

This Article Will Shock You If You Use Toothpaste

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By Kathy Joyce

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This article will shock you if you use toothpaste, shampoo, shower gel, bath foam and other personal care and household products.

Most of us happily purchase personal care and household products without giving it a second thought.

Take a look on the back of some of your products and take the bathroom test today!

Do you have any of the following ingredients listed

Sodium Lauryl Sulphate,

Sodium Laureth Sulphate,

Aluminium, Alcohol,

propylene Glycol, and

DEA

Sodium Lauryl Sulphate is commonly found in toothpastes, bubble bath, shampoos and soaps. It's used as a thickener and foaming agent, but has also been found to be a skin irritant.

Shampooing your hair with a shampoo containing SLS can put as many nitrates into your body as if you ate a pound of bacon! Sodium Lauryl Sulphate is also used as a wetting agent in garage floor cleaners and engine degreasers.

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Sodium Laureth Sulphate is a higher foaming version of SLS and may be less irritating, however it may cause drying. Like Sodium Lauryl Sulphate it may cause the potentially carcinogenic formation of nitrates on reacting with other product ingredients.

Aluminium is commonly found in deodorants. Used regularly it can increase the risk of alzheimer's by up to 3 times. (From Natural Health May–June 1983)

Alcohol is found in mouthwashes. Mouthwashes containing high amounts of alcohol have been implicated in cancers of the mouth and throat, according to a 1991 study from the National Cancer Institute.

Propylene Glycol is found in a wide range of personal care products including cosmetics, shampoos and foam baths.

Propylene Glycol is a cosmetic form of oils found in brake and hydraulic fluid, as well as antifreeze. In cosmetic products it stops moisture escaping from the skin. Material Safety Data Sheets warn users to avoid skin contact with propylene glycol as this strong skin irritant could cause kidney damage and liver abnormalities.

DEA is a wetting agent used to provide a lather in shampoos, skin creams and cosmetics. On it's own it's not harmful, but during storage on a shelf or in a bathroom cupboard it may react with other ingredients to produce carcinogens.

Read what Dr Samual Epstein has to say about DEA

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Make Your Own Toothpaste

By ThriftyFun.com

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Making your own toothpaste is both easy and cheap.

Ingredients:

- 1 cup baking soda
- 1/3 cup salt
- 3 teaspoons glycerin
- Flavoring for taste (Wintergreen or Peppermint Oil)

Directions:

Mix baking soda and salt together. Then add 3 teaspoons of glycerin and mix thoroughly. Add flavoring to taste. 5 to 10 drops will usually work. Find out what is best for you. Put paste into a squeeze bottle. Use as you would commercial toothpaste. You can also add a drop of food coloring to add a little color. Add a little more glycerin for thicker toothpaste.

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