



TOXIC PERSONAL CARE PRODUCTS

(Chemicals, Metals & Other Toxins In Skin, Hair & Hormone Products)

By Dr. Donna F. Smith

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Please Read This First!

To provide a complete list of all toxic substances that could be included in your hair, skin and nail products would be writing another book on the subject. So this educational document provides a list of the most frequently used toxic substances and will help you understand the various types of toxic substances. In other words, the toxins in personal care products for hair, skin and nails are not just chemicals, the products may also contain heavy metals, as well as synthetic and isolated vitamin and minerals.

INTRODUCTION

Ideally, before using any substance on your skin or in your hair, read the ingredient labels on the container and do your own research by contacting the manufacturing company or pharmacy for a list of ingredients used, but not on the label. If you do not know how to interpret the information received, send a copy to my office and I will be glad to help you understand the ingredient list. Meanwhile, with the advantage of internet searches, you can type in "What is _____?" and insert the name of any ingredient listed on the container, which is an effective tool to access information to determine if the ingredient is a toxic substance, i.e., chemical, heavy metal, or isolated or synthetic vitamin or mineral, to name a few.

An **Isolate** is a vitamin or mineral that has been isolated (separated and removed) from a whole food, herb or plant, while leaving behind the other ingredients that are required to metabolize and transport that vitamin or mineral to the cells. The body cannot be nourished to repair, heal and regenerate new healthy cells unless the vitamins and minerals are in its whole food form, whether the nutrient is being provided through a hair or skin care product or taken as a supplement.

Synthetic vitamin and minerals are not even made from a food, herb or plant. Instead, the molecular structure of the nutrient (for example Vitamin D) in the food, herb or plant is studied and then the chemist looks for any other substance that has a similar structure, even if that substance is a paint thinner or a petroleum product. However, similar is not the "same" because some molecule will be missing so when ingested the body does not know what it is and treats it like the toxic foreign substance it is.

Isolated and Synthetic Vitamins and Minerals have an adverse effect on the mind and body, as well as manipulate biochemistry, which leads to a deficiency in that vitamin or mineral and the symptoms and diseases caused from their deficiencies. **Hence we refer to Synthetic and Isolated Vitamins and Minerals as Nutritional Drugs.**

Chemicals, Metals and Nutritional Drugs are in our foods (as additives and preservatives), air, water, drugs (prescribed, over-the-counter, online, direct mail, and illegal drugs), clothing, household cleaning products and personal skin and hair products. This over-



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exposure to chemicals is prematurely and rapidly aging the skin and hair, causing illnesses and diseases, as well as leading to premature death. (Refer to the book listed below, titled, **“Drop-Dead Gorgeous.”** Today, we must take responsibility and perform our own research. We cannot take advertisements, sales representatives, medical or public health information at face value any longer.

To save our clients time, I have compiled a list of the most frequently used toxic substances used in hair and skin products from my own research and contributions from the research of my colleagues, Drs. Ulan and Marshall.

Hormonal Products, such as **Progesterone and Estrogen creams**, and **Hormonal supplements**, such as **bio-identical hormones in the form of creams, pellets, capsules or tablets**, have become popular in the last two decades. However, the general public is still unaware that they also contain chemicals. More on this included below.

Unfortunately, by the time a person suspects that their skin and hair care products contain toxic ingredients much damage has already been done to their skin, such as premature wrinkling, skin cancers or sores, redness, dryness, and changes in the pigment (color) of the skin. Skin pigment changes such as, dark spots, white patches and/or transparent skin, which is also bruised or torn easily and slow to heal.

Dark spots are observed as brown or red. Brown spots are toxins from the liver and Red Spots may be either:

1. **Excessive Estrogen in the body** – The former generally appears on the skin covering the chest, abdomen and intestines and arms and appear as singular Red spots, rather than many Red spots appearing close together.
2. **Blood surfacing to the top of the skin from fragile capillaries and/or veins leaking blood.** The latter generally appears first on the legs, from thighs to ankles and they are many small Red spots observed close together.

Symptoms of aging and unhealthy hair is thinning, balding, graying, dry/oily, frequent hair loss or breakage, rough or dry texture, dull color. This also includes dandruff, scalp sores and/or other skin conditions. Information on identifying the specific causes and improving hair or scalp conditions are included in **Dr. Smith’s Hair Restoration Program**.

When the liver is over-loaded from excessive chemicals and other internal toxins, it is unable to change these toxins to a water soluble substance to be excreted by the kidneys, so the body attempts to remove them through the skin and hair. After all, the skin is the largest eliminating organ in the human body and referred to as the third kidney. Anything that adversely affects the skin adversely affects the kidneys and vice versa.

Because the lower parts of the hair, in time, falls away from the body as new hair grows, the hair is also another back-up for the body to remove toxins. Heavy metals are removed through the hair and the skin is generally used for other toxins when the body is unable to use the normal elimination pathways (liver, kidneys/bladder, intestines) to remove toxins.



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Over-loaded, toxic, congested and infected liver and kidneys leads to a myriad of illnesses and diseases, in addition to rapid aging internally and externally. .

The good news is that because of my own personal desire to maintain the health of my skin and hair and to help our clients, I have discovered solutions to all of the above. Through my own research, I have found skin and hair products that are safe and effective. I have also written a “**Natural Beauty**” pamphlet that provides recipes for making your own skin and hair care products using whole foods and herbs. I have personally made and used these for years with excellent results. Why did I make my own? I did this for decades because:

1. I could not find any hair or skin products that met my **Product Evaluation Criteria**, until I found those I use now and market to my clients, and I did not want to use anything on my hair or skin that would cause damage or rapid aging and
2. I enjoyed making my own products.

Label-Reading: When reading the ingredients listed on a container to find products that you want to use, you are looking first for whole food ingredients, which are also easiest to understand or identify when label-reading. In other words, essential oils, foods, plants, and herbs, such as Chamomile (herb), Lemon (food), and Flax Oil (Essential oil), Then whether the whole food ingredients will do what they were designed for is dependent upon other factors, like purity and potency, and the formulation -- the synergistic, inter-relationship and sum (or total) effect from all the different ingredients selected to create the formula..

Toxic substances in personal care products applied to the skin or hair will cause liver and kidney toxicity and dysfunction, leading to a myriad of health challenges and diseases. Anything adversely affecting the function of the liver, kidneys and intestines adversely affects every cell, tissue, organ and gland of the body.

Lastly, I have included in this article is a “**Reading List**” of some key books to enhance the information in this document. For example, in the list are some books that provide more information about each of the toxic substances I have included here, as well as listing and providing information on other toxic substances that are not included in this “most frequently used”: toxins listing. .

You can also do an internet search on any of the toxins listed in this document to obtain more information or search for information on an ingredient listed on your product container but not listed in this document.



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CHEMICALS IN ORAL AND TOPICAL HORMONE REPLACEMENT

Chemicals in hormone replacement products are used to provide a base or to bind, preserve or stabilize the hormones in hormonal Progesterone and/or Estrogen creams and pharmaceutically-compounded bio-identical hormone creams, tablets, pellets or capsules. Chemicals may also be in some plant-derived hormonal supplements. Symptoms from chemicals in these hormonal preparations include, but are not limited to, over-all body itching, liver and kidney dysfunction.

The most common symptom includes skin irritations where the creams were applied due to a build-up of these toxic chemicals in the skin sites, such as pain in the wrist or thighs after several weeks or months of application. Hormonal substances that do not get metabolized collect in the liver. This adversely affects liver function and the liver can sporadically release bio-unavailable (unusable) hormones into the body, which interfere with bio-available hormones. This disrupts hormone balance and metabolism.

Topical hormones (creams) present another challenge. It is easy to apply more than the required dosage. For example, when applied using the fingers, additional hormone is absorbed through the fingers. The amount absorbed cannot be measured making it difficult to monitor dosage, and over-dosing is common. What typically occurs is the person using the cream feels initial symptom relief, however, 6-8 months later, due to over-dosage and chemicals additives, symptoms resurface from toxicity and excessive hormone imbalance, instead of their original cause of hormone deficiency. Sometimes symptoms are worse than before starting the hormonal or bio-identical preparations.

Symptoms of hormone imbalance whether caused from deficiency or excess, include, but are not limited to: itching, hot flashes, night sweats, depression, mood swings, anxiety, migraines or other types of headaches, cramping, irregular periods, spotting, excessive bleeding, clotting, etc.

TOXIC SUBSTANCES IN PERSONAL & HORMONE PRODUCTS

Labels for “Natural” or “Herbal” Products May Not Be 100%

Because a product is labeled “Natural Ingredients” does not mean it is true. A product can have less than 1-2% of an herb, food or other “natural” plant and still be allowed to label itself as natural or herbal, though the other 98% to 99% are chemicals, metals, or nutritional drugs (synthetic or isolated vitamins and minerals).

My original intention with this document was to simply list the names of the most frequently used toxic substances in skin, hair, nails and hormone products, for a quick reference list. However, if you are like me, you want to know why these substances are toxic or how they harming the mind and body when you use products that contain them. Therefore, I have included a brief explanation or have categorized the toxic substances to help you understand some key facts about them.



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The Eight Most Frequently Used Chemicals

1. Propylene Glycol

This is a cheap petrochemical used as a emulsifying base in creams and lotions to make the skin look smooth, a carrier for oils, but ultimately it ages the skin faster. The Material Safety Data Sheets tells you to avoid skin contact with Propylene Glycol because it is a skin irritant. This is used in anti-freeze in breweries and the dairy industry. It can be absorbed through your skin and potentially cause allergic reactions, and liver and kidney damage. This also includes alcohol.

2. Sodium Lauryl Sulfate (SLS)

This harsh, caustic detergent is used because it is cheap and suds well. It is used as an engine degreaser and garage floor cleaner. Research shows SLS has a degenerative effect on cell membranes and denatures protein in skin and hair. SLS can corrode hair follicles and inhibit hair growth, contributing to hair loss. SLS has the potential to cause cataracts (through skin absorption, even without direct eye contact). SLS can denature the protein of the eyes and delay the healing time of the eyes. From skin contact, SLS can be absorbed into your circulation and concentrate in your organs, such as heart, liver or brain. This is potentially dangerous since SLS is a mutagen.

3. Fragrance

When the word “fragrance” is listed on a label, it means a synthetic fragrance made in a test tube from any of over 200 synthetic chemicals. These “fragrance” chemicals, which can bio-accumulate in your organs, can cause many symptoms, such as headaches, lung problems, skin irritation, dizziness, memory impairment, rash, hyper-pigmentation, vomiting, even potential brain damage, etc. They are very cheap, toxic imitations of real herbal scents.

4. Mineral Oil

This cheap, petroleum-based oil clogs the skin’s pores and enlarges them, leading to poor, saggy skin. It decreases the ability of the skin cells to exchange nutrients and waste products. Those allergic to petroleum products may develop skin irritations.



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5. Parabens (Propyl, Methyl, Butyl or Ethyl)

These cheap preservatives are used to inhibit microbial growth in skin care or hair products, even though they are known to be highly toxic. They have caused many allergic reactions and skin reactions.

6. Imidazolidinyl and Diazolidinyl Urea

These are the most commonly used preservatives after the parabens. They are an established cause of contact dermatitis (American Academy of Dermatology) and release formaldehyde, which is toxic.

7. Synthetic Colors

Synthetic colors are used in skin and hair care products to make them colorful. Avoid them at all costs, along with hair dyes (with the exception of some henna products). They can cause allergy, skin and nerve problems. Coal-tar dyes are labeled as FD&C or D&C, followed by a number or color, such as Red #6. Synthetic colorings and dyes are Carcinogenic.

8. Triethanolamine (TEA)

Often used in the base of the product and to adjust the pH. TEA causes allergic reactions including eye problems, dryness of hair and skin, and can be toxic, when absorbed into the body over time.



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CHEMICALS THAT AGE THE SKIN FASTER

The following chemicals age the skin faster and when absorbed by the body can lead to a number of distressing symptoms, including adversely affecting liver and kidney function:

1. **Drying Agents**
2. **Cheap, synthetic oils**, such as Hydrogenated Palm or Vegetable oils.
3. **Benzene**
4. **Carbomer 940**
5. **Polysorbate 60**
6. **Stearal Konium Chloride**
7. **PEG 8 Stearate or other PEGs #**

Additional Note About Drying Agents:

Drying Agents, like Alcohol or any chemical that has a word preceding or following it, like Cetyl Alcohol or Alcohol Denat are still alcohol substances. Glycol is an alcohol substance, too.

Alcohol kills skin cells. People often use alcohol to disinfect a skin cut or wound, however, fresh-squeezed Lemon Juice is all that is needed as it is the strongest antiseptic, yes, stronger than alcohol. Lemon also stings when applied to a cut or open wound just like another substance. Actually, it is not really the substance but the exposed inner flesh is going to react with a stinging effect no matter what is applied to it. . .



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OTHER TOXIC CHEMICALS TO AVOID IN SKIN/HAIR PRODUCTS

Alcohol

A main ingredient in astringents, facial cleansers, liquid soaps and lotions. It makes your skin feel cool and refreshed, yet is very damaging. While it cleans, it strips away the natural oils protecting the skin cells beneath the outer layer. After the skin's surface has been stripped, it takes up to twenty or more hours to reset its oil base. Long term use of alcohol dries the skin and creates a dependency for moisturizers.

Acetate or Acetones

A chemical solvent often used as a nail polish remover and paint thinners.

Alpha Hydroxy Acid (AHAs)

Alpha Hydroxy Acid (AHAs) Fruit acids commonly used for acne, wrinkle reduction and exfoliation. AHAs remove the outermost layer of the skin to stimulate the cells in the lower layers to grow and divide. When overused, AHAs destroy the vital lipid layer that binds skin cells together. Long term, irreversible skin damage may result from its use.

Animal Fat (Tallow) - A type of animal tissue made up of oily solids or semisolids that are water-insoluble esters of glycerol with fatty acids. Animal fats and lye are the chief ingredients in a bar of soap; a cleaning and emulsifying product that may act as a breeding ground for bacteria.

Benzoic Acid

Benzoic Acid is rated 100% hazardous to the body, and environment, and often begin with skin redness and irritation. Other forms of Benzoic Acid are Benzenecarboxylic acid; benzeneformic acid; phenyl carboxylic acid, phenyl formic acid, dracylic acid.

Butane

An Aerosol propellant. Flammable and in high doses may be narcotic or cause asphyxiation. Often used as a humectant (butane-2,3-diol) to trap moisture. Commonly found in shaving cream, mousse products, conditioner, lip stick, and more.



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Collagen

An insoluble fibrous protein that is too large to penetrate the skin. The collagen found in most skin care products is derived from animal skins and ground up chicken feet. This ingredient forms a layer of film that may suffocate the skin.

DEA, MEA, TEA.

Diethanolamine (DEA), Monoethanolamine (MEA), and Triethanolamine TEA) are hormone-disrupting chemicals known to form nitrates and nitrosamines, often in conjunction with other chemicals present, ie. Cocamide DEA, or Lauramide DEA. They are almost always in products that foam: bubble bath, body wash, shampoo, soap, facial cleanser. They also cause allergic reactions, irritate the eyes and dry the hair and skin. Can be carcinogenic, especially to the kidneys and liver.

Diethyl Phthalate

Diethyl Phthalate is a reproductive toxin that has been known to affect the development of children, yet is so prevalent that repeated studies by the Centers for Disease Control and Prevention found phthalates in the urine of nearly every test subject. Unfortunately, phthalates aren't always included in ingredient lists; typically they're referred to as "fragrance" in perfume, hair spray and deodorant.

Dibutyl Phthalate (DBP)

Dibutyl Phthalate (DBP) is a reproductive toxin that is banned in Europe because of its links to birth defects. This is often found in nail polish.

Elastin

Comes primarily from cows and birds. It is a protein similar to collagen that is the main component of elastic fibers. Its effect on the skin is similar to collagen.

Fluorocarbons

A colorless, non-flammable gas or liquid that can produce mild upper respiratory tract irritation. Fluorocarbons are commonly used as a propellant in hairsprays and shaving creams.

Formaldehyde

Formaldehyde is a known carcinogen that is, also, responsible for staining fingernails yellow. This is often found in nail polish, too. Formaldehyde is a toxic, colorless gas that is an irritant and a carcinogen. When combined with water, formaldehyde is used as a disinfectant or



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preservative. Formaldehyde is found in many cosmetic products, conventional nail care systems and some toothpaste.

- **Quaternium-15, DMDM Hydantoin, Imidazolidinyl Urea and Diazolidinyl Urea**
Over time, these chemicals release formaldehyde into the body.

- **Imidazolidinyl Urea and DMDM hydantoin**

These formaldehyde-forming preservatives can cause joint pain, allergies, depression, headaches, chest pain, chronic fatigue, dizziness, insomnia and asthma. Can also weaken the immune system and can even cause cancer. Found in skin, body and hair products, antiperspirants and nail polish. Two trade names for these chemicals are Germall II and Germall 115.

Fragrance

When the word “fragrance,” is listed on a label, it means a synthetic fragrance is made in a test tube from any of over 200 synthetic chemicals. These “fragrance” chemicals, which can bio-accumulate in your organs, can cause many symptoms, such as headaches, lung problems, skin irritation, dizziness, memory impairment, rash, hyperpigmentation, vomiting, even potential brain damage and more. They are very cheap, toxic imitations of real herbal scents. “Fragrance” is found in everything from shampoo, perfume, soap, baby lotion, sunscreen, scented candles, and more.

Lanolin

A fatty substance extracted from wool, which is frequently found in cosmetics and lotions. Lanolin is a common skin sensitizer that can cause allergic reactions, such as skin rashes.

Lye

A highly concentrated watery solution of sodium hydroxide or potassium hydroxide. Lye is combined with animal fats to make bars of soap, which may corrode and dry out the skin.

Mineral Oil

A derivative of crude oil (petroleum) that is used industrially as a cutting fluid and lubricating oil. Mineral oil forms an oily film over the skin to lock in moisture, toxins and wastes, and hinders normal skin respiration by keeping oxygen out. Those allergic to petroleum products may develop skin irritations.



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Padimate-O (octyl dimethyl, PABA)

Found mostly in sunscreens. Like DEA, a nitrosamine-forming agent. There's concern that the energy absorbed by this sunscreen is then turned into free radicals, which may actually increase the risk of skin cancer.

Parabens (Methyl, Propyl, Butyl, and Ethyl)

These preservatives are used to inhibit microbial growth in skin care or hair products even though they are known to be highly toxic. They have caused many allergic reactions and skin reactions.

Petrolatum

A petroleum-based grease that is used industrially as a grease component. Petrolatum exhibits many of the same potentially harmful properties as mineral oil.

Propane

Aerosol propellant. Is flammable and in high doses may be narcotic. Usually found in shaving cream, mousse, hair conditioners and makeup.

Propylene Glycol

A cosmetic form of mineral oil found in automatic brake and hydraulic fluid and industrial antifreeze. In skin and hair products, propylene glycol works as a humectant, which is a substance that retains the moisture content of skin or cosmetic products by preventing the escape of moisture or water. Material Safety Data Sheets (MSDS) warn users to avoid skin contact with propylene glycol as this strong skin irritant can cause liver abnormalities and kidney damage. When you see PEG (polyethylene glycol) or PPG (polypropylene glycol) on labels, beware – these are related synthetics.

PVP/VA Copolymer

A petroleum-based ingredient used in hairsprays.

Sodium Lauryl Sulfate (SLS)

Harsh detergents and wetting agents used in garage floor cleaners, engine degreasers and auto cleaning products. SLS is well-known in the scientific community as a common skin irritant. It is rapidly absorbed and retained in the eyes, brain, heart and liver, which may result in harmful long-term effects. SLS could retard healing, cause cataracts in adults, and prevent



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proper eye development in young children. SLES is the alcohol form (ethoxylate) of SLS. It is slightly less irritating than SLS, but may cause more drying. Both SLS and SLES may cause potentially carcinogenic formations of nitrates and dioxins to form in shampoos and cleansers by reacting with other ingredients. **Large amounts of nitrates may enter the blood system from just one shampooing.**

Synthetic Colors and Dyes

Synthetic colors are used in skin and hair care products to make them colorful. Avoid them at all costs, along with hair dyes (with the exception of some henna products). They can cause allergy, skin and nerve problems. Coal-tar dyes are labeled as FD&C or D&C, followed by a number or color, such as Red #6. Synthetic colorings and dyes are Carcinogenic.

Talc

A mineral used in some personal hygiene and cosmetic products. Inhaling talc may be harmful as this substance is recognized as a potential carcinogen.

Toulene

Toulene affects the central nervous system and can cause headaches, also used in nail polish.

TOXIC METALS TO AVOID IN SKIN/HAIR PRODUCTS

Below is a list of a few Toxic Heavy Metals commonly found in personal hair, skin and nail products. However, all metal-containing personal products should be avoid as they are all toxic.

1. **Titanium**, Titaninum Oxide and other forms of Titanium, often used in mascara.
2. **Thimerosal**, a preservative derived from mercury, preservative derived from mercury, which has been known to cause brain damage at low levels.
3. **Aluminum, Magnesium Aluminum Silicate** or you may read "Alum," preceded or followed by other chemical names. Synthetic Aluminium Chemicals—Aluminium Chlorhydrate and Aluminium Zicarnium are generally marketed as anti-perspirants and are designed to block the pores from releasing sweat.



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Aluminum is associated to Alzheimer's Disease, a brain disorder, and diseases. Aluminium is suspect as a contributor to breast cancer. Aluminum, unfortunately, is still used as cookware and in packaging prepared meals and foods, too.

PARCHMENT PAPER - Healthier Alternative To Aluminum Foil:

Because Aluminum is mentioned in this educational document on toxic substances, it is appropriate to share a healthier alternative to using Aluminum Foil. Aluminum should not touch the food we eat, much less the food be cooked or heated inside of Aluminum, yet many companies are still packaging their products with Aluminum Foil. In case you are not aware, you do not want to use Aluminum cookware either. Therefore, avoid eating or cooking any food from aluminum cookware or packaging.

Parchment paper is a healthier alternative or replacement for Aluminum Foil for baking. When using our Dutch Oven (rather than a Microwave) to bake, broil or heat food, we lay Parchment Paper over the oven tray before sitting it on the grill shelf and then lay food on top of the Parchment Paper.

When baking whole potatoes, traditionally, I was taught to run a knife through a few places around the potato, then wrap it in Aluminum Foil and put it in the oven or toss in fire when camping. We still do the above, except now we wrap each potato with a double layer of Parchment Paper then cover the Parchment Paper with Aluminum Foil to hold the Parchment Paper in place since it is not a "wrapping" paper.

AVOID SYNTHETIC & ISOLATES OF VITAMIN AND MINERAL

The last substances to avoid in skin, hair and hormonal products are synthetic and isolated vitamins and minerals. When you read a list of vitamins and minerals in the Ingredients section of the container, it is important to investigate further to know the source of them, especially if you cannot tell by the name of the vitamin whether it is synthetic or a isolate. (Isolates are defined on Page 1.)

For example: **Ascorbic Acid** is an isolate (misleadingly referred to as Vitamin C) and any of its form, such as an ingredient that precedes or follows the term **Ascorbyl**. For example: **Ascorbyl Methylsilanol Pectinate**.

It is important to note that most information you read in books or on the internet about Ascorbic Acid, Ascorbyl forms, etc. state it is a stable antioxidant. When studied in a lab, it is,



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when in the human body, it is not. Ascorbic Acid interferes with whole food Vitamin C metabolism and inside the body actually becomes pro-oxidant, not anti-oxidant, which causes Vitamin C deficiency.

In hair and skin products, you will also notice the ingredients listed isolated forms of minerals. Here are some examples of Isolated forms the Essential Nutrient Minerals Sodium, Magnesium, Phosphorus and Copper:

- Magnesium Palmitoyl
- Sodium Palmitoyl Sarcosinate,
- Zinc Oxide,
- Copper Gluconate ,
- Phosphates,
- To name a few.

READING LIST

1. **Natural Beauty** –an information rich pamphlet on how to make your own natural beauty skin and hair care products using foods and herbs. Cost is \$25. To order: call (940) 761-4045.
2. **Drop-Dead Gorgeous – Protecting Yourself from the Hidden Dangers of Cosmetics**” by Kim Erickson. Women, unknowingly, are aging and dying prematurely for the sake of beauty.
3. **A Consumer’s Dictionary of Food Additives** by Ruth Winter. This lists and explains chemicals used as additives and preservatives in our foods and cosmetics. Why? so they will not spoil, and thus reach their expiration date, before the manufacturer is able to sell them.
4. **Crazy Makers - How the Food Industry Is Destroying Our Brains and Harming our Children** by Carol Simontacchi. We have more children on **Ritalin** and more adults on **Prozac** and other anti-depressant, mind-altering drugs than any other time in history.

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TOXIC PERSONAL CARE PRODUCTS

(Chemicals, Metals & Other Toxins In Skin, Hair & Hormone Products)

By Dr. Donna F. Smith

ABOUT DR. SMITH

Dr. Donna Smith has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine, the largest chiropractic magazine in the United States.**

Some of her best selling e-books has been listed below. She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University, Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.**

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care providers, and a Dietary Plan, which is a list of foods selected for the food chemistry's positive effect on the individual's biochemistry, which is also based on test results.

Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers**, who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 36 U.S. States and five international countries.

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at Services@AdvancedClinicalNutrition.com. Meanwhile, please browse www.AdvancedClinicalNutrition.com to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide



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presentations. You may also view Dr. Smith's TV Shows and videos on [YouTube.com/DrDonnaFSmith](https://www.youtube.com/DrDonnaFSmith), post questions on her blog at DrDonnaSmith.blogspot.com and follow her on [Twitter.com/DrDonnaSmith](https://twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](https://www.facebook.com/DonnaFSmithPhD).

E-BOOKS BY DR. SMITH

- **Anti-Aging Personal Care Program (Hair, Skin, and Nails)** – Over 200 Pages
- **Comprehensive Holistic Dental Health Program** – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (**169 pages** – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- **Fibromyalgia – A Clinical Nutrition Syndrome** (70 Pages).
- **Dr. Smith's Hair Restoration Program [Anti-Grey and Hair & Scalp Solutions]** - (69 Pages).
- **Lyme's Disease – Clinical Nutrition Approach to Healing** (32 Pages).
- **15 False Assumptions the Public Makes About Food Supplements** – (15 Pages)

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision regarding your health care.