

# The Cost of Beauty



Many of the ingredients in the beauty products you use are potentially harmful. The FDA does not require companies to test their products for safety before marketing. How many of these products have you used today?

Have the beauty products you used today caused you harm?

**Eye Liner, Shadow & Mascara**  
Cancer, developmental/reproductive toxicity, allergies, immunotoxicity, neurotoxicity, endocrine disruption, organ system toxicity, biochemical or cellular level changes.

**Hair Dye & Bleach**  
Cancer, developmental/reproductive toxicity, allergies, immunotoxicity, neurotoxicity, endocrine disruption, organ system toxicity, biochemical or cellular level changes.

**Lip Liner, Gloss & Lipstick**  
Cancer, developmental/reproductive toxicity, allergies, immunotoxicity, neurotoxicity, endocrine disruption, organ system toxicity, biochemical or cellular level changes.

**Fragrance**  
Cancer, developmental/reproductive toxicity, allergies, immunotoxicity, neurotoxicity, endocrine disruption, organ system toxicity.

**Tattoos**  
Chemicals are mutagens, carcinogens, teratogens, toxins, or participate in other reactions in the body, some of which may not show up for decades.

**Moisturizer, Sunscreen & Tanner**  
Cancer, developmental/reproductive toxicity, allergies, immunotoxicity, neurotoxicity, endocrine disruption, organ system toxicity, biochemical or cellular level changes.

**Hair Remover**  
Cancer, developmental/reproductive toxicity, allergies, immunotoxicity, neurotoxicity, endocrine disruption, organ system toxicity, biochemical or cellular level changes.

**Foundation, Concealer & Blush**  
Cancer, developmental/reproductive toxicity, allergies, immunotoxicity, neurotoxicity, endocrine disruption, organ system toxicity, biochemical or cellular level changes.

**Nail Polish & Remover**  
Cancer, developmental/reproductive toxicity, allergies, immunotoxicity, neurotoxicity, endocrine disruption (polish), organ system toxicity.

**Cancer/carcinogen – linked to cancer**  
Developmental and Reproductive toxicity – infertility, reproductive organ cancers, birth defects, developmental delays  
Neurotoxicity – harm to brain and nervous system  
Organ system toxicity – cardiovascular, digestive, respiratory, etc.  
Allergies – allergic reactions  
Immunotoxicity – Impaired capacity to fight disease and repair damaged tissue  
Teratogens - chemicals that lead to structural and/or functional birth defects.  
Mutagen - tends to increase the frequency or extent of mutation  
Resources:  
[www.toxicnation.ca](http://www.toxicnation.ca)  
<http://chemistry.about.com>  
[www.ewg.org](http://www.ewg.org)

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**“Learn How to Protect Yourself and Your Loved Ones!”**

Visit the Environmental Working Group's Skin Deep Cosmetic Safety Database

[www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com)

and find out if the products you use on a daily basis may be harmful to you or those around you.

For more information on how to make healthy choices on your life long journey to well-being

or to host a 'Natural Well-being Retreat & Spa' weekend in your area

visit [www.mybodycanhealitself.ca](http://www.mybodycanhealitself.ca)