

	<p><i>The dangers posed by synthetic chemicals in personal care products:</i></p>
<p>SKIN CARE AND MAKEUP CHEMICALS TO AVOID</p> <ol style="list-style-type: none"> 1) Phthalates 2) Sodium Lauryl/Laureth Sulfate 3) Parabens 4) Mineral Oil 5) Synthetic Fragrances 6) Urea and DMDM Hydantoin 7) Polyethylene Glycol (PEG) 8) Triclosan 9) Propylene Glycol 10) DEA (diethanolamine) 11) MEA (Monoethanolamine) 12) TEA (triethanolamine) 	<ul style="list-style-type: none"> - The average woman applies approximately 200 chemicals to her skin every day. - These chemicals are synthetic. Some of them - like Sodium Sulfate and PEG - also moonlight as key ingredients in industrial cleaning agents. - No regulation exists requiring cosmetic companies to prove these ingredients do not cause long term harm. - Exposure to these chemicals has been linked with conditions as diverse as cancer, depression, asthma, diabetes and birth defects. <p>See more at www.cosmeticsdatabase.com</p>
<p>Simply Great Health</p>	<p>www.simplygreathealth.co.nz</p>

Cut around the border and fold in half. Keep in your purse to refer to when out shopping for skin care products.