

A TOXIN FREE LIFE

HOW TO PROTECT YOURSELF FROM
CHEMICALS IN FOOD, COSMETICS
AND CLOTHES



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Published by:
Healing Vibes Productions, 821 Stevens Ave
Solana Beach, CA 92075 USA

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INTRODUCTION

Companies can put virtually any ingredient into our foods, personal care products and clothes without testing them first. These chemicals have been associated with everything from headaches to cancer.



For optimum health, it's important to know what these chemicals are and how to avoid them.

In this report we'll look at chemicals in cosmetics, plastics, food and clothing and how you can avoid them.

Some Chemical Facts¹:

1. From 1965-1982 over 4 million distinct chemical compounds were produced.
2. From 1982-2000 at least 250,000 new formulations were created annually.
3. Now there are over 60,000 different chemicals produced each year.
4. Over 2800 additives are intentionally added to food. The **average American consumes about 14 pounds of additives a year**. As many as 10,000 more additives find their way into food indirectly as it is grown, processed, packaged and stored.

¹ Linda Berry, "Internal Cleansing," p. 69

5. 800 neurotoxic chemical compounds are used in the **cosmetic and perfume industries.**
6. 700 toxic chemicals have been found **in drinking water.**
7. 500 toxic chemicals can be found under **kitchen** sinks and in **laundry** rooms.
8. 400 toxic chemicals have been found **in human tissue.**

#1

CHEMICAL TOXINS FOUND IN PERSONAL CARE AND HOUSEHOLD ITEMS



The skin is our first line of defense against environmental toxins. As our largest organ, the major function of the skin is to protect and prevent the loss of fluids from your body. The skin is porous and also allows chemicals to enter the body.

Whatever **you put on your skin** can **go straight into your blood stream** and has to be sorted out by your cells as a waste product or is stored in your fat cells, where it can lead to disease.

I go by the simple rule: **“If you can’t put it in your body, don’t put it on your body.”**

Use the following list to check all your cosmetics and household cleaners for toxic and potentially harmful ingredients.

I've included the most common chemicals on this list. **The most dangerous chemicals are highlighted in BEIGE.**

Chemicals in Cosmetics and Household Cleaners

NAME	WHERE IT IS FOUND	HAZARDS
Aluminum	Found in processed foods, antiperspirants, antacids, cosmetics, paper products, cans, foil and cookware	A known toxin that enters the blood. It is linked to Alzheimer's disease
Aluminum Chlorohydrate	Common in antiperspirants and deodorants. Works by blocking the pores	Both aluminum and chlorine are human toxins. May be linked to breast cancer
Ammonia	Corrosive gas found in cleaning products, especially glass cleaners	Irritates the eyes, fatal in high concentrations, can kill aquatic life
Ammonium Laureth Sulfate (ALES)	Foaming ingredient in shampoo, body washes and cleansers	Created by a process called ethoxylation which can release cancer causing 1.4 dioxane
Bentonite Clay and Kaolin	A porous clay used in make-up, anti-perspirants and shampoos to absorb water. Also found in putty, cat litter and joint compound	Clogs the pores, leading to skin irritation. Also irritating to the eyes and lungs. Possibly fatal if ingested

Benzene	Used in plastics, detergents, lubricants and as a petrol additive. Also found in sodas and water drinks stored in plastic	Can cause dizziness and headaches at low levels. Can be fatal at high levels of exposure.
Benzophenone	Used as UV absorbers in sunscreens, moisturizers and conditioners	Can trigger itching, burning, scaling, hives and skin blistering
Bishpenol A (BPA)	Used in clear plastics including baby feeding bottles and for lining tin cans	Can leach from containers when they are washed with a harsh detergent and as they deteriorate with age
BHA/BHT a.k.a. E320 and E321 Butylated hydroxanisole (BHA) Butylated hydroxytoluene (BHT)	Used as preservatives in make-up, cleansers and moisturizers	Both are toxic and mimic the female hormone oestrogen. Thought to be partly responsible for a decline in male fertility since the 1950s. Also irritating to skin
Bromine	Emulsifier in soft drinks. Also used as a fumigant and flame retardant	Corrosive as a liquid and toxic as a gas. Doesn't break down easily
Butane	Used to fuel cooking and camping stoves. Also used to fuel aerosol sprays now that CFCs are banned	Can produce throats spasms and asphyxia

Cadmium	Heavy metal found mainly in Ni-Cd batteries	Highly toxic. A recognized cancer causing agent. Can also cause breathing and kidney problems
Cetrimonium Chloride	Used as a preservative in hair conditioners and colorants	The vapor irritates the eyes, nose and throat. Can trigger immune deficiency
Ceteareth-12 and 20	Emulsifiers and thickening agents in baby wipes, deodorant, conditioner, skin lotion, skin cleansers, shower gel and shampoo	Created by a process called ethoxylation which can release cancer causing 1.4 dioxane. Also alters the skin's structure to allow other chemicals to penetrate the skin easier and enter the blood
Cocamide DEA	Used as a foaming agent in shampoo, body wash and cleansers. Helps keep oil and water from separating	Created from coconuts by a process called ethoxylation which can release cancer causing 1.4 dioxane. Also can break down on the skin and interact with other chemicals to form dangerous nitrosamine chemicals
Cocoamidoproyl Betaine	Alternative to Sodium Laury Sulfate. Used to increase foaming in	It can break down on the skin and may cause contact

	shampoo, body wash and cleanser	dermatitis and allergies
Cresol	A type of phenol used in disinfectants, deodorants and pesticides	In high concentrations can cause severe skin and internal organ damage and can even be fatal
DDT	Developed in 1940s and known as the first modern chemical pesticide	Highly toxic. Banned since the 1970s in most countries. It is persistent, still found in soil, animals and people
DECA-BDE	A flame retardant found in electrical appliances, computers, furniture and fabrics	Accumulates in human breast milk. May cause nerve and liver damage
Diazolidinyl Urea	Used as a preservative in skin lotions, moisturizers, self-tanners, make-up removers, sunscreens, eye shadows and mascaras. Works by slowly releasing formaldehyde	Formaldehyde is a known carcinogen and is toxic to the liver and kidneys. Can also lead to skin irritation
Dibutyl Phthalate	Used to make fragrance in cosmetics and toiletries. Listed usually as "fragrance" or "parfum"	Classified as toxic to the liver and kidneys, it has been linked to a range of serious illness and disease and is suspected of interfering with

		human reproduction. It mimics oestrogen, raising concerns about fertility and increased risks for certain cancers. Also can cause skin irritation
DEA Diethanolamine	Common ingredient of soaps, detergents and over 600 personal care products such as: shampoos, conditioners bubble baths, lotions, cosmetics, dishwashing detergent and laundry detergent	When applied to the skin, resulted in clear evidence of carcinogenic activity. U.S. Dept. of Health and Human Services 1998
Diethylene Glycol Butyl Ether	Used as a fixative and solvent in perfumes, paint and cleaning products, insect repellants and antiseptics	Very irritating to the eyes and may depress the central nervous system. Harmful to the environment especially aquatic life
Diethylhexyl Phthalate (DEHP)	Used to soften PVC plastic. Found in many plastics including hospital IV bags	Spread throughout the environment and found in drinking water, soil, food and breast milk
Dimethicone	Used as an emollient (softener) in moisturizers and an anti-foaming agent in shampoos, conditioners, skin lotions and deodorants	It can accumulate in the liver and lymph nodes and has been reported to cause tumors and mutations in animals

Disodium EDTA	Added to improve the appearance of clear liquids like shampoos, body washes and cleaners	Allows other chemicals to penetrate the skin and reach the blood
DMDM Hydantoin	Preservative used in skin lotions, shampoos, conditioners and body washes to prevent growth of bacteria and mold	A known carcinogen, it can cause dermatitis on contact
Formaldehyde	A highly effective disinfectant and preservative. Used in carpets, paints, toothpaste explosives and bubble bath, shampoos, moisturizing lotions and cosmetics	Recognized as a human carcinogen (cancer causing agent). It readily penetrates the skin and can cause serious future health concerns and often sensitizes individuals to other chemicals
Glycerin (non vegetable based)	Petroleum by-product used in bar soaps and lotions. Also used in making explosive	Dries skin from the inside out
Glycolic Acid	Used as an exfoliant in skin scrubs, masks, lotions and cleansers	Increases the risk of sunburn and skin cancer by intensifying UV exposure in deep skin layers. Toxic to liver and kidneys and irritating to the skin

Hydrated Silica	Used as an abrasive in toothpastes and scrubs	Long term use can wear away tooth enamel
Imidazolidinyl Urea	Used as a preservative in skin lotions, moisturizers, self-tanners, make-up removers, sunscreens, eye shadows and mascaras. Works by slowly releasing formaldehyde	Formaldehyde is a known carcinogen and is toxic to the liver and kidneys. Can also lead to skin irritation
Iodopropynyl Butylcarbamate (PBC)	Originally a preservative in paint. Now found in baby wipes, make-ups and skin lotions	Suspected as a contact allergen and linked to reduced fertility and problems during pregnancy
Isopropanol (Isopropyl Alcohol)	Used as a solvent in nail polish, shaving lotions, hair colorants, conditioners to help dissolve other ingredients	Toxic to liver and kidneys, irritating to the skin and potentially reduces fertility
Lauramide DEA	Foaming ingredient in shampoos, body wash and cleansers	Created by a process called ethoxylation which can release cancer causing 1.4 dioxane
Lead	A heavy metal used in car batteries and ceramic glazes. Still used in some countries in paint and gasoline. Lead is also found in water pipes	A powerful poison affecting the blood, brain, nervous system and the reproductive system

Methylchloroisothiazonolinone and Methylisothiazolinone	Used as preservatives in shampoos and conditioners	Can cause allergic reactions like itching, burning, asthma attacks and lung problems
Monoethanolamine (MEA)	Used in oven cleaners, shampoos and hair colorants. Also found in anti-histamine drugs and sleeping pills	Classified as corrosive and toxic on Material Data Safety Sheet
Mineral Oil	Petroleum by-product used in baby oil, lotions and chap-sticks	Creates a plastic-like coating on the skin that clogs pores and promotes skin disorders by preventing the absorption of nutrients, access to hormones and blocking the skin's ability to release toxins. Possible link to breast cancer
Naphthalene	Made from coal tar this ingredient is found in shampoos and soaps and also in insecticides, mothballs and toilet deodorizer	Labeled as a known cancer causing agent. Can cause cataracts, can damage red blood cells and the nervous system
Nitrobenzene	Solvent used in shoe and floor polishes	Highly toxic. Can cause skin discoloration, breathing problems, blood disorders and liver damage. Can be

		fatal at high levels of exposure
Parabens	Family of chemicals that includes Methyl, Ethyl, Propyl and Isobutyl Parabens. They are widely used in cosmetics, cleaning products and even foods as a preservative	Linked to breast cancer; have been discovered in malignant breast tissue. May reduce male fertility
Paradichlorobenzene (P-DCB)	A registered pesticide that is now commonly found in mothballs and toilet deodorizers	High levels of exposure can cause dizziness, nausea and liver problems
Parfum (Fragrance) (Natural Fragrance)	Any one of up to 4000 chemicals used to make fragrance. Also appears on labels as "fragrance" or even "natural fragrance." Avoid them by buying products scented with therapeutic-grade A essential oils	Complex mixtures of chemicals have been linked to immune and nervous system toxicity, cancer and fertility problems
PBDE (Polybrominated Diphenyl Ether)	Flame retardant used in electrical appliances, computers, furniture and fabrics	Has been found in human breast milk and is linked to neurological and liver damage
PCBs (Polychlorinated Biphenyls)	Commonly used plastic in paints, cements and electrical transformers. Now banned in some countries	A persistent environmental toxin, showing up in everything from seagulls to human breast milk

PEG (Polyethylene Glycol)	Used in laxatives, lubricants and skin creams to help stop water and oil from separating	Produced with a process that may leave it contaminated with trace amounts of cancer-causing 1.4 dioxane
Perchloroethylene (PERC)	Solvent found in carpet cleaners, stainremovers, adhesives and paints. Also the main chemical used in dry cleaning	Exposure can lead to irritation of eyes and throat. A known animal carcinogen. A suspected human carcinogen
PFCs (Perfluorinated Compounds)	Used to manufacture non-stick pans and stain/water repellants for furniture and clothes	Extremely resistant to breakdown. Accumulate in the environment and have been found in wildlife and people
Phenol (Carbolic Acid)	Used as an antiseptic ingredient in disinfectants, eardrops, mouthwash and throat lozenges. Also used to make adhesives, plywood and compact discs.	Highly corrosive and a severe irritant if inhaled (causes vomiting) Tiny amounts ingested can cause multiple organ failure. As little as 1g can be fatal. So toxic it's an ingredient in lethal injections
Phthalates	A chemical added to PVC plastic to make it softer. Now banned in the EU for use in children's toys (under age 3)	A known environmental contaminant. Also suspected for causing hormone disorders

Polysorbate 20	Added to cosmetics and household products to help keep water and oil from separating	Produced with a process that may leave it contaminated with trace amounts of cancer-causing 1.4 dioxane
Propylene Glycol	Family of chemicals to help dissolve other ingredients (includes hexylene and butylene glycol as well). The main ingredient in Anti-Freeze, brake and hydraulic fluid, and de-icer; is also found in pet food, floor wax, tobacco, make-up, shampoos, soaps, deodorants, lotions, processed foods, toothpastes and other cosmetics	"Implicated in contact dermatitis, kidney damage and liver abnormalities; can inhibit skin cell growth in human tests and can damage cell membranes causing rashes, dry skin and surface damage. May be harmful by inhalation, ingestion or skin absorption. May cause eye irritation, skin irritation. Exposure can cause gastrointestinal disturbances and in the central nervous system, nausea, headache vomiting and depression" From Material Safety Data Sheet
Quaternium-15	Used as a preservative in skin lotions, shampoos, conditioners, cleansers	Can trigger immune system responses like itching, burning,

	and body washes	hives and blistering
Sodium Hydroxide (Caustic Soda/Lye)	Used in paper production and in making soaps. Also used for cleaning drains and in the commercial peeling of fruit and vegetables, the making of chocolate, soft drinks and ice cream	Can dissolve human tissue, burn wet skin on contact and cause severe eye damage or blindness
Sodium Hypochlorite	The main ingredient in regular household chlorine bleach and many disinfectants	Can release toxic gases, especially if mixed with ammonia
Sodium Laureth Sulfate (SLES)	Foaming agent used in shampoos, body washes and cleansers	Is an eye and skin irritant. Slightly less toxic than SLS
Sodium Lauryl Sulfate (SLS)	A foaming agent and emulsifier found in engine degreasers, car wash detergents, concrete floor cleaners and also in shampoos, soaps, conditioners and especially in toothpastes	Strips the skin of natural oils. Can damage eyes and skin proteins. Corrodes hair follicles and impairs ability to grow hair, maintains residual levels in the heart, liver, lungs and brain from skin contact, denatures protein, impairs proper structural formation of young eyes and can damage the immune system

Sodium Olefin Sulfonate	Foaming ingredient used to replace SLS	Tests show it to be even more irritating than SLS
Sodium Silicate	Known as "liquid glass" and used for fire protection and timber treatment	An eye, skin and mucus membrane irritant
Surfactants	Used to break down the surface tension of water in pesticides and detergents	Made from potentially dangerous petrochemicals
Talc	Found in body and baby powders, feminine powders and cosmetics. Also used as a lubricant on condoms	Chemically very similar to asbestos, a known cancer causing substance
Titanium Dioxide	Used to add white to sunscreens, skin lotions, creams, toothpastes, paints and herbal tablets	Linked to lung problems and risks to pregnancy and fertility. A possible carcinogen
Tributyltin (TBT)	Additive used in paint applied to ships hulls	Has been found in seafood and fish
Triclosan	Antibacterial additive to soaps, deodorants, toothpastes, detergents and some plastics	A suspected carcinogen and very persistent in the environment
Triethanolamine (TEA)	Used to control pH levels in cosmetics, shampoos and cleansers	Can cause severe dermatitis. May breakdown to produce cancer causing nitrosamine chemicals

Trichloroethane	Used as a cleaner and solvent in paints and adhesives	Irritates the eye and depresses the nervous system. Gradually being phased out
Xantham Gum	Although considered 'natural', xantham gum is produced in the lab by a biotechnological fermentation process from the micro-organism xanthomonas campestris. Xantham gum can be genetically modified. It is used as a thickener and stabilizer in herbal and cosmetic products	It is a known skin irritant

Sources: *Organiclife magazine February 2007, US Household Products Guide, www.mypure.co.uk, "Rub a Dub Dub..Is cancer in your tub?..," Network News and Publications.*

HOW TO PROTECT YOURSELF from chemicals in cosmetics and household cleaners

- ⇒ **Avoid buying** any cosmetic or cleaning products with any of the ingredients listed above
- ⇒ Be especially careful of avoiding the highlighted ingredients
- ⇒ Don't be fooled by "all natural" on the label. **Read the ingredients carefully**

- ⇒ **Use personal care** products that are **truly natural**.
- **Coconut oil** is a **great lotion**
 - **Shea butter** is excellent for **very dry skin**
 - **Therapeutic-grade Essential oils** are the **best perfumes**

For other products like toothpastes, shampoos and conditioners I use products from Young Living Essential Oils:

Go to www.youngliving.com

To order and set up your account you will need my distributor number, which is **754023**

If you have any questions e-mail me at service@safecoloncleanse.com.

- ⇒ Use **cleaning products** that are **toxin free**

Ecover and Seventh Generation are two common brands available at health food stores.

- ⇒ Demand safer cosmetic products. See www.safecosmetics.org for more details

Here you can find more detailed information on specific ingredients:

- www.cosmeticdatabase.com
- www.householdproducts.nlm.nih.gov

(Database of the National Library of Medicine's Household Products)

#2 PLASTICS

Due to health concerns regarding plastic, most plastic products now carry a **code from 1 to 7 stamped on the base.**

The **least damaging** to human health are thought to be **types 5, 2 and 4.**



Plastic is also an environmental threat. Some of it may not decay for up to 40,000 years.

Here is a list with the 7 different plastic containers and their properties. You can find these numbers on the bottom of plastic containers.

Number 1 Polyethylene Terephthalate (PET)

Found in:

Used in common bottles that hold everything from shampoo to bleach to mineral water.

Hazard:

Studies have found antimony trioxide, **a known toxin** used in making PET, in the contents of bottles. **The longer the liquid is stored the more** this toxin is **released.**

It also produces acetaldehyde, an even more dangerous chemical, when it breaks down.

Number 2 High Density Polyethylene (HDPE)

Found in:

Found mostly in **food and drink containers**. Also in detergents and plastic bags

Hazard:

Not thought to leach chemicals into contents.
Also can be recycled economically.

Number 3: Polyvinyl Chloride (PVC)

Found in:

Used **throughout the home**, in pipe work that carries water, as insulation. Soft PVC is found in clothes, furnishings, toys and plastic wraps.

Hazard:

Little proof that it causes disease, but it does **release cancer-causing dioxin** when incinerated as waste.

Number 4 Low-Density Polyethylene (LDPE)

Found in:

Used for squeezable bottles, bin liners and thin carrying bags

Hazard:

Not thought to leach chemicals.

Can be an environmental hazard (i.e. discarded plastic bags)

Number 5 Polypropylene**Found in:**

Strong plastic used for buckets, dishes, medicine bottles and carpet

Hazard:

Considered not to leach chemicals, but also uneconomical to recycle

Number 6 Polystyrene (Styrofoam)**Found in:**

Plastic used in inexpensive products such as CD cases, plastic cutlery and license plate frames. When air is added, polystyrene becomes styrofoam.

Hazard:

Contains Benzene, a known human carcinogen.

Also extremely difficult to break down in the environment.

Number 7 **Fiberglass, Acrylic, Nylon, Polycarbonate**

Found in:

Tough plastic. Many reusable water bottles and food containers are made from polycarbonate.

Hazard:

May leach biphenol A, which is linked to hormone disruption.

Source: Organicleve magazine, February 2007

HOW TO PROTECT YOURSELF from chemicals in plastic

- ⇒ **Avoid** eating or drinking anything **in styrofoam** (plastic 6)
- ⇒ **Avoid buying** any foods, drinks or cosmetics in plastics **numbered 1 and 3**
- ⇒ Be aware that even some **cardboards** like soy milk and milk containers as well as **tin cans contain a plastic** lining
- ⇒ **Avoid heating** any foods in a plastic container
- ⇒ **Use only glass or plastic 7** to carry your drinking water or other beverages

- ⇒ If you do use another type of plastic bottle **do not leave it in direct sunlight** or in high temperature locations (i.e. inside of your car)

- ⇒ Probably the **best way to avoid as many plastics as possible is to eat a 100% fresh raw vegetarian food diet.**

See my book, "The Complete Introduction to Raw Vegetarian Cuisine" for more information." E-mail me at service@safecoloncleanse.com to get a copy of this book.

#3

FOOD ADDITIVES

In the US, **more than 3,000** substances can be **added to foods** for the purpose of preservation, coloring, texture, increasing flavor and more.



Some food additives are neurotoxic, which means they're capable of altering the normal activity of the nervous system - and even killing neurons.

Symptoms include:

- ⇒ Limb weakness or numbness

- ⇒ Loss of memory, vision, and intellect
- ⇒ Headache
- ⇒ Cognitive and behavioral problems
- ⇒ Sexual dysfunction

You may find chemicals in any processed food. Read the ingredient labels on packaged foods before you buy them.

This list shows the most common and dangerous food additives.

Food Additives to avoid

1. Acesulfame-K

Found in:

Acesulfame-K is an **artificial sweetener** that's about 200 times sweeter than sugar. It's used in baked goods, chewing gum, gelatin desserts and soft drinks.

Hazard:

Two rat studies have found that this substance may cause cancer, and other studies to reliably prove this additive's safety have not been conducted.

Acesulfame-K also breaks down into acetoacetamide, which has been found to **affect the thyroid** in rats, rabbits and dogs.

2. Aspartame (Equal, NutraSweet)

Found in:

This **artificial sweetener** is found in Equal and NutraSweet, along with products that contain them (diet sodas and other low-cal and diet foods).

Hazard:

This sweetener has been found to cause **brain tumors** in rats as far back as the 1970.

However a more recent study in 2005 found that even small doses **increase the incidence of lymphomas and leukemia** in rats, along with brain tumors. People who are sensitive to aspartame may also suffer from **headaches, dizziness and hallucinations** after consuming it.

3. BHA and BHT

Found in:

Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are used similarly to propyl gallate - **to keep fats and oils from going rancid.**

Used commonly in cereals, chewing gum, vegetable oil and potato chips (and also in some food packaging to preserve freshness).

Hazard:

These additives have been found by some studies to cause **cancer in rats**. If a brand you commonly buy uses these additives, look for a different variety, as not all manufacturers use these preservatives.

4. Blue 1 and Blue 2**Found in:**

Blue 1 - is used to color candy, beverages and baked goods may

Blue 2 - is found in pet food, candy and beverages

Hazard:

Blue 1 may cause cancer.

Blue 2 has caused brain tumors in mice.

5. Hydrogenated Vegetable Oil**Found in:**

Found in some margarine, vegetable shortening, crackers, cookies, baked goods, salad dressings, bread and more. It's used because it reduces cost and **increases the shelf life and flavor stability** of foods.

Hazard:

The process used to make hydrogenated vegetable oil (or partially hydrogenated vegetable oil) creates trans fats, which promote **heart disease and diabetes**.

The Institute of Medicine has advised that consumers **should eat as little trans fat as possible**. You should **avoid anything with these ingredients on the label**,

6. **Monosodium glutamate (MSG)**

Found in:

MSG is used as **a flavor enhancer** in many packaged foods, including soups, salad dressings, sausages, hot dogs, canned tuna, potato chips and many more.

Hazard:

According to Dr. Russell Blaylock, an author and neurosurgeon, there is a link between sudden **cardiac death**, particularly in athletes, and excitotoxic damage caused by food additives like MSG and artificial sweeteners. Excitotoxins are, according to Dr. Blaylock, "A group of excitatory amino acids that **can cause sensitive neurons to die.**"

Many consumers have also personally experienced the ill effects of MSG, which leave them with a **headache, nausea or vomiting** after eating MSG-containing foods.

7. Olestra

Found in:

Olestra is a fat substitute used in crackers and potato chips, marketed under the brand name Olean.

Hazard:

This synthetic fat is not absorbed by the body (instead it goes right through it), so it can cause **diarrhea, loose stools, abdominal cramps and flatulence**, along with other effects.

Further, olestra reduces the body's ability to absorb beneficial fat-soluble nutrients, including lycopene, lutein and beta-carotene.

8. Potassium Bromate

Found in:

This additive is used in breads and rolls **to increase the volume** and produce a fine crumb structure.

Hazard:

Although most bromate breaks down into bromide, which is harmless, the bromate that does remain causes **cancer** in animals.

Bromate has **been banned throughout the world, except for in the United States and Japan**. In California, a cancer

warning would likely be required if it were used, which is why it is rarely used in that state.

9. Propyl Gallate

Found in:

This preservative is **used to prevent fats and oils from spoiling**. It's found in vegetable oil, meat products, potato sticks, chicken soup base and chewing gum, and is often used with BHA and BHT (see below).

Hazard:

It might cause cancer.

10. Red 3

Found in:

This **food coloring** is used in cherries (in fruit cocktails), baked goods and candy.

Hazard:

It causes **thyroid tumors** in rats, and may cause them in humans as well.

11. Sodium Nitrite (Sodium Nitrate)

Found in:

It is used as **a preservative, coloring and flavoring** in bacon, ham, hot dogs, luncheon meats, corned beef, smoked fish and other processed meats.

Hazard:

These additives can lead to the formation of cancer-causing chemicals called nitrosamines.

Some studies have found a link between consuming cured meats and nitrite and cancer in humans.

12. Yellow 6

Found in:

As **the third most often used food coloring**, yellow 6 is found in many products, including baked goods, candy, gelatin and sausages.

Hazard:

It has been found to cause, and contains small amounts of many carcinogens. **adrenal gland and kidney tumors**

Source: www.sixwise.com

HOW TO PROTECT YOURSELF from toxic food additives

- ⇒ **Don't drink diet soda** or other diet products.
- ⇒ Choose **high quality whole foods** instead of processed foods.
- ⇒ **Eat mostly raw** fruits and vegetables.
- ⇒ **Eat organically grown** produce only.
- ⇒ Make sure the **glaze on all pottery** used for food is not lead based
- ⇒ **Replace all aluminum and Teflon** (non-stick) cookware

For more information go to: www.truefoodnow.org

#5

CHEMICALS IN CLOTHING

Most synthetic fabrics, from towels to dress shirts to bed linens, are treated with chemicals during and after processing.

These chemicals not only leach into the environment, leaving an impact on groundwater, wildlife, air and soil, but they also may be **absorbed or inhaled directly**.



Here is how chemicals are commonly used in the production of fabrics:

- **Chemicals** are used to make fibers suitable for spinning and weaving.
- A **formaldehyde** product is often applied to prevent shrinkage. This product is applied with heat so it is trapped in the fiber permanently.
- **Petrochemical dyes**, which pollute waterways, are used for color.
- Chemicals are added to make clothing softer, wrinkle-free, fire-retardant, moth-repellant and stain-resistant.
- Commonly used chemicals include **volatile organic compounds (VOCs)** and **dioxin-producing bleach**.
- Nylon and polyester are made from **petrochemicals**, whose production creates nitrous oxide, a greenhouse gas that's 310 times more potent than carbon dioxide.
- Rayon is made from wood pulp that has been treated with chemicals, including **caustic soda and sulphuric acid**.
- **Dye fixatives** used in fabrics often come from heavy metals and pollute water systems.
- Acrylic fabrics are **polycrylonitriles**, which may be carcinogenic.

- Clothing and fabric that is treated with **flame-retardant chemicals**, such as **children's pajamas**, emit formaldehyde gas.

The **chemicals used in synthetic clothing** have been linked to health problems including **cancer, immune system damage, behavioral problems and hormone disruption.**

Synthetic Fibers to Avoid

- ⇒ Acrylic
- ⇒ Polyester
- ⇒ Rayon
- ⇒ Acetate
- ⇒ Triacetate
- ⇒ Nylon

Avoid anything labeled **static-resistant, wrinkle-resistant, permanent-press, no-iron, stain-proof or moth-repellant** (These contain Teflon)

Natural Fabrics Include

- ⇒ Cotton
- ⇒ Linen
- ⇒ Wool
- ⇒ Cashmere
- ⇒ Silk

⇒ Hemp

If you are very sensitive to chemicals, **buy organic fabrics** only.

Even natural fabrics, such as cotton, are treated with pesticides while they are grown, and some of those pesticides will remain in the fibers.

Organic fabrics are becoming more widely available and can be found in health food markets, specialty shops and online.

HOW TO PROTECT YOURSELF from chemicals in clothing

1. Use **natural fabrics** whenever possible
2. Use **organically grown** fabrics
3. Wash clothes **filtered water** (chlorine and fluoride free)
4. Wash clothes with **non-chemical detergents**
5. If you do have synthetic fiber clothes, **wash** them **3 times before wearing** them for the first time.
6. **Don't use dryer sheets**, which are loaded with chemicals.
7. **Avoid** dry cleaning with **perchloroethylene**. Look for environmentally friendly dry cleaners.

**BONUS: HERE'S AN EASY REFERENCE LIST OF THE
MAIN COSMETIC INGREDIENTS TO AVOID**

<p>Aluminum Aluminum Chlorohydrate Ammonia Ammonium Laureth Sulfate (ALES)</p> <p>Benzene Benzophenone Bishpenol A (BPA) BHA/BHT Bromine Butane</p> <p>Cadmium Cetrimonium Chloridie Ceteareth-12 and 20 Cocamide DEA Cocoamidoproyl Betaine Cresol</p> <p>DDT DECA-BDE Diazolidinyl Urea Dibutyl Phthalate DEA Diethanolamine Diethylene Glycol Butyl Ether Diethylhexyl Phthalate (DEHP) Dimethicone Dioxane Disodium EDTA DMDM Hydantoin</p> <p>Formaldehyde Glycolic Acid</p> <p>Hydrated Silica</p> <p>Imidazolidinyl Urea Iodopropynyl Butylcarbamate (PBC) Isopropanol (Isopropyl Alcohol)</p> <p>Lauramide DEA LEAD</p>	<p>Methylchloroisothiazonolinone Methylisothiazolinone Monoethanolamine (MEA) Mineral Oil</p> <p>Naphthalene Nitrobenzene</p> <p>Parabens Paradichlorobenzena (P-DCB) Parfum PBDE (Polybrominated Diphenyl Ether) PCBs (Polychlorinated Biphenyls) PEG (Polyethylene Glycol) Perchloroethylene (PERC) PFCs (Perfluorinated Compounds) Phenol (Carbolic Acid) Phthalates Polysorbate 20 Propylene Glycol</p> <p>Quaternium -15</p> <p>Sodium Hydroxide (Caustic Soda/Lye) Sodium Hypochlorite Sodium Laureth Sulfate (SLES) Sodium Lauryl Sulfate (SLS) Sodium Olefin Sulfonate Sodium Silicate Surfactants</p> <p>Talc Titanium Dioxide Tributylin (TBT) Triclosan Triethanolamine (TEA) Trichloroethane</p> <p>Volatile Organic Compounds (VOCS)</p>
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