

# Beauty, Health & Wellness

## The Ugly TRUTH of Cosmetics...

Do you know what is *Really* in your makeup?

By Diane Lytle, DermaGlow®  
472 N. Main Street, Ste B,  
Wasilla, AK 99654

Most of us would like to believe our favorite cosmetics and skin care products that we purchase at the local grocery and department stores or spas are safe. Most of us never even consider the health risks from certain hard to pronounce, or understand, ingredients/chemicals that are used in these products which we then put on our skin, lips, eyes and hair every day. Ironically, the products you may be using and hoping for a cure are the very same products that are causing the problem!

Many ingredients are absorbed into your body through your skin. Others, found in lipstick and lip balm, you actually eat as they come off your lips when eating, drinking or wetting your lips. Studies have proven even small doses of chemicals can effectively be absorbed into the bodies' bloodstream. I recently witnessed this first-hand with my grandparents, my grandfather wore a trans-dermal patch of Nitroglycerin to help relax blood vessels in his heart, and my grandmother received a daily low dose of a Lidocain patch for pain management.

The Environmental Working Group report called, "The Skin Deep Report" found that almost 90 percent of the

more than 10,000 ingredients used in personal care products have not been evaluated by government regulators. Of which many of these ingredients are of synthetic origin, which have been directly linked to serious health risks like cancer, infertility, kidney and liver disease and severe skin issues. In fact, Food and Drug Administration (FDA) does not regulate or require any kind of federal, unbiased testing before a cosmetic or personal-care product hits the shelves.



Just in North America, the cosmetics companies alone generate over \$30 billion in sales each year. This is big business, and I guarantee the main concern for many of these cosmetic companies is not your health; it's

the profits to be made. Inexpensive synthetic chemicals are used in many of these products to prolong their shelf life and put more money in the CEO's pocket. As a consumer, it is your responsibility to educate yourself to know what you are putting on your body and the health risks which may be involved from these ingredients.

What can you do to save your skin and your body from exposure to a lifetime of harmful chemicals? Inform yourself, read labels, and investigate products if they don't list ingredients.

All mineral cosmetics are NOT created equal! The majority of mineral cosmetics on the market are still heavily loaded with synthetic preservatives like parabens, dyes and fillers, which may be harmful to your skin and health. Bismuth Oxochloride, a natural ingredient found in the majority of mineral cosmetics, though a natural by-product, often causes itching, rashes and mild to severe cystic acne. This is extremely unfortunate since many women are attracted to mineral cosmetics due to their reputation for being good for sensitive skin.

There are natural alternatives that are better for you and your skin. At DermaGlow®, we offer a full retail line of Afterglow Mineral Cosmetics, an organic, triple-milled mineral cosmetic line that provides you with beautiful, 100% safe cosmetic

alternatives. Free of synthetic dyes, paraben preservatives and irritants like Bismuth Oxochloride. Afterglow products are infused with certified organic botanicals and anti-oxidants such as grape seed extract, rosemary, jojoba, and many other friendly ingredients. Lipsticks, glosses, foundations, eyeshadows/liners, bronzers, mascara...healthy makeup, for healthy skin!

For more information on this amazing product line, or for a makeover, please contact DermaGlow® at 315-0360 or [www.dermaglow-ak.com](http://www.dermaglow-ak.com)

More information on the Environmental Working Group, please visit [www.ewg.org](http://www.ewg.org)