



TOXIC PERSONAL CARE PRODUCTS

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

By Dr. Donna F. Smith

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. Soon you will have the information you need to determine if the ingredient that are being advertised on the container is a toxic chemical, metal, or a vitamin or mineral isolate, with some exceptions.

An **Isolate** is a vitamin or mineral that has been isolated (or extracted) from a whole food, herb or plant, while leaving the other ingredients that the mind and body requires to metabolize, absorb, transport and assimilate that vitamin or mineral. 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 applied in a skin or hair care product or taken orally as a supplement. Isolates have an adverse affect 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.

Chemicals 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-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 eight most frequently used chemicals, as well as other commonly used chemicals, metals, and isolates in skin and hair 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. One skin color pigment change is dark spots (also called liver spots) and another is that transparent, thin skin that is easily bruised or torn, so often seen in our elderly.

Symptoms of aging and unhealthy hair is thinning, balding, graying, dry/oily, frequent hair loss or breakage, rough or dry texture, dull color. **Ask for Dr. Smith’s Hair Color Restoration Program.**



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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. After all, the skin is the largest eliminating organ in the human body and referred to as the third kidney. Also, anything that adversely affects the skin adversely affects the kidneys and vice versa. Over-loaded, toxic, congested and infected liver and kidneys leads to a myriad of illnesses and diseases, in addition to rapid aging.

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 used these for years with excellent results.

As a rule, ingredients that are easy to understand, like essential oils, foods, plants, and herbs, such as Chamomile, Yarrow, etc., are the safest and healthiest ingredients. 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. Anything adversely affecting the liver and kidneys 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 that list other chemicals found in our food, skin, hair and hormonal products and explains specifically how these chemicals are damaging the hair, skin, nails, overall mind and body function and hormone imbalance.

PURPOSE OF AND SYMPTOMS FROM 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



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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.

LIST OF CHEMICALS, METALS, VITAMIN & MINERAL ISOLATES USED IN SKIN, HAIR, NAIL AND HORMONE PRODUCTS

Because a product is labeled “Natural Ingredients” does not mean it is true. My original intention was to list the names of the most frequently used chemicals, metals, and isolates, used in skin, hair, nail and hormone products, for a quick reference list. However, if you are like me, you want to know why these chemicals are toxic and how they harm the mind and body. Therefore, I have provided additional information on some, but not all, listed. An internet search or a dictionary of chemicals will provide information for the others. Refer to my **Reading List (Page 6)** for a list of books on chemicals I recommend to clients, which I have found useful and easy to reference.

The Eight Most Frequently Used Chemicals Include:

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. Used in antifreeze in breweries and 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,



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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.
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. Synthetic colors are labeled as FD&C or D&C, followed by a number or color, such as Red #6.
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.

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**, like Alcohol or any chemical name that has a word preceding it, like Cetyl Alcohol or following it, like Alcohol Denat. is still an alcohol substance. 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. Glycol is an alcohol substance, too.
2. **Cheap, synthetic oils**, such as Hydrogenated Palm or Vegetable oils.
3. **Other chemicals that age the skin faster may include:**
 - a. Benzene,
 - b. Carbomer 940,
 - c. Polysorbate 60,
 - d. Stearyl Konium Chloride,
 - e. PEG 8 Stearate or other PEGs #



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OTHER TOXIC CHEMICALS TO AVOID IN SKIN/HAIR PRODUCTS:

1. **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, dracrylic acid.
2. **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.
3. **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.
4. **Toulene** affects the central nervous system and can cause headaches, also used in nail polish.
5. **Formaldehyde** is a known carcinogen that is, also, responsible for staining fingernails yellow. This is often found in nail polish, too.
6. **Quaternium-15, DMDM Hydantoin, Imidazolidinyl Urea and Diazolidinyl Urea** – over time, these chemicals release formaldehyde into the body.
7. **Acetate or Acetones** – used as a nail polish remover.

TOXIC METALS TO AVOID IN SKIN/HAIR PRODUCTS – to name a few:

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

PARCHMENT PAPER - HEALTHIER ALTERNATIVE TO REPLACE ALUMINUM FOIL:

Parchment paper is a healthier alternative to replace foil for baking. Whole potatoes are traditionally covered with aluminum foil before baking. Parchment paper does not hold a wrapping position, so a healthier alternative is to wrap potatoes with a double layer of parchment paper and then cover the parchment paper with foil so the aluminum does not come in direct contact with the food. Avoid eating or cooking any food from aluminum cookware or packaging.

AVOID VITAMIN AND MINERAL ISOLATES

The last substances to avoid in skin, hair and hormonal products are isolated vitamins and minerals. (Isolates are defined on Page 1.) Examples are: **Ascorbic Acid** (misleadingly referred to as



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Vitamin C) or any of its form, such as an ingredient that precedes or follows the **Ascorbyl**. For example: **Ascorbyl Methylsilanol Pectinate**- it is important to note that most information on this states it is a stable antioxidant. When studied in a lab, it is, when in the human body, it interferes with whole food Vitamin C metabolism and becomes pro-oxidant, not anti-oxidant, which causes Vitamin C deficiency.

Isolated minerals used in skin and hair products are Sodium, Magnesium, Phosphorus and Copper, to name a few. For example: **Magnesium Palmitoyl or Sodium Palmitoyl Sarcosinate, Zinc Oxide, Copper Gluconate, Phosphates**, etc.

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.

Advanced Clinical Nutrition (A.C.N.)

Dr. Donna F. Smith

(940) 761-4045

Email: Services@AdvancedClinicalNutrition.com
www.AdvancedClinicalNutrition.com



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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.**

She also writes nutrition and health related e-books, e.g. "**Fibromyalgia – A Clinical Nutrition Syndrome**" (50-Page PDF), "**Dr. Smith's Hair Color Restoration Program – Anti-Grey Solutions**" (57-Page PDF), and "**Anti-Aging – Personal Care Program (Hair, Skin, Nails, Teeth and Gums)** [14-Page PDF].

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,



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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 presentations. You may also view Dr. Smith's TV Shows and videos on YouTube.com/DrDonnaFSmith, post questions on her blog at DrDonnaSmith.blogspot.com and follow her on Twitter.com/DrDonnaSmith and Facebook.com/DonnaFSmithPhD.

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