

Cancer Answers

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In April's issue I talked about skincare and great organic skincare product choices. This month I want to look at part of an article I recently picked up that discusses some of the ingredients used in commercial skincare products. It begins with some very basic information on ingredients and then gets very specific. I think you will find it enlightening and informative. If you did not receive The April issue please feel free to contact me and I will get one sent to you.

NOTE: The parts not in quotations are my words

During the cancer journey you need to exercise extra caution. It is important to treat both your skin and your body to organic skincare products that will nourish and strengthen you both internally and externally. "Here is a list of ingredients to avoid when you are shopping for deodorant, shampoo, soap and cosmetics. The key is to cut down on exposure where you can."

"Urea (Imidazolidinyl and Diazolidinyl Urea is a preservative and antimicrobial agent used in cosmetics. They release a level of formaldehyde just over 10 degrees. Formaldehyde can irritate the respiratory system, cause skin reactions, and allergies, headaches and more. Other possible side effects include weakening the immune system and cancer."

"Parabens (Methyl, Propyl, Butyl and Ethyl) are a very common group of preservatives in skincare products and cosmetics. They are used even though they are known to be toxic. Studies have shown parabens are estrogenic. Which means they mimic estrogen in the body." This is very dangerous for any person having a hormone-related cancer.

"Propylene Glycol is the active component in antifreeze. There is no difference in what is used in industry and what is used in personal care products or even in food processing. Propylene glycol has a quick ability to penetrate the skin. Systemic consequences include abnormalities of the brain, liver and kidneys."

"Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES) are detergents, wetting agents and emulsifiers. One or the other is used in almost 98% of all personal care products such as hand and body creams, hair color, shampoos, conditioners, toothpastes, shaving cream, shower gel, facial cleansers baby wipes and more. SLS penetrates the eyes and tissues and shows long-term retention in those tissues. SLS can form nitrates and nitrosamines which are potent carcinogens. SLS/SLES can strip moisture and oils from the skin. It is a degreaser as well as a sudsing agent. The American Toxicology report states that SLS produces skin and hair damage, including cracking and severe inflammation." The very products that are touting how great they will make your hair and skin look and feel are potentially causing harm let alone helping. "Synthetic Colors are believed to be cancer causing agents."

"Synthetic Fragrances can cause skin irritation and hyper pigmentation."

My hope is that this information will make you more thoughtful when purchasing skincare and cosmetics. Although organic products are more expensive they are, in effect, "healthcare". In addition to the products mentioned in April's Newsletter Dr Fields' has developed a new skin care line called Dr Fields' Sacred Skin. These products are all natural, no preservatives and are affordable. Visit www.thehealinggardens.org or call (970) 472-6802.

Additionally you might want to check out my article "Stress- Are Your Cosmetics Adding to Your Load?" on my website under articles.

What Cancer Cannot Do
Cancer is so limited. . .

It cannot cripple love,
It cannot shatter hope,
It cannot corrode faith,
It cannot destroy peace,
It cannot kill friendship,
It cannot suppress memories,
It cannot silence courage,
It cannot invade the soul,
It cannot steal eternal life,
It cannot conquer the Spirit.

In addition to this being true - this list holds a special place in my heart. In January of 1995, just five months following my cancer diagnosis, my husband's paternal grandparents sent this to me. At the time they were in their late eighties. Grandma lost both her mother and father to cancer when she was just thirteen. They had watched other friends and family struggle with cancer over the years. However, my battle seemed to hit them both very hard. They had given money faithfully to a particular cancer organization from the time they were married in 1920 in hope of seeing a cure for cancer. Having their grandson's wife diagnosed with cancer nearly eighty years later was almost more than they could bear. I believe the list brought as much hope to them as me.

It is so wonderful the list is true and can offer strength to every generation - until a cure is found.

Just a side-note: Grandpa lived to nearly 101 years old, cancer free. Grandma will be celebrating her 102nd birthday in late September! Although she has battled with skin cancer she remains spunky, alert and delightful to be with.

