster. The Material Safety Data Sheet tells you to avoid skin contact with it because it's a skin irritant! It can denature the skin's proteins, leading to poor, saggy skin. It can be absorbed through your skin and potentially cause allergic reactions, and liver & kidney damage.

#### Fragrance

When the word "fragrance" is listed on a label, it means a synthetic fragrance made in a test tube from any over 200 synthetic chemicals. These "fragrance" chemicals, which can bioaccumulate in your organs, can cause many symptoms, such as headaches, lung problems, skin irritation, dizziness, memory impairments, rash, hyperpigmentation, vomiting, even potential brain damage and more. They are very cheap, toxic imitation of real herb scents.

#### Synthetic Colors

Synthetic colors are used in skin & hair care products to make them colorful. Avoid them at all causes, along with hair dyes (with the exception of some henna products). They can cause allergy, skin & nerve problems. Synthetic colors are labeled as FD&C, followed by a number and color.

#### Mineral Oil

This cheap, petroleum-based oil clogs the skin's pores and enlarges them, leading to poor, saggy skin. It decreases the ability of the skin cells to exchange nutrients and waste products. Those allergic to petroleum products may develop skin irritation.

#### Sodium Lauryl Sulfate (SLS)

This harsh, caustic detergent is used because it's cheap and suds well. It's used as an engine degreaser and garage floor cleaner, but you'll also find it in shampoos, soap, facial cleansers, etc. research has shown that SLS has a degenerative effect on the cell membranes and denatures proteins such as in hair or skin. This can damage skin or hair, leading to aged skin and poor hair. SLS can corrode hair follicles and inhibit growth, contributing to hair loss.

SLS has the potential to cause cataracts (through skin absorption, even without direct eye contact). SLS can denature the proteins of the eyes and delay the healing time. From skin contact, SLS can be absorbed into your circulation and concentrate in your organs, such as your heart, liver or brain. This is potentially dangerous since SLS is a mutagen.

#### Parabens (Propyl, Methyl, Butyl, or Ethyl)

These cheap preservative are used to inhibit microbial growth in skin or hair care products even though they are known to be highly toxic. They have caused many allergic reactions and skin reactions.

#### Imidazolidinyl & Diazolidinyl Urea

These are the most commonly used preservatives after the parabens, they are an established cause of contact dermatitis (American Academy of Dermatology) and release formaldehyde, which is toxic.

#### Triethanolamine (TEA)

Often used in the base of a product and to adjust the pH. TEA causes allergic reactions including eye problems, dryness of hair and skin, and can be toxic if absorbed in the body over time.

### **Suggested Products:**

**Dr. Christopher's:** BF&C Shampoo, Conditioner, and Soap.

**NOW Solutions:** CoQ10 Antioxidant Cream & Jojoba Oil.

**Premier Research Labs:** Shampoo, Conditioner, Liquid Soap, Sesame or Rosemary Green Tea Soap, Shaving Gel, Facial Cleanser, Facial Tonic, Lipid Complex, Skin Serum, Hand & Body Lotion, H.A. Repair Cream, and Colostrum Cream.

**Dr. Bronner's Magic Soap:** Comes in Peppermint, Eucalyptus, Almond, Rose, Baby Mild, Citrus, Lavender, and Tea Tree Oil.