

food thought

established 1971

Natural Beauty

Food for Thought's personal care and beauty department has been recognized nationally for its innovation and great selection of natural skin-care, bath and body products.



We have eliminated parabens from our department and continually strive to eliminate products that contain questionable ingredients. We believe educating our customers is essential in helping us meet this goal.

From natural bug repellants and deodorants to bath salts and hair gel, we have what you need to look



your best! We have all the basics, such as soap and toothpaste and we have the sought after products such as ear candles and neti pots.

Our products are effective, without breaking the bank.



Top ingredients, including peptides, alpha lipoic, retinol and Co-Q10 provide

results without harmful additives.

Feeling overwhelmed? Food for Thought employees are available to assist in selecting the right products for you.

Stop by our personal care department and discover how much fun natural beauty can be!



What Not to Wear

I am a reformed beauty junkie. I used to love going to the cosmetic counters and drugstores searching for the latest and greatest makeup and skincare. Many years ago, I realized that despite great claims and gorgeous packaging, much of what I was putting on my skin was likely doing more harm than good. As I dug deeper, I realized that many ingredients in these so called "beauty" treatments are not even regulated.

According to the Environmental Working Group, "due to gaping loopholes in federal law, companies can put virtually any ingredient into personal care products. Even worse, the government does not require pre-market safety tests for any of them." Nearly 90 percent of the 10,500 ingredients FDA has determined are used in personal care products have not been evaluated for safety by the CIR, the FDA, or any other publicly ac-

countable institution.

While many companies contend the amounts used in their personal care products are small, imagine how many times over the course of a day, year and your lifetime that you apply a product with unregulated ingredients? Cosmetic ingredients do not sit tight on the surface of the skin — they are designed to penetrate, and they do. Scientists have found many common cosmetic ingredients in human tissues. A recent study showing feminization of human male babies in the U.S. linked to a common fragrance component (diethyl phthalate) joins a small but growing number of studies that serve as scientific red flags when it comes to the safety of ingredients in personal care products. Since many natural, safe alternatives are available, I believe I'd rather be safe than sorry. Here is a list of the top ones I avoid.

- 1) **Parabens:** This chemical preservative has been identified as estrogenic, found in breast cancer tumors and may actually cause skin to age more quickly.
- 2) **Phthalates:** Pronounced tha-lates, these little plasticizer

chemicals have been found to be toxic to the reproductive system according to the European Union and are noted as a suspected endocrine disruptor by our EPA.

3) **Mineral Oil/Petrolatum** Meet the workhorse chemicals of the cosmetics industry — petroleum byproducts, and the cancer-causing impurities that often contaminate them. These ingredients include carcinogens such as 1,4-dioxane and petrochemical waste called coal tar .

4) **Urea:** Another common preservative and established as the primary cause of contact dermatitis.

5) **Synthetic Fragrances:** Can have as many as 200 ingredients including, phthalates. Many are known irritants and allergens.

6) **Sodium Lauryl Sulfate:** This inexpensive detergent is also used as industrial detergent. Strips hair color, drying to the skin and can form nitrosamines, which are carcinogenic, when mixed with the following:

7) **DEA, MEA & TEA:** Used in cosmetics to adjust pH; They are hormone-disrupting chemicals. They

- are already restricted in Europe due to known carcinogenic effects.
- 8) **Synthetic Colors:** FD&C colors that are mostly derived from coal tar; Banned from food by the FDA. They have been shown to have carcinogenic impacts.
- 9) **Propylene Glycol, Polyethylene Glycol & Butylene Glycol:** Act as surfactants; They easily penetrate the skin and can weaken protein and cellular structure.
- 10) **Paba (Para-Aminobenzoic Acid) or Oxybenzone:** Paba, a once common sunscreen, now avoided due to allergic dermatitis and photosensitivity. Research indicates PABA has carcinogenic potential. Oxybenzone has been associated with photoallergic reactions and research indicates it can cause cellular mutations.

There are many more to avoid, but this list should help you become more savvy as you shop. After all, you want your skin, the largest organ, to look better & be healthier.

~JM