

The Big Five Evils



Five things you don't want to find in your health and body care products, according to Touch Healing Center in Little River.

1. EXCESSIVE WATER

Although we consume and are made up of mostly water, water is also a solvent that makes things melt or come apart. How much water is in the product bottle? Is it 40% or maybe 60%? The more water in the bottle, the more chemicals and preservatives were added to keep bacteria from growing. The solvent capability is also dissolving natural nutrients, and vitamins in the herbal components.

2. SULFATES

Primarily Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfates (SLES). These are mainly found in shampoos, body washes, face washes and bubble baths where foaming and bubbling is desired; but, beware, SLS is toxic and typically the main component of engine degreasers. In personal care products, SLES is believed to damage the immune system. Sulfates act as a mutagen, meaning capable of changing or damaging the genetics of cells. Damaged cells can be a precursor of cancer. According to the American College of Toxicity, "SLS can stay in the body for up to five days and is easily absorbed through the skin." Certain sulfates can also cause separation of skin layers, contact dermatitis and inflammation of the mucous membranes, cataracts, blindness and can damage the protein formation in young eyes.

3. PARABENS

The belief that parabens build up in breast tissue was supported by a 2004 study, which found parabens in 18 of 20 samples of tissue from human breast tumors. Parabens are chemical preservatives that have been identified as estrogenic and disruptive of normal hormone function.

4. GLYCOLS

Primarily, Propylene Glycol, Polyethylene Glycol (PEG), Isopropyl Alcohol, Butylenes Glycol. Glycols are the main ingredient in automobile antifreeze. Consuming antifreeze is deadly to pets and wildlife, yet you can find it in most of your labels at home such as boxed food, certain brands of frozen or pre-made cheesecake, pet foods and most of our personal care products. It is implicated in contact dermatitis, kidney damage and liver abnormalities. It can inhibit skin cell growth in human tests, cause gastrointestinal disturbances, nausea, headache and vomiting, central nervous system depression and can damage cell membranes causing rashes, dry skin and surface damage, according to the Material Safety Data Sheet.

5. COLOR AND FRAGRANCE

This may appear on labels noting FD&C or D&C Color or anything that says "fragrance." Animal tests have found some of these coloring agents and dyes to be carcinogenic, when made from coal tar sources. The description of "fragrance" can hide a chemical called phthalates, which are synthetic chemicals that are known to cause a broad range of birth defects and lifelong reproductive impairment in lab animals exposed during pregnancy and at birth.

To avoid these "Big Five," Touch Healing Center uses Eminence Handmade Organic Skin Care of Hungary as its primary product line, crafted by herbal experts. In addition, Touch Healing Centers offers gentle, natural and non-invasive facial treatments, microdermabrasion, LED light therapy, peels and waxing, as well as massage therapy, chiropractic care and foot bath detox.

For more information on body care product additives and natural skin care, contact Touch Healing Center at 304 Hwy 90 East, (843) 249-5433, or visit TouchHealingCenter.com. See ad page 12.

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