

(Wellness Tips Ezine) Estrogens and toxins in our soaps and lotions



Estrogens and toxins in our soaps and lotions

Our world is now filled with estrogenic and toxic chemicals which are fattening us up and giving us cancer. And many of those estrogens and toxins we are smearing onto our skin, hair and underarms voluntarily.

Okay, everyone. Go into your bathroom and pull out your shampoos, conditioners, soaps, hand sanitizers, body wash, mouth wash, bubble baths, baby wipes, exfoliants, deodorants and/or antiperspirants, any lotions and creams including those for shaving, hair products, sun screens, perfumes and colognes, powders, toothpaste and cosmetics including nail polish and let's see if any of these products might be implicated in stubborn fat on the thighs and hips for women, and man-boobs for men.

Too much estrogen is implicated in breast, cervical and uterine cancers not to mention PMS in women, and low sperm counts in men. Even if you don't have these problems, check your products because they might be carcinogenic.

Now that you have all these products on your coffee table, get your garbage container and put it next to you so you can chuck any offending products right away. The quick and most effective test is to ask yourself if you would eat the product. If your immediate reaction is "no way", then that tells you it is probably not healthy to put on your skin either.

At least our digestive tracts have some capacity to break down or eliminate toxins. Anything that is put on the skin goes straight into the blood stream and has access to every part of your body very quickly. In other words, it is safer to eat our toxins than to smear them on our skin.

Time for the "read and toss" exercise. If you see these ingredients in your product, toss the product into your garbage can.

- Parabens - highly estrogenic endocrine disruptors
 - methyl paraben
 - ethyl paraben
 - propyl paraben
 - butyl paraben
 - isobutyl paraben
 - E216
- Phthalates - potent endocrine disruptors especially effecting babies and children
 - DBP (dibutyl phthalate)
 - DEP (diethyl phthalate)
 - PVC (polyvinyl chloride)
- Aluminum salts - **estrogenic and toxic**, often found in deodorants/antiperspirants.
- Sodium laureth / (Sodium) lauryl sulfate - skin irritant, potential carcinogen
 - SLS, SLES
 - [Click here](#) and view box on right to see how else this is listed.
- Diethanolamine (DEA)
 - skin irritant, potential carcinogen
 - Cocamide DEA
 - Cocamide MEA
 - DEA-Cetyl Phosphate
 - DEA Oleth-3 Phosphate
 - Lauramide DEA
 - Linoleamide MEA
 - Myristamide DEA
 - Oleamide DEA
 - Stearamide MEA
 - TEA-Lauryl Sulfate
 - Triethanolamine
- Hexachlorophene - highly toxic and banned in many jurisdictions
- triclosan - thyroid endocrine disruptor, toxin that bioaccumulates

The personal care industry is very poorly regulated and very few ingredients have been thoroughly tested for safety. Choosing "natural" or "organic" products is no guarantee either, as there is no regulation as to what those labels mean when it comes to personal care products.

You're eating right but it's not working? The weight won't budge, you have no energy, your health problems are not going away despite your best efforts?

Take this 2-hour online nutrition course to [Learn the Rules](#) on how to EAT to regain health and vitality and to lose weight.

With all the conflicting nutritional advice out there about how to eat to be healthy, learn some easy rules that you can apply right away to know whether or not a particular food is healthy to eat.

Here are what people are saying that took this online nutrition course:

"Hi, Vreni. I loved the course and would not change it one bit. I found it very easy to follow and I learned a lot!!! I found the price just right. You covered a lot in a short time. What people might be unsure about is when a course is offered online sometimes there is so much information to print out. That is not the case with this course." Neyleen K.

"I was going to email you to tell you how much I enjoyed the course, but you're just too fast for me. You've done a great job of making the information clear yet concise and easy to follow. And I'm so glad you're telling people one size does not fit all. I like that you've included the rules as a separate document." Rebecca V.

"Why the Food Guides are Wrong: How to find health and lose weight" is available for \$49 US, and you have access to the course for a year after purchasing.

Unlike an evening seminar, you can review the course and listen to the material as

Do you have any products left on your coffee table? Probably not many. So, what CAN one use?

- Soaps
 - non-chemical ones found at health food stores. Read labels thoroughly!
 - Make your own soaps
- Shampoos
 - Add rosemary oil to non-chemical soaps
- Moisturizer, make-up remover
 - coconut oil, olive oil
- Deodorant
 - soap and water
- Toothpaste
 - mix your own with these easy-to-find ingredients
- Fragrances
 - Essential oils
- Exfoliants
 - Mix coarse ingredients like coffee grounds or salt with moist ingredients like honey or yogurt

Often these fancy schmancy creams and lotions are very expensive considering the miniscule amount of product one gets for the price. Extra virgin coconut oil may seem expensive as a food, but as a moisturizer it is dirt cheap! And it has antibacterial and antifungal properties too. So making the switch to safer products not only reduces the toxic and estrogenic body burden, but also reduces the strain on the wallet.

Please do keep the comments coming on my [blog](#). If you want to share this article, scroll to the very bottom and click the "share" icon to post on Facebook, Twitter etc. If you want to subscribe or search for other posts by title or by topic, go to www.wellnesstips.ca.

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[Sodium Laureth Sulfate](#) David Suzuki Foundation

[Diethanolamine\(DFA\): A Carcinogenic Ingredient in Cosmetics & Personal Products](#) Cancer Prevention Coalition

[Diethanolamine](#) FDA US Food and Drug Administration

[Diethanolamine](#) Cosmetic Database

often as you wish over that year. It is the same material that you would receive in a one-on-one nutrition consultation, but at a quarter the cost.

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