

InnerGlow Skin Care

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The Importance of Organic and Safe Skin Care Products

Organic skin care is one of the fastest growing areas of the beauty industry. Many people are becoming more aware of the dangers of long term use of many commercial skin care products.

The cosmetics industry is a \$50 billion a year business in the United States alone and spends a remarkable \$2 billion a year on advertising. It is important to know that the FDA leaves synthetic additives in cosmetics largely unregulated, yet many of these chemically based products often contain known or suspected carcinogens, neurotoxins and hormone disruptors. In addition, few studies have looked at the dangerous cumulative and inflammatory effects of combining so many different skin products over a lifetime – or how these chemicals interact with all the other chemicals we are exposed to.

Due to the lack of government regulation in the natural products industry, there is rampant misuse of the word “natural” as no more than a marketing term.

The average woman uses 5-12 different products on her skin each and every day, exposing herself to a cocktail of over 100 chemicals that are absorbed into her body! Even more appalling than that is the amount of chemicals we place on our skin every year. Women who use makeup daily absorb, on average, 5 pounds each year!

We are often shocked to find how many people are consciously choosing high-quality organic foods and at the same time ignoring the quality of skin care products they use on their skin every day. **Our skin can absorb anywhere from 21-94% of what is put on it.** Since the skin has the ability to absorb, and body tissue has the ability to store, the personal care products we use every day can cause toxic chemicals to add up. It is important to use only ingredients that promote your healthy appearance without doing any potential harm whenever possible. If there is not a product you would be willing to “eat”, you should not be putting it on your skin.

We believe that your skin, like the rest of your body, needs nutrients ~ not chemicals. When you use natural skin care products, you have the added benefits of naturally occurring compounds found in nature that work with the body to heal, rejuvenate, and fight free radical damage that can lead to aging and disease. These natural products function as “food” that help feed, nurture and protect your skin. This is unlike commercial products that don’t address the underlying cause, and temporarily suppress skin pathologies.

There are a growing number of wonderful chemical-free, body-friendly and organic skin care products available on the market. Our take is that if there is



an ingredient that could potentially be harmful or could have adverse long-term effects on our health, why would we use it in our products when there are healthy and safe alternatives? The health of the skin is dependent on sound nutritional practices, healthy living and effective, safe protection on its surface.

What chemicals are YOU exposing yourself to every day? It's time to check. Go grab your containers of skin care products and check them against the following ...

Ingredient	Use	Dangers
Parabens (methyl, propyl, ethyl, butyl)	Heavily used preservatives in the cosmetic industry; used in an estimated 13,200 cosmetic and skin care products such as lotions, gels, shampoos, toners, deodorants, antiperspirants and sunscreens.	Studies implicate their connection with cancer because their hormone-disrupting qualities mimic estrogen and could result in reproductive abnormalities and breast cancer.
Petrochemicals (Mineral Oil, Paraffin, Petrolatum, and Propylene Glycol)	These are unfortunately in the base of most personal care products such as lip balms, baby moisturizers, shampoos and conditioners. Sulfates, parabens and phthalates are all either derived from petrochemicals or contaminated with them.	These petroleum products coat the skin like plastic – clogging pores and creating a build-up of toxins. They can slow cellular development, <i>creating earlier signs of aging</i> . They're implicated as a suspected cause of cancer (especially breast and prostate cancer), DNA disruption and can cause birth defects. <i>When you think about black oil pumped from deep underground, ask yourself why you'd want to put that kind of stuff on your skin...</i>
Sodium laurel or lauryl sulfate (SLS), also known as sodium laureth sulfate (SLES)	Found in over 90% of personal care products! These are synthetic ingredients used to create foam or allow liquid to spread or absorb easily. *Commonly found in soap, toothpaste, shampoo, shower gel and bubble bath.	They break down your skin's moisture barrier , potentially leading to dry skin with premature aging and skin irritation linked to eczema. And because they easily penetrate your skin, they can allow other chemicals easy access. SLS combined with other chemicals may become a "nitrosamine" – a potent carcinogen.
Acrylamide	Found in many facial creams.	Linked to breast cancer.
Propylene glycol	Common cosmetic moisturizer and carrier for fragrance oils.	May cause dermatitis and skin irritation. May inhibit skin cell growth. Linked to kidney and liver problems.
Phenol carbolic acid	Found in many lotions and skin creams.	Can cause circulatory collapse, paralysis, convulsions, coma, and even death from respiratory failure.
Dioxane	Hidden in ingredients such as PEG, polysorbates, laureth, ethoxylated alcohols. Very common in personal care products.	These chemicals are often contaminated with high concentrations of highly volatile 1,4-dioxane that's easily absorbed through the skin. Its carcinogenicity was first reported in 1965, and later confirmed in studies including one from the National Cancer Institute in 1978. Nasal passages are considered extremely vulnerable.
Phthalates	Ingredients used to enhance fragrance or make it last longer. They are commonly found in perfumes, fragrance, hair products, deodorants, body lotions and	This is a cause for concern as consumers have no real way of knowing which products contain them. In order to be a savvy consumer avoid products that claim an ingredient as 'fragrance' or 'perfume'.

	nail polish. Unfortunately they are NOT required to be listed on labels as they are classified as proprietary.	They are believed to cause cancer, disrupt DNA and have been linked to birth defects.
Toluene	May be very poisonous! Made from petroleum and coal tar... found in most synthetic fragrances.	Chronic exposure linked to anemia, lowered blood cell count, liver or kidney damage...May affect a developing fetus.

Sources: Environmental Working Group Cosmetic Database, National Centre for Biotechnology Information, EcoGreen Beauty