

The Toxic Ten check your body products at: www.cosmeticsdatabase.com

- **Sodium Lauryl Sulfate (foams /shampoo)** Penetrates the brain, liver, heart, eyes (may cause blindness and cataracts), kidneys, and muscles. Degenerates cell membranes and changes genetic information (mutagenic) in cells and damages the immune system.
- **Benzene (nail polish remover /glue)** Known bone-marrow poison, causes leukemia, is mutagenic and toxic.
- **Propylene Glycol (liquid makeup /shaving)** Causes liver abnormalities and kidney damage, and is carcinogenic, mutagenic, and toxic.
- **Isopropyl Alcohol (lotions /cosmetics)** Carcinogenic, mutagenic, and toxic.
- **Fluoride (toothpaste /cosmetic)** Linked to dental deformity, arthritis, allergic reactions, can lead to Crohn's disease. Carcinogenic, mutagenic, and toxic.
- **Talc (body powder /make-up)** Contains particles typical to cancer causing asbestos, causing respiratory illness and cancer.
- **Formaldehyde (nail polish /soap)** Causes dermatitis, severe abdominal pain., internal bleeding, vertigo, coma, and a loss of ability to urinate. Very toxic when inhaled, skin irritant, suspected carcinogen.
- **Diethanolamine (DEA) Trietheolamine (TEA), Monoethanolamine (MEA) (dyes, lotion cream, bubble bath, detergents)** Harmful to liver, kidneys, and pancreas. Irritates skin, eyes, mucous membranes causing allergic reactions and contact dermatitis. Hazardous, carcinogen, toxic.
- **Toluene (nail polish /dyes)** Causes mild anemia, liver damage, respiratory tract and skin irritant.
- **Peg Laureth (soap /detergent)** Contains dangerous levels of dioxane. Causes many allergic reactions, hives, eczema.

<http://www.vistamagonline.com>

<http://www.isocare.net/displayarticle.asp?id=51>

NASA lists 50 common houseplant known to clean our air www.nasa.gov

Chemicals and potential health risks are listed in "Toxic Release Inventory" www.epa.gov

Simple steps for Living Clean are outlined on www.idiotsguides.com

Top 6 Dangerous FOOD Additives:

Check GMO content at: www.nongmoshoppingguide.com

- **Nitrates and nitrites/** Lunchmeats, Hotdogs, Processed meats (carcinogenic)
- **Refined, Enriched and Fortified Products/** Bleached, nutrients removed, (diabetes)
- **Hydrogenated Fats/HFCS** (Trans Fats) Chemically processed oils. (heart disease)
- **Preservatives and Dyes** (BHA, BHT, Red dye #40, Blue lake #2, Yellow #5) Excitotoxins (ADHD)
- **Aspartame** (NutraSweet) 90 documented symptoms (Dept. of Health) Formaldehyde
- **Monosodium Glutamate** (MSG) Excitotoxin

For Healthy Recipe and Healthy Eating ideas visit:

www.fruitandveggy.com

www.askdrsears.com

www.justtomatoes.com

www.feingold.org

www.vegweb.com

www.aboutproduce.com

www.anniesnaturals.com

www.fruitsandveggiesmatter.gov

www.fandvforme.com.au

www.healthychoices.org

www.vegkitchen.com

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