



Petrochemicals in our Products



Can personal care products and beauty supplies harm us?

Absolutely! What we put on our skin matters just as much as our nutrition and exercise. There are a lot of chemicals that go into our personal care products. But a lot of people are not aware that petrochemicals are common in the detergents, shampoos, and soaps that we use.

Petrochemicals are endocrine disruptors. Our endocrine system is what controls the release of our hormones. Endocrine disruptors interfere with the proper production and secretion of hormones in our body. This can lead to many

adverse health outcomes including immune system function, certain cancers, metabolic issues, and even neurological disorders.

Here's a list of ingredients in personal care products that are derived from petrochemicals:

- Paraffin wax
- Mineral oil
- Toluene
- Benzene
- Anything with *PEG* (polyethylene glycol)
- Anything with *DEA* (diethanolamine) or *MEA* (ethanolamine)
- Butanol and any word with *butyl*: butyl alcohol, butylparaben, butylene glycol
- EDTA (ethylenediaminetetraacetic acid)
- Any word with *propyl*—isopropyl alcohol, propylene glycol, propyl alcohol, cocamidopropyl betaine

Old Spice, Dove, and many other Procter & Gamble products contain ingredients that are derived from petrochemicals. Many perfumes and makeups also contain these ingredients. **Check out the Environmental Working Group's Skin Deep product finder.** Just search up the EWG Skin Deep product finder (www.ewg.org/skindeep). The Environmental Working Group documents products and the number of toxic chemicals that they contain.

When it comes to your personal care products try to keep it as simple as possible. Natural ingredients are always better than oil-based products.

Discover Chiropractic (408) 985-1111 1305C N. Bascom Ave San Jose, CA 95128
<https://chiropractor-sanjose.com/>