

## Aluminum – the Issue

The issue of how aluminum found its way into deodorant, a personal care product that most of us use on a daily basis, is both highly questionable and potentially hazardous to the health of every one of us.

Aluminum is the most abundant metal making up about 8% in weight of the Earth's surface. It is not a naturally occurring element due to its high chemical reactivity, but is found in over 270 minerals. In the early 1800's aluminum was converted into a usable metal<sup>1</sup> and has since then, been used industrially in roofing, pots and pans, airplanes, and soda cans. Of major concern however, is that aluminum is also found in consumables such as antacids, astringents, aspirin, food additives and deodorant<sup>2</sup>.

### Why is Aluminum in Deodorant?

Some deodorants are referred to as "antiperspirants" and these are the major offenders, containing as their main ingredient, an aluminum-based compound. This compound acts as a barrier to sweat which, completely naturally, your body is trying to release. Other common aluminum-based ingredients to be wary of are aluminum chloride, aluminum chlorohydrate, and aluminum zirconium<sup>3</sup>.

According to the FDA, deodorant contains aluminum for purely cosmetic purposes – to stop our bodies from producing sweat. However by sweating the body is performing a completely natural and vital function - regulating its temperature<sup>3</sup>. While we all may like a little help to smell pleasant most of the time, smearing or spraying a product containing a potentially toxic chemical onto open pores, and at the site of our vitally important lymph nodes (which are located just 1 inch under the skin surface), is extremely hazardous! >>2

1 <http://scifun.chem.wisc.edu/CHEMWEEK/Aluminum/ALUMINUM.html>

2 (<http://www.watsdr.cdc.gov/facts22.html#bookmark02>)

3 [http://www.fda.gov/fdac/features/2005/405\\_sweat.html](http://www.fda.gov/fdac/features/2005/405_sweat.html)

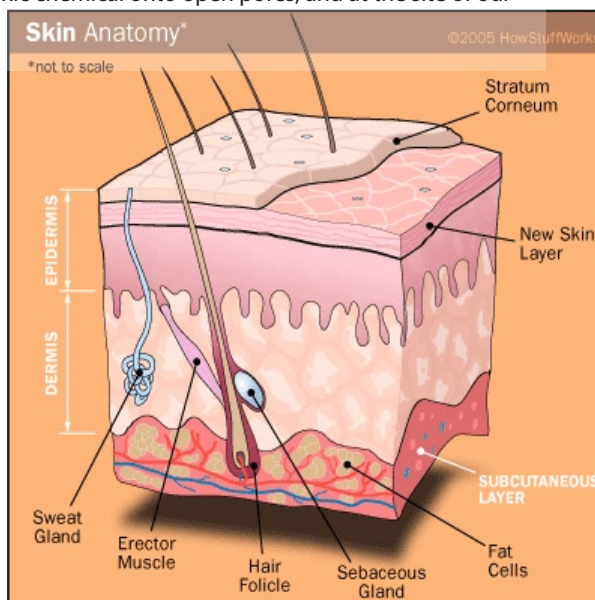
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### LEAD IN LIPSTICKS

Do you consume lead on a daily basis? Absolutely not would be everyone's answer to that! But, do you know if your lipstick contains lead? One would certainly hope not due to the high toxicity of lead. However, recent tests conducted by an independent laboratory on behalf of the Campaign for Safe Cosmetics group have shown that some of the most popular and extravagant brands of cosmetics actually contain detectable amounts of lead<sup>1</sup>.

The Low-down on Lead  
Lead is a highly toxic metal found in the earth's crust and due to factors such as high availability and low cost, has in the past been used in many consumables. These include paint, petrol, pipes, batteries and unbelievably, cosmetics. Any exposure to lead can have disastrous effects on a person's health with studies showing neurological disorders, hyperactivity and deficits in fine motor skills being among the most prevalent<sup>2</sup>. In the 1980's governments moved to regulate the use of lead in consumables to prevent intoxication by consumers, however it is disturbing to find that still, we may be ingesting this poison every time lipstick is applied! >>2

1 <http://www.naturalnews.com/023139.html>

2 <http://www.niehs.nih.gov/health/topics/agents/lead/index.cfm>

To order completely safe, organic and pure products visit

<http://www.natural-skincare-authority.com/natural-skin-care-products.html>



For the full story on chemicals and safe health care products visit

<http://www.natural-skincare-authority.com>

Contact me at

<http://www.natural-skincare-authority.com/contact.html>



## Is Aluminum use Safe?

Research shows that the Food and Drug Administration (FDA) has, at this stage, advised that antiperspirants, and several other aluminum containing products, are generally safe<sup>1</sup>. However, this is the same government, "objective", organization that freely admits it does not test or approve chemicals, toxins or any other ingredient used in cosmetic products (deodorant is classified as a cosmetic product).

Further research shows that, not only does the FDA not test the critical ingredient lists of the hundreds of thousands of cosmetics marketed to uninformed

consumers, but it actually endorses certain massive pharmaceutical organisations in their pursuit of the market share! The FDA's own literature about aluminum-based deodorants provides "helpful" hints from a Cincinnati-based Procter & Gamble Co. Product Developer who is just interested in appealing to our sense of smell by producing an alluring scent that consumers will buy. Unilever is also given a "plug" with their Product Developer advising, consumers just want high performance products, and so that is what Unilever want to deliver<sup>1</sup>.

Firstly, where is the issue of safety being addressed? Who is looking after yours and my actual health? While inoffensive body odour is important to many consumers (we all like to smell nice), we must also be protected from disease and illness causing chemicals. It is terrifying to consider the possibility of developing a lung, brain or any other type of disease because of the deodorant, or any other cosmetic product we consumers use! Secondly, we know we can't rely on these pharmaceutical cartels themselves to keep us safe from hazardous chemicals and toxins, they are just interested in profits! But, can we rely on regulations set by government? I'll let you be the judge of that. An FDA spokesperson recently commented that, "People feel that those products on the shelf are a direct reflection of what we regulate," says Holman. "But mostly, it's based on what's selling."<sup>1</sup>

## You are the Key!

The best and only way to become 100% sure that you are using safe products for your body is to rely on yourself and become an IOC! An IOC (Informed Organic Consumer) is someone who is able to identify the toxins in personal care products and replace them with NTSC (Non-toxic skin care) products and home-made remedies. Inform yourself about what products will provide you with not only the result you desire cosmetically, whether it is deodorant, make-up, or skin care, but with complete confidence in the safety of every single ingredient in those products. And do yourself a favour and put all the other stuff in the trash! §

**For completely aluminum free products including deodorants visit <http://skincareauthority.mionegroup.com/en/category/3/3>**

<sup>1</sup> [http://www.fda.gov/fdac/features/2005/405\\_sweat.htm](http://www.fda.gov/fdac/features/2005/405_sweat.htm)



## Is Your Lipstick Toxic?

The Campaign for Safe Cosmetics group purchased more than half of all major brand lipsticks (33 in total) and 61% of these contained detectable amounts of lead<sup>1</sup>. This is a very dangerous statistic, especially considering that lipstick has been shown to be a highly ingestible matter.

From the tests, it has been found that the brands to seriously avoid if you want to avoid toxicity were L'Oreal's Colour Riche 'True Red' and 'Classic Wine'. Others to avoid are Cover Girl's Incredifull Lipcolour 'Maximum Red' and Dior Addict's 'Positive Red'<sup>1</sup>. So check your lipsticks, and if you are unsure, contact the company for a complete ingredient list, or just simply switch to products that do not contain harmful and toxic ingredients, such as certi-

fied natural and organic cosmetics.§

**For completely lead free lip products visit**

**<http://skincareauthority.mionegroup.com/en/category/4/2>**

<sup>1</sup> <http://www.naturalnews.com/023139.html>



Natural Skin Care Product Reviews



### Recipe of the Month

#### Dairy-free Banana-Chocolate Smoothie

##### Ingredients

1/2 ripe organic banana  
1/2 cup organic soy milk  
1/2 cup of ice  
1 tbsp organic dairy-free chocolate syrup

##### Instructions

1. Cut banana into slices and put it in the blender/barmix.
2. Pour milk into the blender.
3. Put ice into the blender.
4. Pour chocolate syrup into the blender.
5. Blend on high for 1-2 minutes, or until smooth consistency.
6. Enjoy this healthy, yummy treat!

# What's all the Froth about?

**A**larmingly, Sodium Laurel Sulfate or SLS is a hugely common chemical used in many consumables ranging from car wash solutions to food! But also, all types of body care products, such as body washes (including those for children), soaps, shampoo, facial creams and treatments, tooth paste, and even some eye products<sup>1</sup> may contain SLS. We are literally being swamped with suffocating foam and froth every time we use a body care product!

**S**LS is the sodium salt of sulfated ethoxylated lauryl alcohol and is an inexpensive and very effective foamer. However, this chemical provides no value to the products that it is incorporated into, except to make foam or froth and bubbles.<sup>2</sup>

**M**ore importantly, SLS has been shown to be highly irritating to the skin and has been linked to toxicity of the biological systems of the body including cardiovascular (heart), digestive tract and the respiratory system. This is of great concern considering that many of us use these products on a daily basis for most of our lives!<sup>2</sup>

**S**LS has many aliases which also makes it difficult to know whether products you use actually contain this harmful chemical. It is frequently disguised in semi-natural cosmetics with the explanation “comes from coconut”. However this is just as dangerous as in any other form.<sup>3</sup>

**S**ome of the aliases for SLS are listed below: SODIUM LAURYL SULFATE; SODIUM LARYL SULFATE; SODIUM LAUREL SULFATE; SODIUM LAURYL SULFATE SOLUTION; SODIUM LAYRYL SULFATE; SODIUM LAURYL SULFATE; SODIUM LAUROYL SULFATE; SODIUM LAURYL SULFATE SODIUM LAURYL SULFATE; >>4

<sup>1</sup> <http://www.natural-skincare-authority.com/SODIUM-LAURYL-SULFATE.html>  
<sup>2</sup> <http://www.cosmeticdatabase.com/ingredient.php?ingred06=706089>  
<sup>3</sup> <http://www.natural-skincare-authority.com/SODIUM-LAURYL-SULFATE.html>



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## NSA Rating Policy for Skin Care Toxins and Natural Ingredients

The NSA rating policy for skin care toxins and natural ingredients has been designed to take the hard work out of product assessment for you! We at NSA have, as a service to you, purchase each of the top rating products and write reviews based on the findings. The review is a detailed description of our experience using the product.

NSA has designed four grading components for products which are:

1. natural parameters,
2. toxic parameters,
3. research sources and
4. our personal opinion (based on 4 years of trial and research).

The products reviewed cover a wide range of skin care products. We have included products marketed as natural, certified organic and mainstream commercial brands. Each product is reviewed according to the ingredient list which is required by law.

The eight natural parameters determine how ‘natural’ the product is. Our definition of natural encompasses how closely the product resembles a product of nature, and the company’s contribution to the natural world.

Natural Parameters	
<ul style="list-style-type: none"> <li>• <a href="#">certified organic ingredients</a></li> <li>• <a href="#">natural ingredients</a></li> <li>• <a href="#">synthetic ingredients</a></li> <li>• <a href="#">cold-formulated</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">cruelty-free testing</a></li> <li>• <a href="#">pesticides</a></li> <li>• <a href="#">genetically modified organisms</a></li> <li>• <a href="#">charitable donations</a></li> </ul>

>>4

*“Live with intention. Walk to the edge. Listen hard. Practice well-ness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.”*

<http://thinkexist.com/quotes/mary-anne-radmacher/>

Lumika.org

ANHYDROUS SODIUM LAURYL SULFATE; IRIUM; SLS; AMMONIUM LAURYL SULFATE; ALS <sup>1</sup>

SLS is a danger to people of all ages, however further studies have recently advised that young eyes are at a particularly high risk of mal-development if exposed to SLS due to protein dissolution. SLS may also damage the skin's immune system by causing layers to separate and inflame. Some of the symptoms you may experience from use of products containing SLS are:

INHALATION: Coughing. Laboured breathing. Headache. Dry throat. Nasal congestion.

SKIN: Redness. Pain.

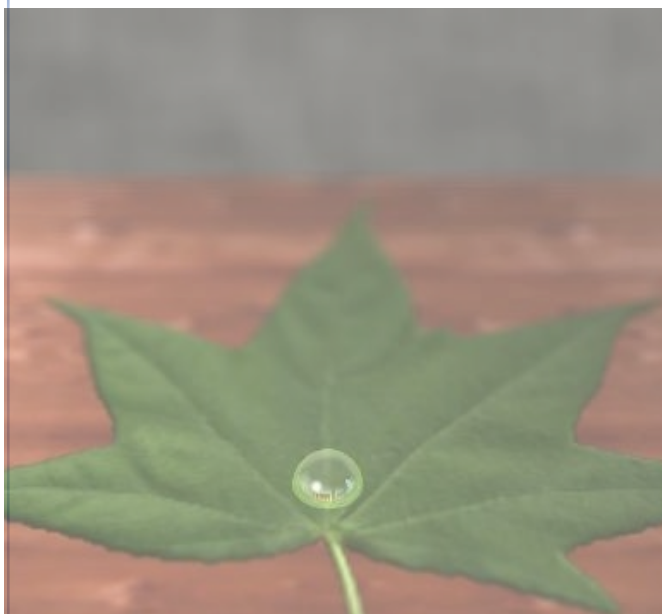
EYES: Redness. Pain. Corneal damage.

INGESTION: Nausea. <sup>1</sup>

If you are using any body care products, NSA recommends that you check the ingredient list immediately for this harmful chemical. There are many alternative products available which are safe to use.

For a complete body care range which does not contain this ingredient, check out the NSA approved range of products, and save money, your precious skin and your health!

<http://skincareauthority.mionegroup.com/en/home> §



The toxic parameters are then used to determine toxicity of the product. This is an extremely important analysis as this is where the real danger and often, deception, lies.

Toxic Parameters	
<ul style="list-style-type: none"> <li>• <a href="#">proven cancer link</a></li> <li>• <a href="#">possible cancer link</a></li> <li>• <a href="#">reproductive toxins</a></li> <li>• <a href="#">harmful toxins</a></li> <li>• <a href="#">untested chemicals</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">animal testing</a></li> <li>• <a href="#">dangerous chemicals</a></li> <li>• <a href="#">misleading advertising</a></li> <li>• <a href="#">safety violations</a></li> <li>• <a href="#">penetration enhancers</a></li> </ul>

The NSA sources only world-wide respected government and other organization websites dedicated to agricultural, chemical, toxin, drug and body care information.

Using these sources we compile a profile of the product we are reviewing, giving it a score for natural content and toxic content.

Research Sources	
<ul style="list-style-type: none"> <li>• <a href="#">ACO (Australian Certified Organic)</a></li> <li>• <a href="#">BFA (Biological Farmer's Association)</a></li> <li>• <a href="#">USDA (United States Department of Agriculture)</a></li> <li>• <a href="#">IFOAM (International Federation of Organic Agriculture Movements)</a></li> <li>• <a href="#">JAS (Japan Agricultural Standards)</a></li> <li>• <a href="#">EWG (Environmental Working Group - based in the US)</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">CIR (Cosmetic Ingredient Review- group based in the US)</a></li> <li>• <a href="#">FDA (Food and Drug Administration)</a></li> <li>• <a href="#">Skin Care Toxins Hazard MSDS</a></li> <li>• <a href="#">Scorecard.org (Environmental Defense group)</a></li> <li>• <a href="#">Hazmap (Operational Exposure to Hazardous Agents)</a></li> <li>• <a href="#">CDC (Center for Disease Control)</a></li> </ul>

Lastly, we at NSA, look at the product from our own experiences and knowledge. Our personal opinion does not enter into the equation until the final score has been assigned to each product. We have done this to ensure complete editorial independence.

Products that both receive a perfect score of 10.0 and meet our personal approval can be purchased online through the link provided in the review. This link will take you to a full range of exceptional skin care products where you can further investigate and purchase this safe alternative. For more detailed information, you can check out our Rating Policy at <http://www.natural-skincare-authority.com/skin-care-toxins.html>. §



The World Environment Day slogan for 2008 is Kick the Habit! Towards a Low Carbon Economy. Recognising that climate change is becoming the defining issue of our era, UNEP is asking countries, companies and communities to focus on greenhouse gas emissions and how to reduce them. The World Environment Day will highlight resources and initiatives that promote low carbon economies and lifestyles, such as improved energy efficiency, alternative energy sources, forest conservation and eco-friendly consumption. Activities planned before and during World Environment Day are wide ranging. Essentially, it is a "people's event", with colourful activities such as street rallies, bicycle parades, green concerts, essay competitions in schools, tree planting, recycling and clean up campaigns. Check out the United Nations Environment Programme (UNEP)'s website @ <http://www.unep.org>

*Take the Skin Care Test today! Answers in the July Edition of NSA Newsletter*  
The answers to these two questions could help you save your skin!

1. The FDA (Food and Drug Administration) requires skin care companies to submit their products for evaluation before they are sold to the public? True or False?
2. Some skin care products marketed as natural or organic contain cancer causing chemicals? True or False?

For the full quiz, go to <http://www.natural-skincare-authority.com/quiz.html>