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Warnings About Additives and Chemicals Used in Personal Care Products

Sulfites in Wine Destroy Thiamine
That sulfites destroy thiamine has been known since 1935 (Williams et al, 1935) from: *Food Additives*, Second Edition, edited by A. Larry Branen, University of Idaho, R. Michael Davidson, University of Tennessee, Seppo Salminen, University of Turku, Finland, and John H. Thorngate III, University of California, published by Marcel Dekker, Inc.

Thiamine plays an important role in maintaining a healthy nervous system and improving the cardiovascular functioning of the body. Deficiency symptoms include weakness, irregular heart rate, emotional disturbances (e.g. night terrors and panic attacks) and Wernike encephalopathy (memory loss, confusion, problems with voluntary movement and eye abnormalities).

Sulfite is also found in dried fruit (read labels carefully).

Aspartame is a Neurotoxin

Splenda Contains Chlorine and is Made With Formaldehyde
Splenda is a sucralose-based sweetener originally intended to be a pesticide. It was discovered in 1976 by British scientists from Tate & Lyle, working with researchers Leslie Hough and Shashikant Phadnis.


Chlorine is in the Halogen family and can take the place of iodine on iodine receptors in the body. See: “Bromines: Avoid This if You Want to Keep Your Thyroid Healthy,” Mercola.com, September 5, 2009 at http://articles.mercola.com/sites/articles/archive/2009/09/05/another-poison-hiding-in-your-environment.aspx.

Soy
Soy is much more than an additive. An estimated 70% of foods found on supermarket shelves contain soy (Wendy Priesnitz, Editor of *Natural Life* Magazine). Soy dangers are summarized on the Soy Alert page found on the Weston A. Price Foundation Web site at http://www.westonaprice.org/soy-alert.
Propylene Glycol
Read labels of all products you consume and use on your body. For example, propylene glycol, used in antifreeze, occasionally shows up in foods and is widely used in cosmetics and personal care products. Note: I was surprised to find propylene glycol in Kiss My Face products sold in health food stores.


Fluoride
The Fluoride Action Network at fluoridealert.org is a wonderful resource for material that describes dangers associated with fluoride.

- Do not drink, or use tap water that contains fluoride
- Do not use fluoride toothpaste

Sodium Lauryl Sulfate (SLS)
SLS is a foaming agent used in personal care products such as shampoo and toothpaste. See: “Deadly and Dangerous Shampoos, Toothpastes, and Detergents: Could 16,000 Studies Be Wrong About SLS?” at http://articles.mercola.com/sites/articles/archive/2010/07/13/sodium-lauryl-sulfate.aspx.

Tom’s of Maine and Weleda are both free of SLA. I use glycerin soap (pH neutral) on my hair and skin. See: “Are We Using the Wrong Soap?” at http://articles.x10.mx/soap.html.

Aluminum
Aluminum chlorohydrate is a wetness protection ingredients approved by the Food and Drug Association for use in over the counter underarm antiperspirant products. Aluminum is an electronegative metal that should not be used on the body. Parasites thrive in alkalinity (chemistry) which is electronegative (physics).

See Hulda Clark’s comment about metal accumulation in the body in my article about metal pans “Are We Using the Wrong Pans?” at http://articles.x10.mx/metal_pans.html and the names of scientists who warn about alkalinity “Scientists Who Say Parasites Thrive in Alkalinity” at http://articles.x10.mx/parasites_alkalinity.html

Finding an effective deodorant that does not rely on aluminum chlorhydrate can be challenging. I like Earth Science Liken Plant deodorant.