

# Beginners Guide to Harmful Ingredients in your Home

Food, Hygiene & Home Care Products

Inside you will find the worst offenders of harmful ingredients in the products you and your family use and eat everyday. Print this out and keep it on your fridge, with your grocery list for reference.

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healthiest lifestyle possible!**



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**This guide is by no means a complete list,  
but a good start on your journey to a healthier lifestyle.**

<b>Food Ingredients</b>	<b>Why it is harmful?</b>
<p><b>Aspartame</b> is used in so called “diet” or “sugar free” products.</p>	<p>Aspartame is a neurotoxin and carcinogen. It may lead to a wide variety of ailments including brain tumor, diabetes, MS, Parkinson’s, Alzheimer’s, Fibromyalgia, chronic fatigue, depression &amp; anxiety attacks, dizziness, headaches, nausea, mental confusion and seizures.</p>
<p><b>High Fructose Corn Syrup</b> is used in most processed and boxed foods.</p>	<p>HFCS is an artificial sweetener which has become the number one source of calories in America. It increases your LDL “bad” cholesterol levels and to your body’s fat production.</p>
<p><b>Monosodium Glutamate</b> is used in canned &amp; frozen foods and chips.</p>	<p>MSG is used as a flavor enhancer that stops the brain’s message of “I’m full” which will result in over eating and weight gain. MSG is an excitotoxin that may result in depression, disorientation, eye damage, fatigue, headaches and obesity.</p>
<p><b>BHA and BHT</b> is used as a preservative in most dry goods, and frozen foods.</p>	<p>This preservative keeps foods from changing color, changing flavor or becoming rancid. Effects include altered behavior, increases your potential for developing cancer.</p>
<p><b>Sulphur Dioxide</b> is used as a preservative in alcohol, soft drinks, dried fruits, juices, vinegar and potato products.</p>	<p>This is another preservative but mostly used for liquids. This toxin causes, bronchial problems, asthma, hypotension, flushing tingling sensations or anaphylactic shock. It destroys vitamins B1 and E in the body.</p>
<p><b>Sodium Nitrate</b> is used as a preservative in processed meats and foods.</p>	<p>This chemical turns meats bright red but it’s highly carcinogenic once it enters the human digestive system. (carcinogenic means having the potential to cause cancer)</p>
<p><b>Aluminum Additives</b> is used in processed products containing aluminum.</p>	<p>May have neurological effects upon behavioral, motor and learning functions. Has been associated with Alzheimer’s disease and other neurodegenerative conditions.</p>
<p><b>Hydrogenated Vegetable Oils</b> is used in margarine, chips, crackers, &amp; fast food.</p>	<p>Trans fat increases LDL (“bad”) cholesterol levels while decreasing HDL (“good”) cholesterol, increasing the risk of heart attacks, heart disease and strokes, and contributes to increased inflammation, diabetes and other health problems.</p>
<p><b>Food Dyes</b> is used in drinks, candy, American cheese, Macaroni and cheese, &amp; baked goods.</p>	<p>Artificial colorings may contribute to behavioral problems like ADD and ADHD in children and lead to a significant reduction in IQ. Animal studies have linked other food colorings to cancer.</p>
<p><b>Potassium Bromate</b> is used in breads to increase its volume.</p>	<p>Potassium bromate is known to cause cancer in animals. Even small amounts in bread can create problems for humans.</p>
<p><b>Propyl Paraben</b> is used as a preservative in foods such as muffins, tortillas and dyes.</p>	<p>An endocrine-disrupting chemical that has been shown to decrease sperm counts in rats. May also alter gene expression within breast cancer cells, leading to accelerated cancer growth.</p>
<p><b>Sodium Sulphite</b> is used in wine and dried fruits.</p>	<p>According to the FDA, approximately one in 100 people are sensitive to sulphites in food. Individuals who are sulphite sensitive may experience asthma, headaches, breathing problems and rashes.</p>

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## ingredient

## why is it harmful?

**Fragrance** (Parfum) Legally hides an untold number of chemicals ("trade secret")

**\*Parabens** A group of compounds used as preservatives, derived from petroleum

**\*Triclosan** Active ingredient in "antibacterial" products; registered with the government as a pesticide

**Petrolatum** Used in some hair products for shine, and as a moisture barrier in some lip balms, lip sticks and moisturizers.

**\*Oxybenzone & Octinoxate** Synthetic chemical sunscreen "active" ingredients

**PEGs** or polyethylene glycols are petroleum by-products

**SLS** Sodium lauryl sulfate (SLS) and Sodium laureth sulfate (SLES) are used in products to create suds or foam

**Ingredients ending in "-eth"** Including cetareth and tricetareth

**Retinyl palmitate** Found in many sunscreens and moisturizers

**Nanoparticles** Pulverized metals like zinc and titanium used in products (not required to list on label)

**Aluminum & metals** Active ingredient in many anti-perspirants

**DEAs** Including diethanolamine (DEA), cocamide DEA, lauramide DEA

**Formaldehyde releasers** Including DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, quaternium-15

**Synthetic color/dyes** A mixture of many chemicals; made from coal tar, a derivative of petroleum

**\*Glycol** A synthetic petrochemical mix known to cause allergic and toxic reactions

**Mineral oil** A common ingredient that coats skin like plastic wrap

**Talc** Belongs to asbestos family

**\*Siloxanes** Cyclomethicone and ingredients ending in "siloxane" (ex. cyclopentasiloxane)

**\*Butylated Hydroxytoluene (BHT)/Butylated Hydroxyanisole (BHA)** Found in many cosmetics and personal care products, BHT and BHA slow down the rate at which product ingredients change in color.

**Isobutane** A propellant often used in hair spray, gel, mousse, and shaving cream

**Methylisothiazolinone (MI) and other "isothiazolinones"** Powerful biocide "preservatives" used to kill off microorganisms, giving products a longer shelf life

**Phthalates\***, just one of many chemicals legally hidden in the ingredient "fragrance," are linked with birth defects, breast cancer, diabetes, obesity, autism and ADHD. (Campaign for Safe Cosmetics-2002 "Not Too Pretty" Report)

Studies have linked these endocrine disruptors, which mimic estrogen, with breast cancer, allergic reactions and skin rashes. A 2011 study by the California Pacific Medical Center linked BPA/ methylparaben with breast cancer, and the combination blocked effectiveness of cancer drugs, like tamoxifen.

Studies show that triclosan interferes with the body's thyroid hormone metabolism and is an endocrine disruptor. It has also been shown to weaken muscles, including the heart. Children exposed to antibacterial compounds at an early age have an increased chance of developing allergies, asthma and eczema. A 2012 study links it to muscle weakness, including the heart muscle, and it contributes to liver and inhalation toxicity.

Petrolatum is a petroleum product that can be contaminated with polycyclic aromatic hydrocarbons, which may cause cancer.

Easily absorbed, and can lead to skin irritation/other adverse reactions; can generate cell-damaging free radicals when exposed to the sun. Oxybenzone is a suspected hormone disruptor (mimics, blocks, and alters hormone levels).

Contain carcinogenic contamination 1,4-dioxane, known to affect liver and kidneys.

Classified as a drug in bubble baths because it eats away skin protection and causes rashes/infection. SLS may also be contaminated with carcinogenic nitrosamines. A study indicated that SLS penetrated into the eyes as well as brain, heart, liver, etc., and showed long-term retention in the tissues. The study also indicated that SLS penetrated young children's eyes and prevented them from developing properly and caused cataracts to develop in adults. (Univ. of Georgia Medical College) SLS may also cause hair loss.

Can carry carcinogenic contamination of 1,4-dioxane (a known carcinogen).

In the presence of sunlight, retinyl palmitate enhances skin cancer lesions by 21%. (FDA, 2011)

Nanoparticles have been shown to cross the cell barrier and drive into organs, including the brain.

This bio-accumulative neurotoxin stores in fat cells and accumulates, destroying nerve tissue.

A study suggests that prenatal exposure may have detrimental effects on brain development. Reacts with other ingredients to become nitrosodiethanolamine, a known carcinogen.

Can cause allergic reactions in the eyes, nose, throat and skin, joint pain, headaches, immune dysfunction and can lead to asthma. It may also cause menstrual disorders in women. Research studies suggest that exposure to formaldehyde may increase the risk of various forms of cancer as well.

Coal tar is a known carcinogen. Aluminum compounds and heavy metals found in many dyes are toxic to the brain.

Linked to cancer, developmental/reproductive issues, neurotoxicity, endocrine disruption, and liver and kidney damage.

Derived from petroleum; may be contaminated with cancer-causing polycyclic aromatic hydrocarbons (PAHs). Aggravates acne and negatively impacts skin function, causing premature aging. Disrupts the skin's natural immune barrier, inhibiting its ability to breathe, absorb moisture and nutrition, and release toxins.

Linked to ovarian cancer; dangerous to inhale.

Toxic, persistent, and have the potential to bio-accumulate. The EU classifies some as endocrine disruptors and possible reproductive toxicants that may impair fertility. Research shows some to cause uterine tumors and harm to the immune system.

Immune system toxicant; endocrine disruptor; probable human carcinogen; animal studies show brain, liver, neurotoxin, reproductive and respiratory toxicant.

May contain carcinogenic contaminant 1,3-butadiene.

A recent study found these chemicals may be linked to nerve damage. Researchers also recently found these chemicals damage brain cells in animal studies – stating, "a brief exposure (10 minutes) to methylisothiazolinone, a widely used industrial and household biocide, is highly toxic to cultured neurons." Although used in leave-on products, methylisothiazolinone is known to be sensitizing when used in leave-on products. In fact, the American Contact Dermatitis Society named methylisothiazolinone its Allergen of the Year in 2013.

### \*IMPORTANT NOTE ON ENDOCRINE DISRUPTORS

All of the ingredients listed above with an \* are among the worst endocrine disruptors. The endocrine system regulates ALL biological processes in the body, including: development of the brain and nervous system, growth and function of the reproduction system, metabolism and blood sugar levels, ovaries, testes, pituitary, thyroid and the adrenal glands.