



Home Articles ★ Healing Stories Supplements & Products Eldi Oils Get the Book & DVD

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- Recommended Books
- 🍏 Share Your Recipes
- How You Can Help
- The Making of the DVD
- In the Media
- Contact Us



★★★★★
Life-saving! It clearly shows how a coffee enema, a cottage cheese and flaxseed oil mixture, etc...



★★★★★
Fabulous!!!! Easy to read, well organized, full of beneficial information...



Ten Synthetic Cosmetic Ingredients to Avoid

Article by BudwigDVDs.com



This article started with a trip to the Mall. My niece (8) had asked me for glittery lip-gloss and lotions from Victoria's Secret for her birthday. She knows I don't enjoy shopping for cheap cosmetics but I decided to just go anyways and "get what she asked for". Since she can now read, I planned to attach a flyer with a list of all the synthetic ingredients I knew I was bound to find in such cheap non-natural cosmetics. But to my surprise, it was worst than I thought...

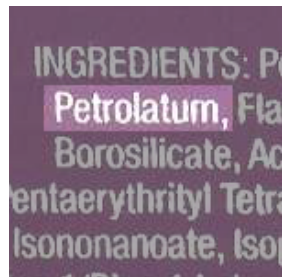
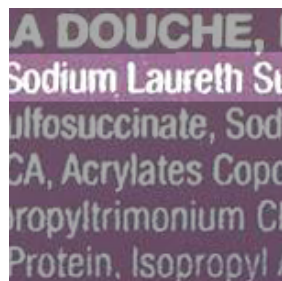
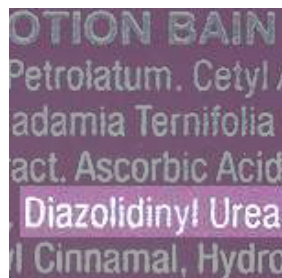
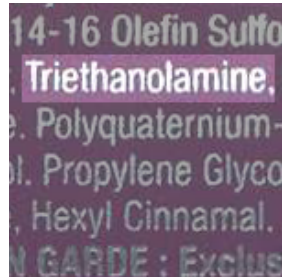
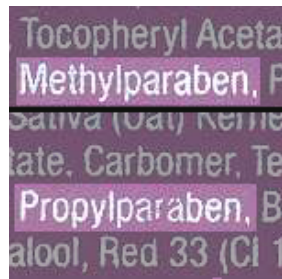
I compared the ingredients with the list of "Ten Synthetic Cosmetic Ingredients to Avoid" by Aubrey Hampton and was surprised to actually find **9 out of the 10**. Here is the breakdown plus I did some extra work and attached pictures. This was a great lesson to my niece. I hope this article will help you as well and inspire everyone to search out for unhealthy ingredients.

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Learn to read labels, and refuse to settle for half-natural hair and skin care. **Buy only organic and all-natural products.** Plus there are plenty of wonderful choices available nowadays.



1. METHYL, PROPYL, BUTYL AND ETHYL PARABEN
 These are used as inhibitors of microbial growth and to extend shelf life of products. They have caused many allergic reactions and skin rashes. Studies have shown that they are weakly estrogenic and can be absorbed by the body through the skin. They are widely used even though they are known to be toxic.



2. DIETHANOLAMINE (DEA), TRIETHANOLAMINE (TEA)

These are often used in cosmetics as emulsifiers and/or foaming agents. They can cause allergic reactions, eye irritation and dryness of hair and skin. DEA and TEA are "amines" (ammonia compounds) and can form cancer-causing nitrosamines when they come in contact with nitrates. They are toxic if absorbed into the body over a long period of time.

3. DIAZOLIDINYL UREA, IMIDAZOLIDINYL UREA

These are widely used preservatives. The American Academy of Dermatology has found them to be a primary cause of contact dermatitis. Two trade names for these chemicals are Germall II and Germall I15. Neither of the Germall chemicals contains a good anti fungal agent, and they must be combined with other preservatives. Both these chemicals release formaldehyde, which can be toxic.

4. SODIUM LAURYL/LAURETH SULPHATE

This is a cheap, harsh detergent used in shampoos for its cleansing and foam-building properties. Often derived from petroleum, it is frequently disguised in pseudo-natural cosmetics with the phrase "comes from coconuts". It causes eye irritation, scalp scurf similar to dandruff, skin rashes and other allergic reactions.

5. PETROLATUM

Also known as petroleum jelly, this mineral oil derivative is used for its emollient properties in cosmetics. It has no nutrient value for the skin and can interfere with the body's own natural moisturizing mechanism, leading to dryness and chapping. It often creates the very conditions it claims to alleviate. Manufacturers use petrolatum because it is unbelievably cheap.

6. PROPYLENE GLYCOL

Ideally this is a vegetable glycerin mixed with grain alcohol, both of which are natural. Usually, it is a synthetic petrochemical mix used as a humectant. It has been known to cause allergic reactions, hives and eczema. When you see PEG (polyethylene glycol) or PPG (polypropylene glycol) on labels, beware - these are related synthetics.

7. PVP/VA COPOLYMER

A petroleum derived chemical used in hairsprays, styling aids and other cosmetics. It can be considered toxic, since inhaled particles can damage the lungs of sensitive people.



NOT CONTAINED IN
PARTICULAR
PRODUCT

8. STEARALKONIUM CHLORIDE

A quaternary ammonium compound used in hair conditioners and creams. Developed by the fabric industry as a fabric softener, it is a lot cheaper and easier to use in hair conditioning formulas than proteins or herbals, which are beneficial to the hair. Causes allergic reactions. Toxic.



9. SYNTHETIC COLOURS

Used to make cosmetics "pretty", synthetic colors, along with synthetic hair dyes, should be avoided at all costs. They will be labeled as FD&C or D&C, followed by a color and a number. Example: FD&C Red No.6/D&C Green No.6. Many synthetic colors can be carcinogenic. If a cosmetic contains them, don't use it.

[I found a handful of synthetic colors like yellows, oranges, reds, green, blues and more.]



10. SYNTHETIC FRAGRANCES

The synthetic fragrances used in cosmetics can have as many as 200 ingredients. There is no way to know what the chemicals are, since on the label it will simply read "fragrance". Some problems caused by these chemicals include headaches, dizziness, rash, hyper pigmentation, violent coughing, vomiting, skin irritation - the list goes on. Advice: Don't buy a cosmetic that has the word "fragrance" on the ingredients label.

References:

"Natural Ingredients Dictionary" by Aubrey Hampton

Images of Victoria's Secret Beauty Rush Product

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