



# THE 17 COSMETIC AND PERSONAL CARE PRODUCTS TO BEWARE OF MOST

because they can be loaded with toxins that are harmful to your health



**BRIAN VASZILY** |

Founder of The Art of Anti-Aging  
Host of Younger, Longer: The Insider's Health Summit

# The 17 Cosmetic and Personal Care Products to BEWARE of Most

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# YOUNGER, LONGER

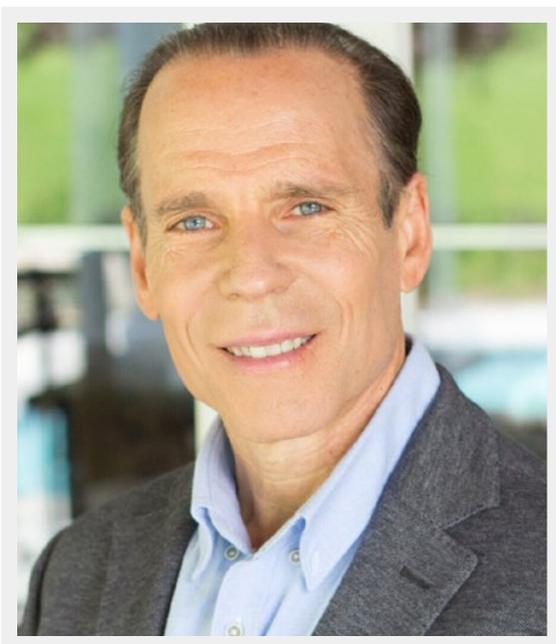
## The Insider's Health Summit

22 Top Experts Reveal the Simple and Most Effective Secrets  
to Look & Feel Younger Now, Avoid Disease, and Live Long

In *Younger, Longer: The Insider's Health Summit*, you are about to discover the proven most effective non-drug, non-surgery, non-toxic steps you must take to look and feel your best now, avoid and overcome disease, and live long and well doing it.

**Each of the 22 interviews truly holds the potential to change your life, so you don't want to miss a moment of this once-in-a-lifetime online event!**

In this brand-new special report, meanwhile, you're about to discover the 17 types of cosmetic and personal care products to beware of MOST, because they can contain toxins that can be very harmful to health in a number of different ways. (Please DO share this important report with loved ones!)



*“What steps should you take, starting right now, that will make the biggest difference in how long and how well you live? That is the mission-critical question my good friend and natural health veteran, Brian Vaszily, is challenging 22 of today's leading doctors and researchers to answer for you in *Younger, Longer: The Insider's Health Summit*. Brian is an outstanding host, what you'll learn is simply crucial, so **be sure to listen closely** to this powerful online event!”*

**Dr. Joel Fuhrman**

World-Renowned M.D., 7-Time NY Times Bestselling Author

# HOW DO YOU REALLY FEEL ABOUT THE FOLLOWING?

Hello, Brian Vaszily here, founder of The Art of Anti-Aging, host of *Younger, Longer: The Insider's Health Summit*, and a health researcher and bestselling author who others have called a “leading voice” in the natural health world for over 20 years.

And before diving into this special report, please see how you feel about the following...

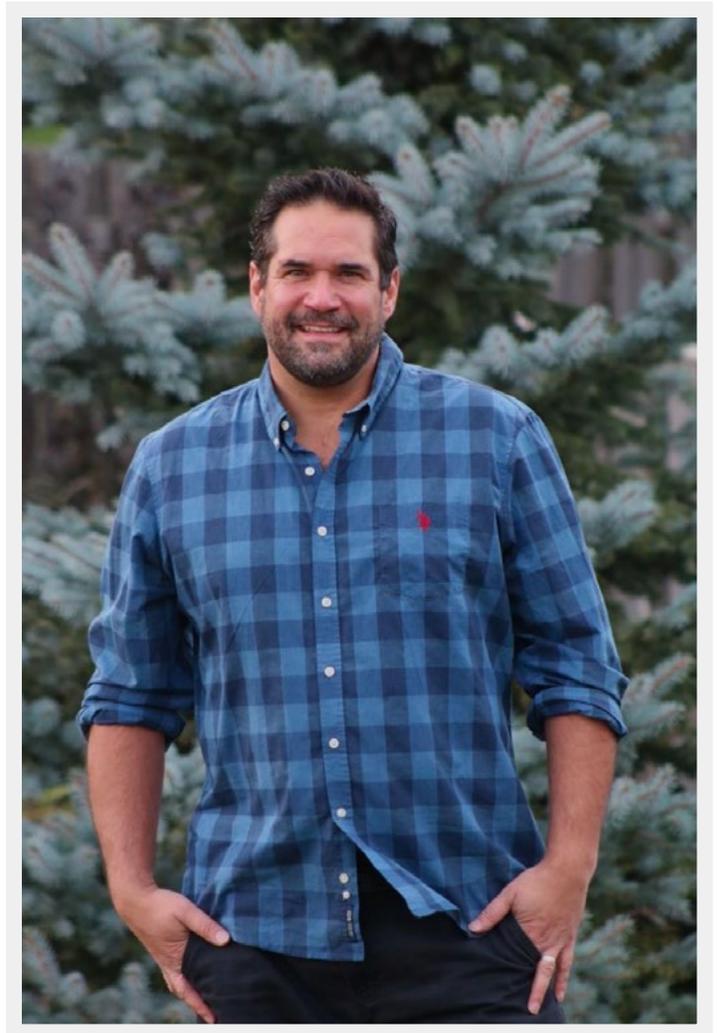
Here at The Art of Anti-Aging, the “**anti**” means **we’re against all the destructive lies about getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re **against all the toxic “solutions” and toxic thinking** so often pushed on people by the Big Cosmetic, Big Food, and Big Pharmaceutical industries, who so often play upon those destructive aging lies and manipulate people through fear.

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And **we are 100% committed to providing you the proven most effective health and wellness steps** to achieve that... to look your best, feel amazing, avoid and overcome disease, and live a long life doing it.

If our mission sounds worthwhile to you, welcome to our positive and supportive community 😊



# TOTAL CLARITY ON THE MOST EFFECTIVE STEPS

There's an overwhelming amount of health info out there in online events, blogs, articles, and more. And it all presents **two very big problems** that frustrate and even mislead many people.

One, so much of it is not evidence-based from sources you can trust.

Two, it causes serious confusion, because people are unclear on what steps to invest their precious time and energy in that will actually make the fastest and most powerful difference in their health and life.

That's why *YOUNGER, LONGER: The Insider's Health Summit* truly will be the most life-changing and possibly even life-saving event you ever experience.

You see, I'm cutting to the chase and challenging 22 of today's most renowned and trusted doctors and researchers to each reveal their answers to this one ESSENTIAL question for you:

***"From your unique area of expertise, what are the 3 simple and MOST EFFECTIVE steps people must take to look and feel their best now, avoid and even overcome disease, and live long and well doing it?"***

Yes, that means you're getting TOTAL CLARITY on only the most important and effective steps that will make the most difference in your health and life.

True, you don't yet know from which of the 22 top experts in *Younger, Longer* the insights will come that lead to the biggest breakthroughs for you in particular...

However, considering these world-renowned experts are each revealing only their proven most powerful secrets, you can be **certain** those life-changing insights WILL come.

That is why **you truly do not want to miss a moment** of this unique summit. If you miss even a single expert, after all, you may well miss that one crucial gem that makes ALL the difference for you. Therefore...

[Head here now to sign up for the FREE online \*Younger, Longer: The Insides Health Summit\*](#) if you aren't signed up already and...

[Head here to get the COMPLETE recordings and written transcripts of the entire summit](#) if you don't feel you'll be able to hear all 7 days of this essential event when it airs live, and to experience it all on your own schedule when and where YOU choose.

With that noted, the summit actually starts NOW, with this useful new report...



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# INTRODUCTION: ONE OF THE MOST SERIOUS YET LITTLE-KNOWN HEALTH ISSUES

When you use cosmetics and personal care products on your body, the intention is good. However, many people don't pay attention to the ingredients on the label. If you do, you'll notice that an overwhelming number of these products contain synthetic and toxin ingredients that, frankly, can turn *self-care* into serious *self-harm*.

In fact, toxins in cosmetics and personal care products is easily one of the biggest health issues of our day. That's because the problem is so widespread, and yet so many people – even many otherwise very health-conscious people – are unaware of it or still downplay how serious it is.

For example, you may already be trying to reduce and avoid toxins in other things your body consumes, such as in the foods you eat and the air you breathe.

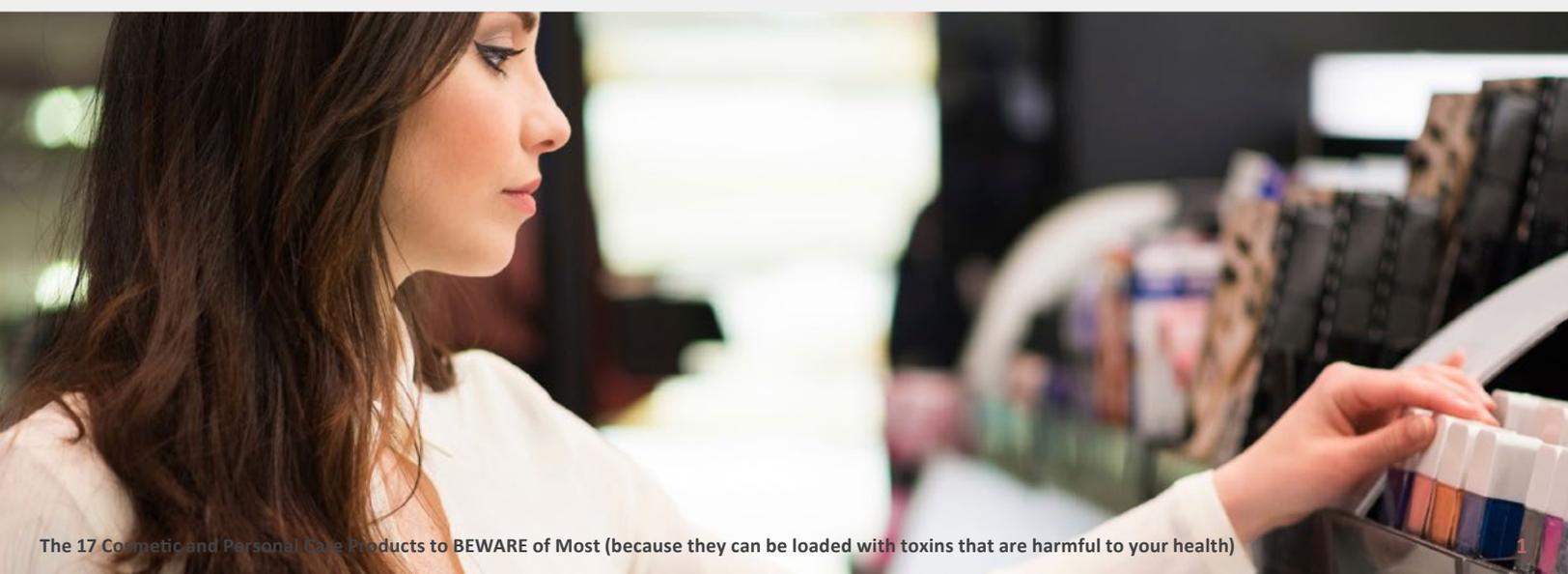
However, to what extent are you using cosmetics and personal care products that are USDA Certified Organic? Which means that, independent of the company, they're certified to be free of toxins from the farming of the ingredients through its production?

To what extent do you read the actual ingredient label of cosmetics and personal care products, versus using products just because its advertising might call it "natural" or "wild-crafted" or "organic"? (These phrases mean next-to-nothing in a largely unregulated industry; a product could have one organic ingredient amidst a sea of synthetic ingredients and call itself "organic," which is why you want to ensure the whole product is independently certified organic.)

Because please make no mistake – **your body is literally consuming so many synthetic and toxic chemicals when you apply products that contain them to your largest organ, your skin!**

In a process called dermal absorption, chemicals in whatever you apply to your skin are absorbed into the skin and body if the molecules are small enough. And so many of the synthetic and toxic chemicals in cosmetics and personal care products are – by their very design -- absorbed into the skin in order to have their intended effect.

Now, while some of these toxins can cause irritation to the skin itself, of even more concern is that the chemicals can make their way into your bloodstream and, therefore, the organs throughout your body, where they can later lead to many serious health issues.<sup>1</sup>



And, YES, if you only used these cosmetics and personal care products very infrequently, the amount of toxicity from the bad ingredients might not be of much concern. However, people feed their bodies cosmetics and personal care products daily – **for years and decades** – and so it is the accumulation of the toxins in the body that is of great concern.

So, to be crystal clear here because this is so important, **when you are pushing your grocery cart down the cosmetics and personal care products aisle, remember that you are pushing it down a food aisle.**

And when you are feeding your skin and body these cosmetics and personal care products containing harmful ingredients, just imagine that you are instead putting them into your mouth and swallowing them – because, in effect, that is what you are doing! (Except it may be worse, because the foods you feed your body via your mouth have various “filters” for some of the toxins, such as your liver, whereas the foods you feed your body via your skin have no such filters!)

That’s why it is so key to know the 17 personal care products to beware of most, which we’ll get to in a moment.

But first, let’s take a look at what these synthetic and toxic chemicals in so many products do and why they are allowed in the products you use.

## What Do These Toxic Chemicals Do to Your Body

These toxins affect the body in many different ways and can lead to many different health issues. Symptoms can be very wide-reaching, such as fatigue, brain fog, digestive issues, dizziness, headaches, breathing issues, and much more.

Two of the most concerning types of toxic ingredients prevalent in many cosmetics and personal care products are:

**1. Endocrine disruptors**, which are chemicals that mimic hormones in the body and disrupt the body’s natural hormones. They can cause a wide variety of problems with the brain, immune system, metabolism, the reproductive system, and more. In children, endocrine disruptors can cause attention problems, premature breast development in girls, and more.<sup>2</sup>

When it comes to the endocrine system, even the smallest changes can have large negative impacts on health, meaning even a small amount of these chemicals can be harmful.<sup>3</sup>



**2. Carcinogens**, which are substances that, via research, have been found to have the potential to cause cancer. In many cases, these substances directly cause changes to DNA or may cause cells to divide rapidly, increasing the chance of a change in DNA, leading to cancer.<sup>4</sup>

Now, in the US, there are literally thousands of chemicals allowed in cosmetics and personal care products, and many of these may cause harm. According to the [Environmental Working Group \(EWG\)](#), these are just some of the common toxic chemicals found in cosmetics:

- ▶ Formaldehyde
- ▶ Paraformaldehyde
- ▶ Methylene glycol
- ▶ Quaternium 15
- ▶ Mercury
- ▶ Dibutyl & diethylhexyl phthalates
- ▶ Isobutyl & isopropyl parabens
- ▶ Long-chain per- and polyfluoroalkyl (PFAS)
- ▶ M- and o-phenylenediamine

There are many factors at play when it comes to how much of these toxins enter your bloodstream, such as the amount used, the surface area covered on the skin, duration and location of exposure, and any damage to your skin.

And, again, the biggest problem with cosmetics and personal care products is that people use a number of them every single day, for years and even decades, repeatedly exposing you to harmful toxins.

## Cosmetics and Personal Care Products are a WILD WEST

Many people are under the assumption that in the U.S. these products are approved by the Food and Drug Administration (FDA), or they think that if something is allowed to be sold on the shelves, it must be safe and watched over by *some* larger governing body.

This is completely false.



The FDA does not have authority over cosmetics. No governing body independent of the cosmetic and personal care products industry itself does.

The FDA defines cosmetics as, “articles intended to be rubbed, poured, sprinkled, or sprayed on, introduced into, or otherwise applied to the human body...for cleansing, beautifying, promoting attractiveness, or altering the appearance.”<sup>5</sup>

And in the U.S., the government allows the multi-billion-dollar cosmetic industry to regulate itself.<sup>6</sup> It is up to each company to determine whether or not they test for safety in the products they sell - and there is no legal obligation to do so.<sup>7</sup>

This means a company can literally put any ingredients it wants into cosmetics and personal care products and, with zero testing, sell it on the shelves and online.

Now, companies of course don't want immediate health issues from their cosmetics and personal care products, because that would be bad for business, so they typically won't include synthetic and toxic ingredients in amounts that would do *immediate* damage to a person.

However, there has been little to no testing on the longer-term impact of so many of the synthetic chemicals, and little to no testing on the impact of the different chemicals within a given product, and across different products, interacting with one another.

Put another way, it's most certainly a Wild West when it comes to cosmetics and personal care products, and most certainly a case of buyer beware.

## Even Ingredient Labels Don't Tell the Whole Story

As implied in its name, the FDA regulates food and drugs. (In very select instances, a cosmetic may be labeled as a drug if it's known to treat or prevent disease or change the structure or functions of the body.<sup>8</sup>)

When it comes to cosmetics, the FDA passed the Federal Food, Drug, and Cosmetic Act (FD&C) way back in 1938, and this is the act that gives the cosmetic and personal care products the authority to regulate itself, as mentioned.



The FDA also passed the Fair Package and Labeling Act (FPLA) in 1967, which holds manufacturers responsible for labeling what is in their products.

That's why, if you do turn a cosmetic or personal care product around and look at the ingredient label, you might see *some* synthetic or toxic chemicals.

However, there's a very good chance you won't see ALL the synthetic and toxic chemicals.

First of all, that's because although the FDA requires a list of ingredients, they do not require a manufacturer to give up their "trade secrets." Second, the way certain chemicals react with other chemicals in a product can create *other* chemicals, some of them toxic, and you won't see that listed either.

## Watch Out for “Fragrance” on Ingredient Labels!

Watch for “fragrance” on ingredient lists (sometimes also listed as “scent” or “parfum”), because this is a common “trade secret” where the manufacturer doesn’t have to disclose the ingredients – which often include toxins -- used to make that fragrance.<sup>9</sup>

And, yes, you’ll often see “fragrance” listed on the ingredients of makeups, deodorants, lotions, cleansers, hair color, shampoo, colognes and perfumes (of course) and many more products. When listed as an ingredient, what it really means is that this product may contain **any of the 3,163 chemicals** that are used under this one word, some of which are, again, toxic.<sup>10</sup>

For example, phthalates, octoxynol, and nonoxynol, all of which can disrupt hormones and cause other problems, are found in the “fragrance” of multiple cosmetic products.

The best way to avoid exposure to these chemicals is to not purchase products with “fragrance” (or “parfum” or “scent”) listed on the package.

## Toxic Byproducts are Not Listed on Ingredient Labels, Either

Chemicals that make up “fragrance” may not be the only hidden toxins in your products.

That’s because, when two or more chemicals interact, as you may recall from chemistry classes back in school, they can create other chemicals. These are not typically listed on labels.

For example, [formaldehyde](#) is a known carcinogen and is still allowed in cosmetics. Trying to avoid this toxin by making sure it’s not listed as an ingredient may not do you any good, though, since there are other preservatives used that release formaldehyde while sitting on store shelves. In this case, you’re exposing yourself to formaldehyde, but it isn’t listed as an ingredient on the label.



1,4-Dioxane is another known carcinogen found in beauty products that also typically won’t be on the list. It is a chemical by-product made by refining petroleum. An [analysis](#) of the Environmental Working Group (EWG) showed that **28 percent** of personal care products contain 1,4-Dioxane, with the highest levels in anti-aging and baby products.<sup>11</sup>

**These are all reasons why reading labels is good but using only cosmetics and personal care products that are USDA Certified Organic – meaning, again, independently scrutinized and verified to contain nothing harmful – is by far best.**

With all this information in mind, what follows are the products you should be most wary of, and why...

# THE 17 COSMETIC AND PERSONAL CARE PRODUCTS TO BEWARE OF MOST

## 1 Anti-Aging Creams and Moisturizers

Anti-aging beauty products are some of the most popular products on the market. They promise to make wrinkles fade or disappear, but some of them should really come with a warning label that they can actually *cause* early aging and other issues! Some ingredients of concern include:

### **RETINOL**

Retinol, or Retinyl esters, is a well-known ingredient used for its alleged ability to reverse the appearance of aging. Retinol is a form of vitamin A, and while vitamin A is essential for health, it can be toxic in high doses and may even make you more susceptible to skin cancer.<sup>12</sup>

### **PTFE, PFOA**

You've probably heard of Teflon, a product that's used in non-stick cookware, and linked to serious health problems including cancer. But did you know that if you use anti-aging creams and moisturizers, you may essentially be spreading Teflon onto your skin? This also means that it's making its way through your skin and into your bloodstream.



Of course, this toxin won't be listed on the label as "Teflon" since Teflon is the brand name for this chemical. Its scientific name is polytetrafluoroethylene or PTFE for short. This toxic chemical has been linked to cancer, is a known endocrine disruptor, and can cause reproductive problems.<sup>13</sup>

Perfluorooctanoic acid (PFOA), a contaminant of PTFE, is also linked to cancer and has been found in anti-aging skin products of very well-known cosmetic brands.<sup>14</sup>

### **PARABENS**

Parabens, which are found in multiple beauty products, may also be in your anti-aging creams. Parabens mimic the hormones in your body causing hormone imbalances. They are put into products as a preservative, increasing the product's shelf life. There is research to show that not only do parabens cause problems with your hormones, but they may also accelerate aging by damaging the skin's DNA.<sup>15</sup>

Some names to watch for on the label are propylparaben, ethylparaben, butylparaben, isobutylparaben, isopropylparaben, and methylparaben.

## MERCURY

Although most cosmetic manufacturers in the United States have stepped away from using mercury in their products, it is still found in some, including some anti-aging products. Since the FDA does not regulate the safety of cosmetics, there is no way to be sure that your products are mercury-free.

Manufacturers use mercury because of its skin-lightening effects, which makes freckles fade. When mercury makes its way through the skin and into the blood it becomes extremely toxic to our brains and nervous systems and can cause tremors, vision and hearing problems, memory problems, numbness, and tingling in your legs and arms. If you're pregnant, it's especially dangerous to your unborn child.<sup>16</sup>

## 2 Deodorant/Antiperspirant

Deodorant and antiperspirants are products you apply every day. If you're not paying attention to the ingredients, you are potentially exposing yourself to their harmful chemicals as part of your daily routine.<sup>17</sup>

Some key ingredients of concern include:

### FRAGRANCE

The specific ingredients that fall under the fragrance category won't necessarily be listed on the ingredients list and could be any of thousands of different chemicals. Some can be highly toxic and interfere with your body's hormones, amongst other possible issues.

### DIETHANOLAMINE

Diethanolamine, commonly listed as DEA, has been linked to health problems such as cancer. When DEA is treated with ethylene oxide, as it often is, it creates a byproduct (1,4 dioxane) that is a known carcinogen.

### ALUMINUM

Aluminum is a metal that is commonly put into antiperspirants to block sweat ducts. It can cause cells to mutate which increases the risk of tumor growth.

### BUTANE AND ISOBUTANE

These gases are used in aerosolized deodorants and are restricted in Europe and Canada, but not in the United States. One of the chemicals used, 1,3 butadiene, has been linked to cancer and reproductive problems.

### PARABENS

Parabens are used in deodorants as preservatives and are easily absorbed into the skin. They are known to be endocrine disruptors and mimic estrogen in the body. Paraben exposure has been linked to breast cancer.



## PHTHALATES

Phthalates are used in deodorants to prolong the life of the fragrance. When absorbed into the skin they can cause an imbalance of hormones in males, early-onset puberty in females, and breast cancer later in life.

## TRICLOSAN

Triclosan is an antibacterial that is used to kill odor-causing bacteria on the skin. It has been banned by the FDA for use in soaps but is still allowed in deodorants. It is an endocrine disruptor and also increases the risk of breast cancer.

## 3 Facial Cleansers

It's healthy to routinely wash your face, right? Not necessarily. It depends on which products are in your facial cleanser.

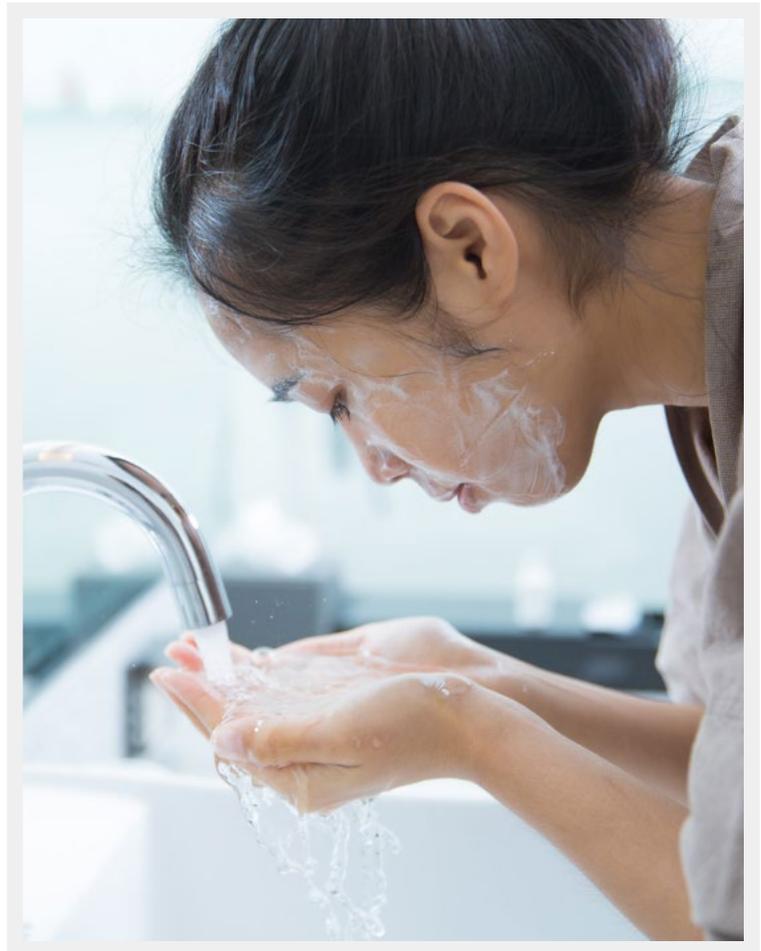
### 1,4-DIOXANE

You won't see this chemical listed on facial cleansers and soaps because it's a byproduct of other chemicals, mainly the chemicals that add suds and foam to a product. When sodium laureth sulfate, for example, is added to facial cleansers, ethylene oxide is added to make it less harsh. 1,4-Dioxane is a result of this process, even though it's not added as an ingredient.<sup>18</sup>

According to the [FDA](#), 1,4-Dioxane is a potential human carcinogen. The Environmental Working Group has given it a [hazard score](#) of 8. It's listed on California's Proposition 65 [list of carcinogens](#) and it's also listed on Health Canada's Cosmetic Ingredient [Hotlist](#), which is a list of ingredients that are intended to be restricted or prohibited for use in personal care products.

In addition to being a likely carcinogen, research also shows that 1,4-Dioxane can penetrate the skin, causing irritation of the eyes, skin, and respiratory tract.<sup>19, 20</sup>

A study by the [Organic Consumers Association](#) shows that 1,4-Dioxane doesn't exist in cosmetics certified under the USDA National Organic Program.<sup>21</sup>



## FORMALDEHYDE AND FORMALDEHYDE-RELEASING PRESERVATIVES

Formaldehyde and formaldehyde-releasing chemicals are used in soaps and other personal care products as preservatives, to keep microbes from growing. Even though they are still widely used in the United States, they have been deemed a human carcinogen by the United State's [National Toxicology Program](#) and the International Agency for Research on Carcinogens.<sup>22</sup>

Many soap and facial cleaner manufacturers don't add formaldehyde directly into their products, but rather add preservatives that release formaldehyde. Some of these include DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, polyoxymethylene urea, sodium hydroxymethylglycinate, bromopol and glyoxal.<sup>23</sup>

These chemicals can also cause allergic skin reactions and compromise the immune system.

## FRAGRANCE

Routine exposure to fragrances in facial cleansers can potentially cause cancer, as well as exacerbate symptoms of allergies, asthma, and migraines.

## PARABENS

Soap is another personal care product used routinely that may be mimicking estrogen in your body, causing reproductive problems in females and males. Exposure to parabens may begin in infancy, and products such as soap may hold some of the blame.

## SULFATES

Sulfates, including sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES), are put into soaps to make them bubble and lather. Exposure to sulfates can cause eye, skin, and respiratory tract irritation. There is also evidence to suggest sulfates may cause cancer.<sup>24</sup>

## 4 Lipstick

Lipstick is another popular cosmetic that might make you look pretty but at a price.

### LEAD AND OTHER HEAVY METALS

Lead has been found in multiple major lipstick brands.<sup>25</sup> Although lead may appear in each brand of lipstick at different levels, research has found that there is no safe level of lead in the bloodstream.<sup>26</sup>

Exposure to lead has been linked to hormone changes, irregular menstrual cycles, behavioral problems, and delayed onset of puberty.

Lead isn't the only metal found in lipsticks. One [study](#), conducted by the University of California, found nine other toxic heavy metals in lipstick. Included on this list are aluminum, chromium, cadmium, and manganese, in addition to lead.



## 5 Foundation

You spread it on your face every day to enhance your appearance, but it can contain ingredients of great concern, such as:

### HEAVY METALS

Heavy metals such as lead and aluminum aren't only found in lipsticks, but also may be hiding in your foundation as well. Lead may be added to the foundation to help obtain a certain color. Even mercury can be sometimes found in certain cosmetics, including foundation.

### SULFATES

Sulfates, specifically sodium laureth sulfate, are put into foundations to help it be absorbed into your skin. But while this product is absorbing into your skin, so are other toxic chemicals. 4-dioxane and ethylene oxide are two chemicals that can lead to cancer.

### RETINOL

If you're using an anti-aging foundation you could be using additional chemicals that come along with anti-aging creams mentioned above. Retinol is common in anti-aging foundations, and as previously mentioned, can increase your risk of skin cancer when exposed to UV rays.

### ETHANOLAMINES

These chemicals have been linked to cancer and reproductive problems and because of this, have been banned from use in cosmetics in Europe. They are still used in the United States and can be found in foundation. They may be listed on the ingredients list as TEA, DEA, or MEA.

## 6 Hand Sanitizer

The Food and Drug Administration (FDA) regulates hand sanitizer because it's sold to consumers as a "drug." FDA safety testing discovered multiple hand sanitizers with methanol and 1-propanol and warns against using these products. These types of alcohol can be highly toxic to humans when absorbed through the skin.<sup>27</sup>

### METHANOL

Methanol, known as wood alcohol, is used to make rocket fuel and antifreeze and can cause blindness or death to humans if ingested, even in small doses.

### 1-PROPANOL

1-propanol is used to make industrial cleaners and if swallowed, can result in decreased heart rate, respiratory rate, and can cause death.



### **AMINOMETHYL PROPANOL**

This chemical is added into hand sanitizers and may irritate the skin, lungs, and eyes.<sup>28</sup>

### **TOCOPHERYL ACETATE**

Tocopheryl acetate is considered a skin irritant and allergen by the EWG.<sup>29</sup> It can also be contaminated with hydroquinone, which is an extreme skin irritant.

### **ARTIFICIAL DYES**

Another class of concerning chemicals are the artificial dyes included in so many hand sanitizers such as Yellow 5 and Blue 1.

Yellow 5, for example, is one of the most widely used synthetic colors and contains chemicals that are carcinogenic.<sup>30</sup>

Some sanitizers may also have misleading labels or not have enough of the active alcohol ingredient to be effective.

## **7 Sunscreen (including moisturizers with sunscreen)**

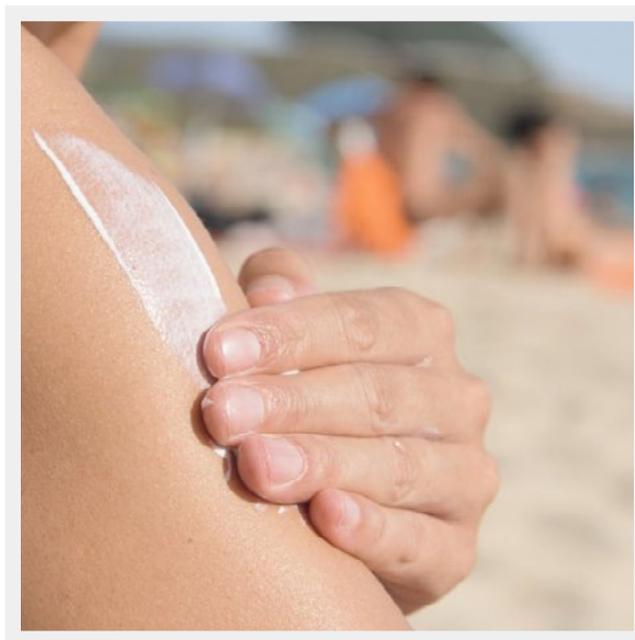
Sunscreens are available as either mineral or chemical UV filters that protect you from the sun's harmful UV rays. FDA testing has shown that all non-mineral sunscreen chemicals are absorbed through the skin and into the body. They can also be inhaled through sunscreen sprays and ingested if worn on the lips. After only one use, these chemicals can be measured in the blood and have even been found in breast milk and urine samples.<sup>31</sup> The FDA claims there is currently not enough information to conclude if these chemicals, that are circulating in your blood, can cause you harm. However, some of these chemicals have been shown to disrupt hormones in humans.

### **OXYBENZONE**

Oxybenzone is highly used in sunscreens and may cause severe skin allergic reactions. It mimics estrogen and has anti-androgenic effects, meaning it can cause depression, low libido, reduced body hair, birth defects, and elevated liver enzymes.

*Octinoxate and homosalate* are also frequently used in sunscreen and are both endocrine disruptors.

Sunscreens that you'd take along with you to the beach aren't the only products with these toxic chemicals. Many beauty products on the market, such as moisturizers, creams, and foundations, claim to offer sun protection, meaning these toxic chemicals may be hiding in there as well.



## 8 Mascara

Mascara is one of the most used cosmetics on the market, but also may be one of the most toxic. Some key ingredients of concern include:

### MERCURY AND THIMEROSAL

Mercury is a potent neurotoxin and may be allowed in mascara in small amounts.<sup>32</sup> The purpose of mercury in mascara is to lengthen the shelf life by killing germs and prohibiting the growth of bacteria and fungi that may cause eye infections. High levels of mercury can have negative consequences on the kidneys and have neurologic effects. Mercury exposure to pregnant women is known to cause harm to the fetus, including brain damage.<sup>33</sup> It is unknown what the effects mercury from mascara may have since there is limited research on mercury exposure in smaller amounts. But mascara is one of the most used cosmetics on the market, and many women use it every day, even while pregnant.

Thimerosal is a preservative that is about 50 percent mercury by weight.<sup>34</sup> It is sometimes used in vaccines to prevent the growth of germs, fungi, and bacteria, and has the same use in some mascaras. Although the CDC claims it is safe in vaccines, it was taken out of childhood vaccines in the United States in 2001<sup>35</sup> but remains in some brands of makeup.

### SYNTHETIC, COAL TAR DYE, CARBON BLACK

Most mascara has some sort of synthetic or coal tar dye and all of these are possible carcinogens. Exposure to carbon black is known to be toxic to organs and if inhaled, can irritate the respiratory system, nose, and throat. Long-term exposure to carbon black may increase a person's risk of cancer.<sup>36</sup>

### FORMALDEHYDE

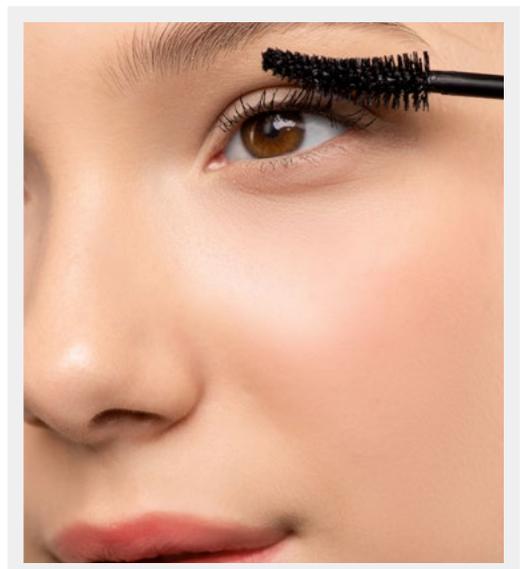
Formaldehyde is a known carcinogen, but it also has short-term effects such as watery eyes, burning in the eyes, nose, and throat, skin irritation, cough, wheezing, and nausea.<sup>37</sup>

Formaldehyde, which is a preservative used in mascara to prolong shelf life, probably won't be listed on the ingredients list. Manufacturers use one of many chemicals that form formaldehyde molecules slowly when added to water.

The FDA does not regulate the amount of formaldehyde in cosmetics, even though it's a carcinogen. To avoid formaldehyde-releasing chemicals, stay away from these<sup>38</sup>:

- ▶ Bronopol (2-Bromo-2-nitropropane-1,3-diol )
- ▶ 5-Bromo-5-nitro-1,3-dioxane
- ▶ Hydroxymethylglycinat
- ▶ DMDM hydantoin
- ▶ Imidazolidinyl urea
- ▶ Diazolidinyl urea
- ▶ Quaternium-15

*Parabens, phthalates, fragrance, and sulfates* are also found in mascara, among many other cosmetics.



## 9 Toothpaste

You might not pay close attention to the ingredients in your toothpaste since you just spit it out anyway. But while it's in your mouth, its chemicals can be absorbed and get into your bloodstream, just like they do when you apply them to your skin. Some ingredients of concern include:

### **TRICLOSAN**

Triclosan, the endocrine-disrupting pesticide that's also used in deodorant, is banned by the FDA in soaps but allowed in toothpaste.

### **FLUORIDE**

Fluoride treatments have become a routine part of dental care, even in children. It doesn't take a large amount of fluoride to bring about symptoms.

Acute fluoride toxicity symptoms include nausea, vomiting, hypocalcemia, muscle contractions, respiratory problems, kidney failure, coma, and death.

Chronic problems that develop over time from fluoride exposure can include skeletal and dental bone disease, hypersensitivity reactions, stomach problems, kidney problems, muscle spasms, numbness, birth defects, and cancer.<sup>39</sup>

### **PROPYLENE GLYCOL**

Propylene glycol is used to make antifreeze, cleaners, paint, and it's also in toothpaste. It's used in certain cosmetics and personal care products to maintain moisture and absorb extra water.<sup>40</sup> The FDA classifies it as "generally recognized as safe," but is known to irritate the eyes, skin, and lungs.

### **DIETHANOLAMINE (DEA)**

DEA is put into toothpaste that "foam ups" while it's in your mouth. It's an endocrine disruptor, a possible carcinogen, and is known to irritate the skin and eyes.

*Sulfates and Parabens* are found in many kinds of toothpastes as well.



## 10 Shaving Cream

Shaving creams foam up, smooth nicely on the skin, and many people think they smell great. How do they do this? Typically, with the use of chemicals, including these to watch out for:

### **BHT, BHA**

Butylated hydroxytoluene (BHT) and Butylated hydroxyanisole (BHA) are preservatives that have been linked to several health problems. They can cause skin allergies, cancer, birth defects, hormone disruption, blood-clotting problems, and damage to the kidneys, liver, bones, lungs, thyroid, and brain.<sup>41</sup>

## **BENZENE**

Benzene is a solvent that is a known carcinogen and may cause cancer over time. Acute effects at high levels of exposure include skin and eye irritation, nervous system, cardiovascular, and gastrointestinal problems, breathing difficulty, convulsions, and coma.<sup>42</sup>

## **TITANIUM DIOXIDE**

Titanium Dioxide is a white, odorless powder that can irritate the respiratory system and cause lung damage, including lung fibrosis if inhaled.<sup>43</sup>

## **DEA, TEA, MEA**

These are ethanolamine compounds found in multiple cosmetics and personal products, including shaving cream. They are known to irritate the skin, eyes, and respiratory system<sup>44</sup> and may be linked to cancer and organ system toxicity.

Although they take on several different names on packaging, you can generally watch out for any names that include “DEA,” “TEA,” and “MEA.”

*Sulfates, phthalates, fragrance, glycols, formaldehyde, isopentane, polytetrafluoroethylene (Teflon), and parabens* all make the list of ingredients to avoid in shaving cream as well.

# **11 Hair Color**

Twenty-two chemicals have been banned from use in hair dyes in Europe, and one of these, 2,3-Naphthalenediol, may be found in hair color products in the United States.<sup>45</sup> There are multiple other chemicals of concern in hair dyes:

## **2,3-NAPHTHALENEDIOL**

2,3-Naphthalenediol is a chemical used to enhance color in hair and can cause skin and eye irritation.<sup>46</sup>

## **PPD**

PPD stands for para-phenylenediamine and is a chemical that contains coal tar, made from benzene and other chemicals. It is found in darker hair dyes. This chemical may lead to skin allergies and can cause cancer.<sup>47</sup>

## **AMMONIA**

Ammonia allows for the dye to work its way into the hair. It can cause burns on the skin and lung irritation.

## **DMDM HYDANTOIN**

DMDM hydantoin is a preservative and antimicrobial agent. It can release amounts of formaldehyde in the product. Again, while the amount released may be small, it is the cumulative effective of formaldehyde in this in other cosmetic and personal care products that can be of great concern.



## LEAD ACETATE

Lead acetate is also used in darker shades and even small amounts can lead to toxicity in the body. It has the potential to create neurological problems as well as other health issues such as visual disturbances, irritability, restlessness, and hypertension.<sup>48</sup>

## RESORCINOL

Although Resorcinol is used to treat certain skin conditions, too much of it absorbed into your skin can cause unwanted health issues such as diarrhea, nausea, vomiting, headache, dizziness, slow heartbeat, trouble breathing, sweating, and weakness.<sup>49</sup>

*Parabens* are common in many hair dyes as well.

## 12 Hair Spray

Hair spray can cause problems when you breathe it in, and with particles being sprayed right at you, it's hard not to do. Chemicals that get onto your skin can also be absorbed into your bloodstream. Some common ingredients of concern include:

### PROPELLANTS

Propellants in hairspray are used to push the spray out of the can. They're made of gases (including CO2 and nitrous oxide). Some of these gases are contributing to [global warming](#), almost 3,500 times more than carbon dioxide.<sup>50</sup>

How do they affect you personally? They can cause allergic skin reactions, breathing problems, asthma exacerbation, and heart problems. Because they're sprayed into the air, they're not only affecting you, they can also get breathed in by anyone else around you.



### PROPYLENE GLYCOL

This is the chemical used to make antifreeze. It's an endocrine disruptor and also causes allergic skin reactions, organ toxicity (especially to the liver and kidneys), and convulsions.

### PHTHALATES

Phthalates are plastics that disrupt hormones and have been linked to reproductive issues, birth defects, and abnormal fetal development. Although they're banned in Europe, they're still used in products in the United States, including many hairsprays.

### POLYVINYLPIRROLIDONE.

Also known as PVP, this chemical is made from petroleum and is used in hairspray to coat the hair and "hold" it in place. It is toxic and known to cause skin irritation and respiratory problems for some people when inhaled.

### **CARBOXYMETHYLCELLULOSE.**

Also known as CMC, this chemical is used in a large number of cosmetics and is used in hairspray for its binding and thickening effects.<sup>51</sup> Not only can it cause allergic reactions for some people, but it is also known to disrupt the gut microbiome, causing inflammation of the gut. It can lead to irritable bowel disease and Chron's Disease.<sup>52</sup>

*Parabens and fragrance*, like in most other cosmetic products, are used in hairspray as well.

## **13** Nail Polish

Even though you don't put (most of) your nail polish on your skin, it can still absorb into your body, but it's not actually known how much gets absorbed. There are some toxins found in nail polish to be aware of:<sup>53</sup>

### **FORMALDEHYDE**

Again, formaldehyde is a known, cancer-causing preservative and also causes acute skin reactions.

### **DIBUTYL PHTHALATE**

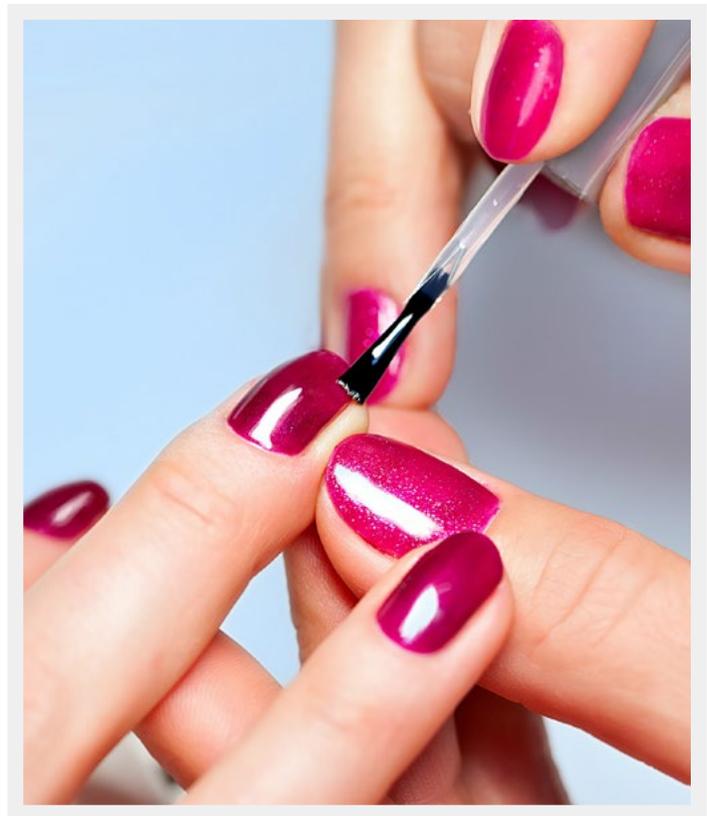
This phthalate, DBP, is a "plastic" that is used in nail polish to keep it from becoming fragile. It's an endocrine disruptor that absorbs through the skin.

### **RESIN**

Resin is another "plasticizer" that is used in nail polish to make it resistant to soap and water. It can be poisonous if ingested or the fumes are inhaled.<sup>54</sup>

### **CAMPHOR**

This is a processed oil that's extracted from wood and used to treat certain ailments, but can be toxic if ingested.



## **14** Sunless Tanners and Bronzers

If you've ever used sunless tanners and bronzers to get a nice, tan glow by avoiding the sun's harmful UV rays, you may have not done yourself any favors. These products are not necessarily safer and contain toxic chemicals.

Sunless tanners are not regulated by the FDA unless they include sunscreen, at which point the product becomes a "drug."

The [FDA reports statements](#) from consumers of adverse reactions from these products, including skin rashes, coughing, dizziness, and fainting. Some chemical of concern include:

### **OXYBENZONE**

This is a chemical used in some sunless tanners to help it absorb into the skin. It is a hormone disruptor and may also contribute to the growth of tumors.

### **SODIUM HYDROXYMETHYLGLYCINATE**

This is a preservative that can irritate the eyes and skin. It also releases formaldehyde, a carcinogen, once it's spread onto the skin.

### **ISOPROPYL MYRISTATE**

This chemical is also known to block pores and may also bind to nitrates while in the body. Nitrates are classified as “probably carcinogenic to humans.”<sup>55</sup>

Other chemicals already mentioned that may also be found in sunless tanners are *Parabens, 1,4-Dioxane, and synthetic fragrances*.

## **15 BB and CC Creams**

Blemish Balm (BB) creams and color correcting (CC) creams are marketed as an alternative to foundation and a superior option because they also offer sun protection, skin correction, wrinkle treatment, concealer, and moisturizer all in one product.

Using these creams may have some perks since buying only one cream can save you some money and reduce extra chemical exposures from using multiple products. However, even though these cosmetics are “regulated” by the FDA, chemicals may make their way through the FDA’s weak regulations.

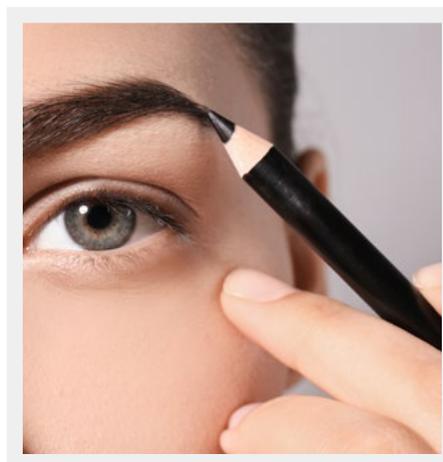
*Oxybenzone* is a chemical often found in BB and CC creams. It is a hormone disruptor and may be linked to skin cancer. It also may contain other toxic chemicals.<sup>56</sup>

## **16 Brow Liner**

With thick, luscious brows making a comeback, many women are using brow liners with little thought about what they’re actually putting onto their faces. Brow liners can contain multiple toxic chemicals that can be absorbed through the skin and make their way into the bloodstream, such as:

### **PHENOXYETHANOL**

This is another preservative that is generally considered safe when used in small doses. However, manufactures are not required to list the percentage of this chemical, so you won’t really know how much you’re being exposed to. In high doses, it can cause problems with your nervous system, and skin irritation.



## **POLYETHYLENE GLYCOL/PEG-100 STEARATE**

Also known as PEGs, these toxic chemicals are used to thicken, soften, and carry moisture. They are synthetically made with ethylene oxide, which is a known carcinogen. It is also likely to be contaminated with 1,4-Dioxane, another cancer-causing chemical.

Brow liners also contain petroleum-derived, potential cancer-causing ingredients to be aware of such as:

- ▶ Isoparaffin
- ▶ Liquid paraffin
- ▶ Paraffin wax
- ▶ *Cyclopentasiloxane and Cyclohexasiloxane*

These are the chemicals that spread the brown liner on the skin and then help it to dry. In Europe, these toxins are regulated, but in the United States, there is no legal limit to the amount that can be used.

These chemicals are endocrine disruptors when exposed in moderate amounts and in animal studies they were shown to cause tumors.<sup>57</sup>

## **LAURETH-7**

This chemical is used as a surfactant in brow liners and may be contaminated with other harmful toxins, such as 1,4-Dioxane.

## **POLYACRYLAMIDE**

This chemical is used to hold brow hairs in place. Polyacrylamide alone does not raise concern, but it is made of acrylamide which may be a carcinogen and has been linked to breast tumors. The amount that's used in cosmetics is regulated in Europe but not in the United States.<sup>58</sup>

## **17 Soap**

True soap that is made by combining oils, fats, and alkali and is not regulated by the FDA. However, many "soaps" on the market these days aren't true soap, even if marketed that way. According to the [FDA](#), most of these products are actually synthetic detergents and have added chemicals that make suds and make it smell good.

The FDA has three considerations for a product to consider whether or not it is defined as soap:

3. What is it made of?
4. What are the ingredients that do the cleaning?
5. What is the intended use?

If a product is defined as only a soap, it must be marketed as "soap" and nothing else. If it has chemicals to moisturize the skin, make you smell nice, or deodorize, it's considered a cosmetic.



It's only considered a drug if it treats or prevents disease, such as claiming to kill germs or treat eczema, for example. And only if a product is considered a drug does it need to follow FDA regulation guidelines.

If a product falls under the cosmetic category, the FDA does not need to approve its ingredients for it to be sold. And many of these ingredients can be toxic to the consumer, such as:

### **SODIUM LAURYL SULFATE**

This chemical, also known as SLS, is what makes soap suds. It may be highly toxic and not only irritate the skin, eyes, and lungs, but may also cause organ toxicity.

*1,4-Dioxane, parabens, and fragrance*, covered previously and of great concern, are also commonly found in soaps as well.

## THE GOOD NEWS

Awareness of how serious the problem is with toxins in cosmetics and personal care products today may be where awareness about toxic and unhealthy food was a decade or two ago. Back then, far fewer people “believed in” eating whole, clean, unprocessed food compared to today.

The good news is, relative to other changes that can make a fast and major improvement in your health, it is easy to switch your cosmetic and personal care product choices to far safer and healthier alternatives.

Again, it is important to choose products that – independent of anything the company selling them says in their marketing – have been certified as clean, safe, and low- to no-toxins. The gold standard here in the U.S. is **USDA Certified Organic**. (There are equivalents in other countries, such as ECOCERT in France.)

In some cases with personal care products, it is now relatively easy to find USDA Certified Organic choices, such as with deodorants.

In other cases, such as with anti-aging creams, USDA Certified Organic is still a relative rarity (our sister organization, Purity Woods, does make an exceptional one called The Age-Defying Dream Cream.)

If you cannot find a USDA Certified Organic version of a cosmetic or personal care product, look closely at ingredient labels and try to choose those that don't contain “fragrance” and other potentially toxic ingredients noted above, and that instead contain as many safe and natural ingredients as possible.

“Doing it yourself” is also increasingly popular with certain cosmetics and personal care products. You can find many recipes for different types of personal care products online; here, too, though, be careful to choose clean and ideally certified organic base ingredients when creating these DIY recipes.

# NOW, GET READY FOR THE MOST LIFE-CHANGING HEALTH SECRETS OF ALL...

So again, here at The Art of Anti-Aging, the “anti” means we’re *against* all the destructive lies about **getting older** out there that equate hitting your 30s, 40s, 50s, 60s and beyond with becoming increasingly undesirable, incapable, doomed to suffering and disease, and “over the hill.”

We’re *against* all the toxic “solutions” and toxic thinking being pushed on people by certain powers-that-be who so often play upon those destructive aging lies and manipulate people through fear and even “convenience.”

Instead, we are certain that when you take the right steps, your “middle years” and “golden years” will truly be your best years.

And we are **100% committed to providing you the proven most effective health and wellness steps** to achieve that... to look your best, feel amazing, avoid and overcome disease, and live a long life doing it.

The special report was just a small taste of that (and please DO share this report with family and friends)...

Whereas the online *Younger, Longer: The Insider’s Health Summit* truly is the PINNACLE of our mission.

Because you’re going to get **total clarity on the simple and MOST EFFECTIVE secrets you can put into play in your life starting right now to look your best, feel amazing, avoid and even overcome disease, and live a long life doing it...**

From 22 of the world’s most renowned and trusted anti-aging and longevity doctors and researchers.

[Head here now to sign up for the FREE online Younger, Longer: The Insiders Health Summit](#) if you aren’t signed up already and...

[Head here to get the COMPLETE recordings and transcripts of the entire summit](#) if you don’t feel you’ll be able to hear all 7 days of this essential event when it airs live, or if you’re the type who prefers to hear it all and read it all on your own schedule, when and where and as often as you choose!





# YOUNGER, LONGER

## The Insider's Health Summit

22 Top Experts Reveal the Simple and Most Effective Secrets to Look & Feel Younger Now, Avoid Disease, and Live Long



*“The times have been challenging for all of us, and we could certainly use some solid ground to walk on. That makes this a great time to lean into the wisdom of some of the foremost natural health leaders of our times. And that’s one of the things you’re getting in Younger, Longer: The Insider’s Health Summit. My friend, longtime natural health researcher and advocate Brian Vaszily, invites you to join him in uncovering **the most effective steps you can take to look and feel your best, and to add years to your life and life to your years.**”*

**Ocean Robbins**  
Co-founder & CEO, Food Revolution Network

*“Younger, Longer: The Insider’s Health Summit may well be one of the **most important** events that you attend this year. My good friend, Brian Vaszily, who’s been a positive force in the natural health world for over two decades, is ‘going for the gusto’ in this one. He’s challenging today’s top anti-aging and longevity experts to reveal their three most effective steps you must take to live long and live well. **Please do not allow yourself to miss this!**”*

**Nick Polizzi**  
Top Indigenous & Ancient Medicine Researcher and Filmmaker



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