

DANGEROUS CHEMICALS TO BE AVOIDED IN EVERYDAY LIFE



The skin absorbs up to **60%** of the chemicals it comes in contact with - these chemicals enter the bloodstream and flow through, and some are stored in, our vital organs.

The average **woman** uses **12** personal care products containing at least 128 chemical ingredients everyday.

Men use on average **6** products containing 85 chemical ingredients everyday.

We absorb, inhale and ingest many of these chemicals.

The National Institute of Occupational Safety and Health (NIOSH) US analyzed **2983** chemicals used in **personal care products**.

The study demonstrated that:

- 884 were toxic
- 314 caused biological mutation
- 218 caused reproductive complications
- 778 caused acute toxicity
- 146 caused tumors
- 376 caused skin and eye irritations

Personal Care Products: Ingredients to Avoid

- Phthalates
- Fragrance
- Parabens
- Propylene Glycol (PG)
- Formaldehyde
- Hydroquinone
- Petroleum/Petroleum byproducts
- Sodium Lauryl Sulfate/Sodium Laureth Sulfate
- Diethanolamine (DEA)
- Talc
- 1,4 Dioxane and **Lead**



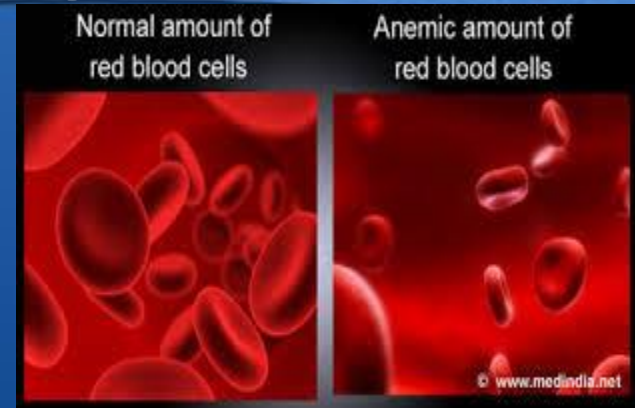
LEAD

Found in: Almost all personal products as a contaminant, especially lipsticks.



HARMFUL EFFECTS

- Anemia
- Developmental delay
- Mental / cognitive disorders
- Kidney dysfunction causing hypertension
- Muscle aches
- Miscarriages
- Coma & death



SYMPTOMS

- abdominal pain
- abdominal cramps
- aggressive behavior
- constipation
- sleep problems
- headaches
- irritability
- loss of developmental skills in children
- loss of appetite
- high blood pressure
- numbness
- memory loss

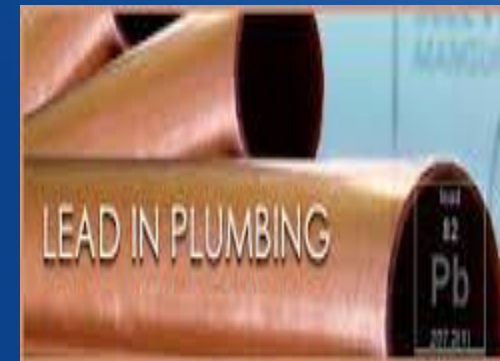
Since a child's brain is still developing, lead can lead to mental impairment.

Signs of mental impairment may include:

- behavior problems
- low IQ
- poor grades at school
- problems with hearing
- learning difficulties(short and long term)
- growth delays

OTHER PRODUCTS THAT CONTAIN LEAD

- house paint
- toys
- bullets
- pipes which can contaminate drinking water
- soil polluted by car exhaust or chipping house paint
- paint sets and art supplies
- jewelry, pottery, and lead figures
- storage batteries
- Kohl, kajal ,eyeliner



STEPS TO BE TAKEN TO AVOID LEAD

Simple steps can help you prevent lead poisoning. Some tips include:

- Avoid or throw away painted toys and canned goods.
- Keep your home free from dust
- Make sure everyone washes their hands before eating.
- Wash children's toys and bottles regularly.
- Teach your children to wash their hands after playing
- Use lead-free paint in your homes.
- Avoid cosmetics and use herbal products.