

## **Article on propylene glycol/sodium laurel sulfate**

"Sodium laurel sulfate (SLS), an ingredient in 90% of commercial shampoos and conditioners, corrodes the hair follicle and impedes hair growth. It has been blamed for many cases of premature hair loss. I noticed that many young to middle age Canadian (North American) males have almost no hair or are even bald. It takes hair longer to grow when it has been affected by SLS. SLS is found in car wash soap, engine degreaser, toothpaste, lotions and garage floor cleaners.

Exposure to SLS can lead to a burning sensation, coughing, wheezing, laryngitis, shortness of breath, headache, nausea and vomiting, according to the Material Safety Data Sheet (MSDS) of the U.S. government. SLS penetrates your eyes, brain, liver and remains there long-term. It degenerates cell membranes because it is a mutagen that can change the genetic information in your cells and damage your immune system. It can cause blindness (scientific studies have proven that this compound damages protein formation in the eye tissue) and can lead to cataract formation. After damage to the eyes has been done, your eyes cannot heal properly because SLS retards the eye healing process.

Did you know that many companies put formaldehyde in their shampoos? It is not only an inexpensive preservative and disinfectant; it is also a suspected cancer-causing toxin. Many kinds of shampoo designed to treat dandruff and flaky scalp contain coal tar, but you will not find it on any product list of ingredients. It is disguised with names FD & C or D & C color. It has been found to cause potentially severe allergic reactions, asthma attacks, headaches, nausea, fatigue, nervousness, lack of concentration and cancer.

Alkyl-phenol ethoxylates are chemicals in shampoos that have been proven to reduce sperm count. Propylene glycol is another ingredient you will find in most shampoos and conditioners. It is not only ineffective, it is dangerous. Derived from petroleum products, it is commonly used in antifreeze, de-icers, latex paint and laundry detergent. It can cause irritation of nasal and respiratory passages and if ingested, can cause nausea, vomiting and diarrhea. Research also shows that it alters cell membranes and causes cardiac arrest.

Carefully check for these dangerous chemicals on the labels of all your personal care products to save yourself from severe health problems. Healthy hair will be shiny, full of body and bounce if you are using 100% natural shampoo with ingredients that include certified organic ingredients. Your scalp will absorb these healthy ingredients including vitamins, minerals, nutrients and the result will satisfy you. Last but not least; don't use only one shampoo, change from time to time."