

What's In Your Food & Cosmetics!



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There are over 3,000 chemicals and substances legal to be used in the United

States for the preservation, color, texture and flavor of food. While prepackaged foods, lunch meats and so-called diet foods may seem convenient and even possibly a healthy choice, these additives can be harmful and dangerous. Take a look at some common food additives, and the damage they could inflict on you and the people you love.

Aspartame

Aspartame, also called phenylalanine, is found in artificial sweeteners such as Equal and NutraSweet and is used to sweeten diet foods and diet sodas. This product is dangerous, and has an alarmingly long list of adverse side effects varying from a multitude of eye, ear, endocrine, metabolic, neurological and psychiatric illnesses, some so severe to include seizure activity, brain damage, blindness, and brain tumors. While the effects of Aspartame has been studied since 1970, a recent study found that even in the smallest doses, it increases the incidence of brain tumors, lymphomas and leukemia in laboratory rats.

Propyl Gallate

This additive is used to preserve fats and oils, and can often be found in meat products, soups, and vegetable oil. While some scientists may indicate that Propyl Gallate has antioxidant properties, it also may cause cancer. Lab studies have proven that Propyl Gallate causes cancer in laboratory rats. In addition, Propyl Gallate can cause adverse side effects such as skin

and stomach irritation, and constriction to the airway in response to an allergic reaction.

Sodium Nitrite

This substance is used as a preservative in cured meats, such as bacon, ham, hot dogs, luncheon meats, corned beef, smoked fish and other processed meats. Sodium Nitrite can lead to the formation of cancer-causing chemicals called nitrosamines. Nitrosamines have been linked to bladder, colon, esophageal, and gastric cancers.

Monosodium glutamate (MSG)

MSG has long been used to heighten the flavor of packaged foods; almost everything in the average American's kitchen cabinets. Studies have shown that MSG is responsible for causing retinal lesions, brain lesions. It triples the amount of insulin created by the pancreas. Not only has MSG been linked to obesity, cardiac death, headaches, and nausea, it has a known addictive effect.

BHA/BHT

These chemicals are added to foods that contain fats to keep them from becoming rancid. The oxidative characteristics of BHA and BHT (Butylated hydroxytoluene) may encourage the development of tumors. Repeated studies have shown that these chemicals have caused liver enlargement and hepatic lesions. BHT is banned in the United Kingdom, but is still in many products in the US.

Although these substances are legal, they are harmful. However, they can be easily avoided. Be sure to buy fresh uncured meat, organic produce, and foods sweetened with organic cane sugar. You can find these items by cautiously shopping in your grocery store, or in health food stores.

What's in Your Cosmetics?

Personal care products like make up, creams, lotions, soaps, shampoos, conditioners, and hair products are the least regulated products under the FFDC (Federal Food, Drug and Cosmetic Act). They do not require safety testing on products before they reach drug store shelves. Many of these products contain harmful preservatives, and studies have concluded that these products include cancer causing agents.

DEA (Diethanolamine)

DEA is a foaming agent used to create a rich lather in soaps and shampoos, as well as keeping a favorable consistency in lotions and creams. DEA by itself is not especially harmful, but its reaction to other chemicals irrefutably converts it to NDEA, a carcinogen readily absorbed into the skin. It has been linked to stomach, esophagus, liver and bladder cancers. Studies have also shown that DEA inhibits fetal brain development by blocking the absorption of a necessary nutrient, choline.

Parabens

This chemical is used as a preservative, and is most often found in moisturizers, creams, lotions, and to a lesser extent, toothpaste, shaving creams, soaps and cleansers. You will see parabens listed in product ingredients as methylparaben, propylparaben, or butylparaben. Parabens have the dangerous ability to mimic the hormone estrogen. High levels of parabens collect in breast tissue, which plays a strong role in forming cancerous tumors. Parabens can be avoided by using natural products with certified organic ingredients.

Propylene Glycol

Propylene Glycol is added to cosmetics to act as a humectant- something that keeps a product at liquid or semi-solid state. This chemical is a cosmetic form of a mineral oil normally found in brake fluids and antifreeze. It is added to products such as lotions, creams, shampoos, conditioners, liquid soaps, body washes, toothpastes, baby wipes, and deodorants. Propylene Glycol is associated with liver and kidney abnormalities, damage to the central nervous system, skin irritation and dermatitis.

1, 4 Dioxane

Found in eye creams, moisturizers, and hair products, this carcinogenic cosmetic contaminant is generated as a byproduct of a process called ethoxylation. Studies performed by the FDA found that 1,4 Dioxane is quickly evaporates into the skin, and is linked to damage to the central nervous system, liver, lung, kidneys and gallbladder, as well as irritation to the eyes and respiratory tracts. To avoid 1,4 Dioxane, use products certified organic by the USDA, as they do not allow ethoxylation of chemicals in their products.

Sodium Lauryl Sulfate/Sodium Laureth Sulfate

SLS and SLES are detergents used in foaming found in liquid soaps and shampoos, and are instantly absorbed into the skin during application of these products. After continuous application they are retained in organ tissues of the heart, brain and liver. These artificial agents are not metabolized by the liver, which can cause liver toxicity. SLS and SLES are corrosive in nature; the drying effect of these chemicals will cause skin, hair follicle, and eye damage.

These additives and contaminants of personal care products and cosmetics are said to be safe, but laboratory studies say otherwise. Some of these cancer-causing

agents are left on the skin for extended periods of time every day. Accumulations of these agents lead to extremely serious health concerns, which thankfully can be avoided by carefully reading labels, and choosing organic products certified by the USDA.

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