

Neuro-Training with KINESIOLOGY NEWSLETTER



Hello Everyone and Welcome to the first newsletter for 2009.

I came across an article titled "The Hidden Dangers in Personal Care Products" by a Brisbane Homeopath Anna Demertzis, that I thought would be valuable to share:

"It is important to recognise that whatever you spread on your skin has a very real chance of being absorbed into your blood stream and causing some serious damage in your body.

The theory that there is only a tiny amount of each of these substances in products and so there isn't enough to cause harm, doesn't hold much weight when these substances have a cumulative effect on our central nervous system and in our organs.

The adverse effects of these toxins are compounded over decades, confusing hormone receptors and slowly altering cell structure.

Chemicals are transmitted into the bloodstream in a number of ways; powders have the least absorption, while oily solutions or those designed to increase moisture allow more of the chemical to be absorbed.

Eye makeup can be absorbed by the highly sensitive mucous membranes.

Hair sprays, perfumes and dusting powders can be inhaled, irritating the lungs.

Lipstick is often chewed off and swallowed.

The United Nations Environmental Program estimates that approximately 70,000 chemicals are in common use across the world with 1,000 new chemicals being introduced every year.

Of all the chemicals used in cosmetics, the National Institute of Occupational Safety and Health has reported that nearly 900 are toxic – although other groups attack that figure as being far too conservative.

Neurotoxins in particular are extremely harmful to human and animal tissue especially the central nervous system and can cause genetic mutations and damage to unborn babies.

These neurotoxins such as lanolin, isopropyl alcohols, BGT, Sodium Lauryl / Laureth Sulphates, PEG's and propylene glycol are found in many common shampoos, soaps, creams, hair-dyes and baby lotions.

Our liver is the primary organ responsible for trying to excrete these chemicals from our system.

Make up should not contain petroleum based ingredients, phthalates, mineral oil, parabens, fragrance, propylene glycol or sodium lauryl sulphate.

Products that do contain these ingredients will damage and age the skin and weaken the immune system.

Putting chemicals on your skin is actually far worse than ingesting them, because when you eat something the enzymes in your saliva and stomach help break it down and flush it out of your body.

When you put these chemicals on your

skin, however, it is absorbed straight into your blood stream without filtering of any kind, so there's not protection against the toxin.

The Environmental Working Group (EWG) is a non profit public interest research group known for making connections between chemical exposure and adverse health conditions.

The group recommends that consumers avoid the following ingredients:

- DMDM hydantoin and imidanzolidinyl urea, which are toxic contaminants
- Fragrance and dyes, which can lead to allergies, cancer and problems of the nervous system
- Methylchloroisothiazolinone and methylisothiazolinone, which can cause allergies and problems of the nervous system
- "PEG" and "-eth", which are toxic contaminants
- Sodium lauryl or laureth sulfate, which can cause skin damage
- Triclosan and triclocarban, which can lead to problems with the thyroid and environmental concerns
- Triethanolamine (TEA), which can cause allergies and contain toxic contaminants

Products to avoid include:

- Anti-aging creams with lactic, glycolic, AHA and BHA acid
- Hair dyes with ammonia, peroxide, p-phenylenediamine, diaminobenzene, and/or all dark permanent hair dyes
- Liquid hand soaps with triclosan

- Nail polish and nail polish remover with formaldehyde
- Skin lighteners with hydroquinone
- Parabens or “-parabe”, which can lead to hormone disruption

Studies have shown that parabens can affect your body like oestrogens, which can lead to diminished muscle mass, extra fat storage, male gynecomastia (breast growth).

Other studies have also linked parabens to breast cancer because researchers have found traces of parabens in every sample of tissue taken from 20 different breast tumours.

Parabens are one of the most commonly used ingredients in personal care products. They can be identified on the label listed as:

- Methyl paraben
- Ethyl paraben
- Propyl paraben
- Butyl paraben
- Isobutyl paraben E216

You can find them in: Shampoos, conditioners, creams, lotions, deoderants, antiperspirants, sunscreens and cosmetics.

They can also be present in many prepared foods like mayonnaise, mustard, salad dressings and sweets.

So many things are put into cosmetics now that are carcinogenic and it is allowed because cosmetics are not considered to be as serious as drugs or foods.

A handy website in Australia is <http://mbm.ne.au/health/cosmetics/index.html> It is a Cosmetic Ingredient reference guide and dictionary for understanding labels,

descriptions, warnings and safety. This guide gives a brief description of the most common ingredients and terms.

In some countries the word “natural” can be applied to any product as long as at least 1% of the ingredients are obtained from nature. Indeed some cosmetic manufacturers are jumping on the organic bandwagon and using that term to describe cosmetics that may only contain a very small proportion of organic ingredients.

There are many debates on additives and it is suggested that you examine formulas to guarantee their safety and suitability.

89% of 10,500 ingredients used in personal care products have not been evaluated for safety.

Over the last 30 years, only 9 products of the 10,500 used in personal care products have been banned or restricted.”

Contact me if you would like to discuss this topic further.

Dual Certificate:
Certificate IV in Kinesiology
plus
Certificate of Solution
Oriented Neuro-Training

If you would like to study to become a Kinesiologist / Neuro-Trainer / Natural Therapist contact me for the Course Dates for 2009.

dana.hookins@optimum-health.com.au
www.optimum-health.com.au

Newsletter

March 2009

Autumn

Optimum Health & Wellbeing

54 York Drive, Flagstaff Hill



Neuro-Training with Kinesiology

*An holistic approach to a
balanced and healthy life.*

Telephone Dana
(08) 8270 8045
0412370945