

# Are Harmful and Carcinogenic Ingredients in your home?

Come and join us as Stacey Kimbrell, author of Living Balance talks TOXINS!

Products we use daily contain toxic chemical ingredients that are absorbed through the skin, inhaled or ingested? These chemicals are linked to cancer, birth defects, learning disabilities and other health problems. These chemicals are in baby products, lotion, shampoos, deodorant, make-up, food, drinks and cleaning products. None of us uses just one product a day - and small amounts of toxins can add up significantly enough to do harm.

**Mineral Oil** is baby oil, a petroleum product that coats the skin just like plastic wrap. The skin's natural immune barrier is disrupted and prohibits your skin from breathing and absorb (moisture and nutrition) and keeps toxins lock in.

**Propylene Glycol (PG) (PEG) (PROPANEDIOL, DIHYDROXYPROPANE, METHYLETHYLENE GLYCOL, PROPANE)** as a wetting agent and solvent, this ingredient is actually the active component in antifreeze. There is no difference between the PG used in industry (brake & hydraulic fluid, paint, floor wax) and the PG used in personal care products. It is used in industry to break down protein and cellular structure (what the skin is made of!)

**Imidazolidinyl Urea & DMDM Hydantoin** - These release *formaldehyde* into your body which strips your immune system, irritate the respiratory system, skin reactions, trigger heart palpitations, and cancer in humans.

**Bronopol** - (2-bromo-2-nitropropane-1,3-diol) may break down in products into formaldehyde and also cause the formation of carcinogenic nitrosamines under certain conditions.

**Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES)** Used as detergents and surfactants, SLS and SLES can cause malformation in children's eyes, and damage to the immune system, especially within the skin. When combined with other chemicals, can be transformed into nitrosamines, a potent class of carcinogens, Other studies have indicated that SLS easily penetrates the skin and maintains residual levels in the heart, the liver, the lungs and the brain.

**DEA (diethanolamine), MEA (momoethanolamine), TEA (triethanolamine)** -These are hormone disrupting chemicals and are known to form cancer causing nitrates and nitrosamines. DEA and MEA are readily absorbed in the skin.

**1,2, 1,4-Dioxane** contain surfactants or detergents such as ethoxylated alcohols, polysorbates, and laureths. Highly volatile and easily inhaled and absorbed through the skin.

**Parabens** - (methyl-, ethyl-, propyl-, butyl-, isobutyl-) which weaken estrogenic effects, A study found that butyl paraben damaged sperm formation in the testes of mice. Parabens break down in the body into p-hydroxybenzoic acid, which has estrogenic activity in human breast-cancer cell cultures.

**Artificial Colors, Dyes & Coal Tar** is a known human carcinogen, shown to cause cancer not only when ingested, but also when applied to the skin. Some artificial **coal tar** colors contain heavy metal impurities, including arsenic and lead.

**Talcum Powder- TALC**, is a carcinogenic. and associated with increased risk of ovarian and lung cancer.

**Chlorine**- Exposure to chlorine in tap water, showers, pool, laundry products, cleaning agents, food processing, sewage systems and many others, can effect health by contributing to asthma, hay fever, anemia, bronchitis, circulatory collapse, confusion, delirium diabetes, dizziness, irritation of the eye, mouth, nose, throat, lung, skin and stomach, heart disease, high blood pressure and nausea. It is also a possible cause of cancer.

**Fragrance** - The catchall term "fragrance" may mask phthalates, which act as endocrine disruptors and may cause obesity and reproductive and developmental harm. Avoid phthalates by selecting essential-oil fragrances instead. Many of the compounds in fragrance are carcinogenic or otherwise toxic and up to 4,000 separate ingredients.

**Antibacterials** - Overuse of antibacterials can prevent them from effectively fighting disease-causing germs.

**NEUROTOXINS- Avoid.** cause neurological damage, affects brain development, altered function & behavioral changes, dizziness, headaches, epileptic-like seizures, itching, nausea, nervous system and reproductive disorders, high blood pressure, passing from pregnant mothers to their unborn child. In any age it, and menstrual problems, and weight gain.

- **Lead, Aluminum & Mercury** – Neurotoxins that caused brain damage, found in vaccinations.
- **Aspartame NutraSweet, Equal, sucralose (Splenda), neotame, saccharin, Sweet 'N Low, Sweet One, acesulfame-k, Sunette, Sweet-n-Safe**, It breaks down in the body to phenylalanine (a neurotoxin that cause seizures), aspartic acid (damages the developing brain) & methanol (turns into formaldehyde).
- **Monosodium Glutamate, MSG, 622, Autolyzed Plant Protein, Autolyzed Yeast, Calcium Caseinate, Gelatin, Glutamate, Glutamic Acid, Hydrolyzed Oat Flour, Hydrolyzed Plant Protein (HPP), Hydrolyzed Protein, Hydrolyzed Vegetable Protein (HVP), Monopotassium Glutamate, Monosodium Glutamate, Natrium Glutamate, Plant Protein Extract, Sodium Caseinate, Textured Protein, Yeast Extract, Yeast Food or Nutrient.**

For more information please visit [LivingAnointed.com](http://LivingAnointed.com) or call Stacey Kimbrel 810.423.5721