

## **Disadvantages of Competitive Body Products**

### **Disadvantages of Competitive Body Cleansers**

- Most body cleansers contain numerous petroleum-based detergents and foam builders, which may have unwanted side effects with repeated application.
- Many are irritating and must be completely rinsed from the skin.
- Most leave skin feeling dry and needing moisture lotion.
- Many encourage the penetration of water additives such as chlorine and fluoride.

### **Disadvantages of Competitive Antibacterial Hand Washes**

- Most antibacterial hand cleaners contain synthetic ingredients which may have unwanted side-effects, including over drying skin with multiple uses a day. And preservatives such as DMDM Hydantoin (formaldehyde donning) and food grade parabens contain trace amounts of synthetic estrogen.
- Often soap and water are as effective as synthetic anti-bacterials.
- Fragrance often has as many as 4000 chemical ingredients which are not tested for their toxicity.

### **Disadvantages of Competitive Shampoos**

- Most shampoos contain synthetic ingredients which may have unwanted side-effects with daily use.
- Synthetic detergents such as Sodium Laurel Sulfate, Sodium Laureth Sulfate, Cocamidopropyl Betaine, Sodium Trideceth Sulfate, are known to be drying, irritating, and contributing to thinning hair.
- Synthetic coloring agents for example: D&C Red #33, etc. are coal tar derived and can be carcinogenic.
- PEGs and propylene glycol are petroleum-derived glycols. Side effects on animals exposed to PG include heart arrhythmia, stunted growth, decreased blood pressure, and even death.
- Preservatives such as DMDM Hydantoin & Urea-based ingredients are formaldehyde donning; and food grade parabens contain trace amounts of synthetic estrogen.
- Synthetic fragrance. "The National Academy of Sciences reports that 95% of chemicals used in fragrances today are toxins capable of causing cancer, birth defects, nervous system disorders, and allergic reactions."
- Many are irritating and must be completely rinsed from the skin.
- Some contain synthetic ingredients that temporarily neutralize the burning sensation in the eyes.
- Most ingredients do not penetrate or treat the hair.
- Often contributes to dry, damaged hair that looks dull and unmanageable and a flakey, itching scalp.
- Thinning hair from chemically stressed hair follicles, leads to hair loss with every shampoo or brushing.
- Headaches & foggy thinking. Testimonials claim these clear up by eliminating the synthetic chemicals.

### **Disadvantages of Competitive Hand & Body Lotions**

- Most "moisturizing" lotions contain numerous petroleum-based ingredients, which may have unwanted side effects with repeated application.
- Most lotions coat the surface of the skin, imparting very little moisture INTO the skin.
- Rich lotions often take too long to penetrate and feel oily and greasy.
- Most lotions bind dead skin cells to surface; later these dead cells cause the skin to look and feel dry.
- Alpha Hydroxy Acid based lotions usually irritate and thin the skin.
- Some are irritating and increase free-radical activity.
- Some lotions contain synthetic ingredients which leave the skin drier hours after application.
- Typically body lotions are not moisture treatments, just a band-aid for drying soaps and body cleansers.
- Many lotions contribute to accelerating sun burn /sun damage (this is from the free-radicals in over-processed oils and fragrances).

### **Disadvantages of Competitive Hair Conditioners**

- Most hair conditioners contain numerous petroleum-based ingredients, which may have unwanted side effects with repeated application.
- Large molecule synthetic ingredients do not penetrate and provide long-term benefit.
- Conditioners often are often imbalanced and do not supply a balance of protein, oil and moisture.