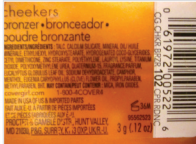


Parabens... it's a scary world out there.
What you need to know now to keep you
living longer

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We check the ingredients in our food these days to the point we can recite off-hand whether it is organic, free range, cage free, vegan, or vegetarian. But do we check what goes into the concealer we put on our face each day, or the hand lotion we conveniently have in every square foot of our house? If you are anything like me the answer is no. And the scary thing is, more than likely these common products have a few of manufactures' favorite things: parabens, phthalates, and petroleum. These beauties have been linked to infertility, feminization of baby boys, and CANCER (breast cancer, lung cancer, ovarian cancer). And hunny... that is NOT Glamours.



I began to become aware of what parabens were after using products from the company [Shobha](#), an all natural hair removal salon in NYC. I discovered that for the first time my sensitive skin not only didn't have an allergic reaction to the products, but also began to heal. The products actually soothed my skin making it glow, and get this, they worked long term! Team member's of Shobha, stated the reason I probably didn't have a reaction is because none of the products they sell contain parabens, which are hugely linked to cancer. In fact their motto is, natural products will bring natural reactions, which should be nothing.

Simple, right? Sadly, most companies disagree. Chemicals are placed in products for preservation, which means more money is made and less money is spent replenishing stock. Parabens, petroleum, even formaldehyde (yep, embalming fluid) are used to preserve our everyday products!

Want to know where these deadly chemicals have been spotted? Take a look:

- They are in Lip Sticks, Lip Gloss, Chapstick
- Conditioners, Shampoos, Shower Gels
- Lotions, Body Butter, Moisturizers
- Scrubs, Nail Polish,
- Mascara, Bronzer, Blush, Eye Shadow,
- Concealers, Foundations,
- Deoderants... to name a few.



And while we are on the subject, **Talc** is another mineral based substance that is related to the carcinogenic asbestos. The toxin causes tumors in the ovaries and lungs. Scary enough, Talc is the main ingredient in baby powder.

So, what's the game plan?

First, let's get educated.

These are the names of the bad boys that are making us sick:

- **Parabens:** Butylparaben, Isobutylparaben, Methylparaben, Propylparaben
- **BHA-** Butylated Hydroxyanisole
- **BHT-** Butylated Hydroxytoluene
- **Coal Tar**
- **Diazolidinyl Urea**
- **Formaldehyde**
- **Hydroquinone**
- **Imidazolidinyl Urea**
- **Lead**
- **MCI-** Methylchloroisothiazolinone
- **Mercury**
- **MIT-** Methylisothiazolinone
- **Petroleum**
- **Phthalates**
- **Talc**

So now we know, but who is going to remember this list while shopping in the real world?

Let me make it simpler while you memorize. Here are some great site that review products that are paraben free and toxin free:

- [The Paraben Free Princess](#)
- [Naturally Dah'ling](#)
- [Breast Cancer Action](#)
- [EWG's Skin Deep Cosmetic Database](#)

And here are some of My Favorite Paraben Free Products, tested and approved by yours truly.

Lemon and Toast Sugar Scrub in Honey Nectar (It smells delicious and a great exfoliant)



doi:10.1371/journal.pone.0142404.g002



Pacifica Tuscan Blood Orange Body Butter (If I could eat it I would, it smells that yummy)



Shobha Ingrown Relief Lotion (great for soothing skin)



*Shobha has also created a Talc-Free Powder to absorb moisture that can be used as baby powder

Lastly, take a stand on what goes into your everyday products. Send a letter to Congress at [The Campaign for Safe Cosmetics](#). It takes two seconds to do, but can put a stop to placing lethal chemicals into your everyday life.

Check out my [Links](#) for information on purchasing Broken-Free Products.