

Top Ten Toxic Chemicals

My passion is transforming lives by teaching the real truths of toxic load, Nutrition, and Fitness! I seek to empower and transform the lives of my fellow ladies!

De Day
Mind Body Soul Wholistic Life Coach

Hi friends!!



We have determined the FDA does a subpar job in regulating our food supply, well, unfortunately you are not going to be impressed with their regulation of cosmetic and personal-care products! We have to wake up and begin looking at the labels for your beauty products AND cleaning products, just like we do with our food labels at the supermarket so we can protect ourselves. There are so many that I can't go through all of these harmful chemicals, but here are 10 you should be on the look out for and remove from your cart!!

There are thousands of chemicals in your products, many of which are being absorbed into your body. These companies have cart blanche to use any ingredient or raw material without government review or approval. This industry is highly unregulated. There is no pre-product approval before a product hits the market and enters your home. A minuscule approval process exists, but only for color additives and ingredients classified as over-the-counter drugs.

Educate yourself and do your research before you buy. Go through your products that you use now...and Trash them. Use the time and energy on the front side to eliminate these products and begin choosing safe plant based ones instead! It's impossible to avoid every single chemical, however, limiting exposure to many toxins will not only improve your health but prevent sickness later! Be sure to: eat clean, avoid chemical- laden processed foods, drink plenty of filtered water and choose products without synthetics!

Top Ten Toxic Chemicals

"I like putting Toxins all over my body," says no one, Ever.

1 **Parabens**.
Parabens are widely used preservatives that prevent the growth of bacteria, mold and yeast in cosmetic products. Doesn't' seem so bad right? Not exactly, parabens also possess estrogen- mimicking properties – which can increase Breast Cancer.

Found in: makeup, body washes, deodorants, shampoos and facial cleansers. You can also find them in food and pharmaceutical products.

2 **Synthetic colors.**
If you see FD&C or D&C on your products label, they represent artificial colors. F -- representing food and D&C representing drug and cosmetics. Well, these colors have to come from somewhere right...yep, petroleum/or coal tar sources! Synthetic colors may look pretty and seem harmless but they are a suspected human carcinogen, a skin irritant and linked to ADHD! Synthetic colors are suspected to be a human carcinogen. Let's just say they are banned in Europe!

Found in : Makeup & Processed Food

3 **Fragrance.**
If you see this word, **RUN!!!** This particular category is pretty scary, because Fragrance can mean a lot of things..to me, it says FAKE!!

This term was created and allowed to help protect a company's "Trade Secret" or recipe! But as the consumer you could be putting on a concoction that contains tons of chemicals which are hazardous to your health. Fragrances can be associated with allergies, dermatitis, respiratory distress, hormone & reproductive disrupters.

Found in: perfume, cologne, conditioner, shampoo, body wash and moisturizers...oh the list goes ON & ON!

4 **Phthalates.**
These are a group of chemicals that is used to increase the flexibility and softness of plastics. They are known to be endocrine disruptors and have been linked to increased risk of breast cancer and reproductive birth defects in males and females. Unfortunately, you may not see this actual word disclosed because it can be grouped into "fragrances" – (did you say major loophole in the law?).

Found in: deodorants, perfumes/colognes, hair sprays and moisturizers, nail polish, lotions – etc!

5 **Triclosan.**
Tricolson is widely used antimicrobial chemical that's a known endocrine disruptor -- especially thyroid and reproductive hormones, and a skin irritant.

Found in: body wash, soap, toothpaste, cosmetics, deodorants, etc.

6 **Sodium lauryl sulfate (SLS) / Sodium laureth sulfate (SLES).**
This surfactant can be found in more than 90 percent of personal care & cleaning products (think foaming products) If combined with other chemicals, it can form nitrosamine, a carcinogen! Causing cancer, kidney and Respiratory damage and skin, lung, and eye irritants.

Found in: shampoo, body wash/cleanser, mascara and acne treatment, etc.

7 **Formaldehyde.**
Oh this is a fun one! Formaldehyde and formaldehyde-releasing preservatives (FRP's) preservatives are used to help prevent bacteria growth. This chemical was deemed as a human carcinogen by The International Agency for Research on Carcinogens (IARC) It can cause skin reactions and harm to our immune system!

Found in: nail polish, body washes, conditioners, shampoos, cleansers, eye shadows, nail polish treatments.

8 **Toluene.**
A petrochemical derived from petroleum or coal tar sources. Also on labels listed as benzene, toluol, phenylmethane, methylbenzene. It dissolves paint and paint thinner, potent! It causes chaos to the respiratory system and irritates the skin. Could cause developmental damage to a baby in Utero!

Found in: nail polish, nail treatments and hair color/bleaching products.

9 **Propylene glycol.**
A small organic alcohol commonly used as a skin-conditioning agent. It's a skin irritant and penetrator. It has can cause allergic skin reactions and disrupt the body's systems!

Found in: moisturizers, sunscreen, makeup products, conditioners, shampoo and hair sprays.

10 **Sunscreen chemicals.**
These chemicals absorb ultraviolet light and are used a protectant against the sun. Sunscreens are endocrine disruptors. They may also be carcinogens. Other names are benzophenone, PABA, avobenzone, homosalate and ethoxycinnmate.

Found in: Sunscreens

Tip: There are MANY accurate documentaries right now on Netflix that will not only shed brighter light on this subject but also stress the importance of the Mass Coverup that exists between what "they" sell, and what we buy!



Hi Friends!

My name is De Day & I am a Health Educator and Fitness Coach at my gym, Siesta Key Fitness. I have over 20 years experience speaking and educating on Health and Wellness. My passion is transforming lives by teaching the real truths of toxic load, Nutrition, and Fitness!

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