

# Toxic Waste Challenge

YOUthDuo.com/TWC+25OFF

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## SAFETY FIRST

While it's widely debated, several of the most common ingredients found in chemical-based sunscreens have been linked to some potentially harmful side effects. Environmental Working Group (EWG) has reviewed data about human exposure and toxicity for some of the most commonly used sunscreen ingredients and found that the following were cause for concern:

**Homosalate:** Can disrupt hormones.

**Methylisothiazolinone:** Can cause allergic reactions.

**Octinoxate:** Can disrupt hormones and cause allergic reactions.

**Octocrylene:** Can cause allergic reactions.

**Oxybenzone:** Can cause allergic reactions and disrupt hormones.

For more information, go to [www.ewg.org](http://www.ewg.org).

**Many sunscreen ingredients are carcinogens, hormone disruptors, nano-particles, allergens, harsh preservatives and skin irritants. These can negatively impact people, aquatic and marine life.**

**Homosalate:** UV-absorbing sunscreen ingredient helps sunscreen to penetrate your skin. Once ingredient is absorbed, homosalate accumulates in our bodies faster than we can get rid of it, becomes toxic and disrupts our hormones.

**Methylisothiazolinone (MIT)** and **Methylchloroisothiazolinone (CMIT):** has been linked to lung toxicity, allergic reactions, and neurotoxicity.

**Octinoxate:** One of the most common ingredients found in sunscreens with SPF, octinoxate is a hormone disrupture: it effects estrogen levels (activating cancer in breasts?), thus can be harmful for humans and wildlife when the chemical gets into water. Octinoxate may actually be a culprit for premature aging, as it produces menacing free radicals that can damage skin and cells.

**Octocrylene:** When this chemical is exposed to UV light, it absorbs the rays and produces oxygen radicals that can damage cells and cause mutations. Plus, it can be toxic to the environment.

**Oxybenzone (benzophenone-3):** This penetration enhancer (i.e., chemical that helps other chemicals penetrate the skin) undergoes a chemical reaction when exposed to UV rays. When oxybenzone is absorbed by your skin, it can cause an eczema-like allergic reaction that can spread beyond the exposed area and last long after you're out of the sun. It is also an endocrine disruptor. A full body application (one ounce) of average chemical sunscreen provides the equivalent to a dose of hormonal replacement therapy for menopausal women ...and within thirty minutes, these estrogenic compounds are found in the urine and bloodstream. Oxybenzone mimics estrogen in the body. Benzophenones, also found in plastics, bioaccumulate and contaminate 97% of Americans according to the CDC (Centers for Disease Control and Prevention).

**Parabens:** Preservatives Associated with both acute and chronic side effects, parabens (butyl-, ethyl-, methyl-, and propyl-) can induce allergic reactions, hormone disruption, developmental and reproductive toxicity. Parabens is suspected to contribute to the rising incidence of breast cancer.

**(Ingredients in YOUthDuo.com UV "Bare Mineral" Polish)**

Zinc oxide, Mica and titanium dioxide to reflect sunlight from the skin, rather than absorbing it like chemical sunscreens.