and your family still exposed to cancer-causing or otherwise dangerous consumer products at home?

Most people are: You probably are one of them, *especially* if you buy "mainstream" products.

Check your labels, and learn to protect yourself, and your family.

Do you know:

Most cosmetics, toothpastes, shampoos, and other bathroom products contain cancer-causing ingredients, contaminants and precursors which are readily absorbed through the skin. As documented in "The Safe Shopper's Bible," these include; DEA; Cocamide DEA; TEA, talc, some FD&C artificial colors; and most batches of polysorbates, PEG and ethoxylated alcohol which are contaminated with the potent carcinogen dioxane. These pose avoidable risks of cancer, risks that are entirely unnecessary since safe alternatives are available.

There is a way to protect yourself:

Neways International offers products free from these dangerous chemicals. Neways complete product lines include skin care, hair care, cosmetics, dental care and personal care. The Neways Mission is simple: We want to educate and provide revolutionary and healthy products with active, safe ingredients to consumers all over the world. We have the products . . . we invite you to try them. We also provide opportunities for you to join us in furthering this mission.

"Neways has pioneered and succeeded in providing consumers with cosmetics and toiletries free of cancer causing and harmful ingredients and contaminants. I warmly congratulate them on their accomplishments."

- Dr Samuel Epstein, M.D.
Author of the Politics of Cancer Revisited,
The Breast Cancer Prevention Program,
The Safe Shopper's Bible,
Founder of The Cancer Prevention Coalition,
& the 1998 "Alternative Nobel Prize" Winner

Think about it:

You cast your vote every time you spend your hard-earned dollars. As informed, conscientious consumers, it's time to make a difference. Please read your labels -- even on products you buy from health food stores!

Home is a haven for causes of cancer, researcher says

Consumers 'blindly' use dangerous chemicals in everyday products, particularly cosmetics

BY VERONIQUE MANDAL
CANWEST NEWS SERVICE

WINDSOR, Ont. — Women who work in the home are at a 54-per-cent higher risk of developing cancer than women who work outside the home, according to Michael Dufresne, a leading researcher in environmental cancers.

Women and men who want to look good and avoid body odours are at an added risk, because of the cancer causing chemicals in hundreds of personal care products and household cleaners, said Dufresne, quoting from leading studies.

From cosmetics and hair products to toothpaste, shaving cream, furniture polish and dish washing liquid, the presence of cancer-linked chemicals raises major concerns, said Dufresne, a research professor at the University of Windsor, who is also a research coordinator for Cancer Care Ontario and a member of the U.S. Barbara Karmanos Cancer Institute.

Speaking at a seminar here Tuesday, Dufresne said his greatest worry is the lack of information given to the public about products they use every day.

"People are blindly being led in the use of these products, they assume they are tested and safe, and they're not," said Dufresne. "Scientists are discovering that exposure to a variety of trace chemicals over the span of a lifetime is dangerous."

An estimated 68,600 Canadian women will be diagnosed with cancer this year, while 31,600 of them will die.

Forty-six per cent of Canadian women are in the workforce and the remainder work at home.

The U.S. Public Interest Research Group reports there are more than 100,000 synthetic chemicals in use. Residues of more than 400 toxic chemicals have been identified in human blood and fat tissue.

The risk for childhood leukemia and brain tumours increases dramatically in households using home and garden pesticides, herbicides and insecticides. Bleach is being linked to the rising rates of breast cancer.

Dufresne said the biggest culprit is the cosmetic industry, which does not put warnings on labels and does not list potentially harmful ingredients.

"The industry and the regulators know the cancer risks associated with cosmetics but there is virtually no consumer knowledge," Dufresne said.

"Unlike cigarettes, there are no warning labels on cosmetics and virtually no FDA regulations policing them."

Cancer-linked chemicals are found in blush, concealer, facial powder, mascara and eye shadow and lipstick.

Toothpaste, nail polish, bubbles, shaving cream, deodorant, soap, tampons, conditioner, shampoo and styling products also pose a threat.

"My own study showed that men and women think they're safer if they pay more, but there is absolutely no relationship between cost and safety."

The use of talc in the genital region has been linked to ovarian cancer.

Mouth, tongue and throat cancer has been linked to the high alcohol content (more than 25 per cent), saccharin, dyes and a chemical called PS60/80 in various types of mouthwash.

In the home, Lysol, Murphy's Oil Soap, Pledge, Tilex, Ajax, and Spray 'N Wash, Palmolive, Joy, Sunlight, Arm & Hammer heavy duty laundry detergents, are a few of the many products containing dangerous chemicals, said Dufresne.

Chemicals formed in wood smoke from the fireplace, some burning candles, carpets and plastics, and particularly plastic wrap, can also cause cancer.

Dufresne said people shouldn't panic, but wants to ensure they have information to make informed choices.

Windsor Star

BBC NEWS

Chemicals may damage male babies

Chemicals found in many everyday products can harm male reproductive development, research suggests.

Phthalates are used in the manufacture of plastics, lubricants and solvents, and are found in cosmetics, medical equipment, toys, paints and packaging.

The University of Rochester team, New York, found exposure to the chemicals was linked to a higher risk of genital abnormalities in baby boys.

The study features in the journal Environmental Health Perspectives.

PRODUCTS CONTAINING PHTHALATES

Toys
Medical equipment
Paints
Inks
Vinyl flooring
Hair sprays
Deodorants
Nail polish
Perfumes
Clingfilm
Shampoo

Previous research on animals has suggested phthalates may damage reproductive development by disrupting hormone levels.

But until now evidence of a similar effect on humans has proved inconclusive.

The Rochester team, who examined 134 boys, found women with higher levels of phthalate-related chemicals in their blood were more likely to give birth to boys with undescended, or small testicles, small penises, or a shorter distance than usual between the genitals and anus.

It did not take exceptional levels of exposure to produce an effect - abnormalities were found in women exposed to levels below those found in a quarter of US women.

Lead researcher Professor Shanna Swan said: "We were able to show, even with our relatively small sample, that exposed boys were likely to display a cluster of genital changes."

Professor Richard Sharpe, of the UK Medical Research Council's Human Reproductive Science Unit in Edinburgh, said more work was needed to confirm the results.

But he told BBC News website: "It is significant. It is the first piece of evidence that we have that phthalates may cause adverse effects on reproductive development in human foetuses."

Wide-ranging effects

Professor Sharpe said the chemicals appeared to suppress production of the male sex hormone testosterone.

"Testosterone is absolutely critical to development - most of the things that make males different to females are down to pre-natal exposure to the hormone.

"It is not just the effect on genital development, but also on tissues throughout the body, including the brain."

The conservation group WWF, which campaigns against harmful environmental chemicals, described the findings as "startling".

GLOBEANDMAIL.COM

Asthma now hits one in 10 children, study says

Fourfold increase linked to air quality

BY MARTIN MITTELSTAEDT

FRIDAY, JANUARY 27, 2006
POSTED AT 4:36 AM EST
FROM FRIDAY'S GLOBE AND MAIL

TORONTO — The rate of childhood asthma in Canada has soared fourfold over the past 20 years, to a level where more than one out of every 10 children is now diagnosed with the respiratory illness, says a report by North America's environmental watchdog agency.

"Asthma is one of the most prevalent chronic conditions in Canadian children and is also a serious problem in adults," says the report, written in part by federal government researchers. It is the first study on the health of children in Canada, the United States and Mexico.

The data collected in the three countries show asthma to be prevalent across the continent. The report says the disease, immediately recognized by the wheezing and chest pain it causes, is "the most common chronic disease of childhood in North America."

Based on population figures, the study's conclusions indicate that about one million children in Canada have or have had asthma.

The highest rate of asthma presented in the report was among Canadian boys aged 8 to 11, of whom a staggering 20 per cent were diagnosed with the disease in the late 1990s. In the United States, about 13 per cent of children had asthma at some point in their lives, according to figures compiled in 2003.

The report, from the Montreal-based Commission for Environmental Co-operation, said the huge increase in asthma means the disease has become a "tremendous human and economic burden for millions of children and adults."

While researchers do not know the exact cause of asthma, whose main symptom is a chronic inflammation of the lungs leading to difficulty breathing, the report said the illness is linked to indoor and outdoor air quality.

Both have a greater effect on youngsters than adults.

"Children are especially sensitive to air pollution because of their rapid growth, developing body systems . . . and higher intakes of air," it says.

The report says exposure to second-hand tobacco smoke and dust mites indoors are risk factors, while pesticides, the fumes given off by some plastics, and volatile organic compounds in solvents and other chemicals may also play a role.

Research scientist Teresa To at Toronto's Hospital for Sick Children said indoor air is being assessed as a risk factor because children spend about 80 per cent of their time inside.

Cancer-causing agents found in everyday items, says expert

Tom Spears
CanWest News Service; Ottawa Citizen

Sunday, June 11, 2006

OTTAWA -- It's the little things in your life that will hurt you, says a medical professor from Chicago: your shampoo, your cologne, the baby's powder, the stuff on your garden, or on your neighbour's. Maybe even your milk.

Dr. Samuel Epstein, who teaches environmental and occupational medicine at the University of Illinois, says many household products are cancer-causing yet consumers don't get the full message from authorities.

It's time to take a different tack, the emeritus professor told an environmental conference on Saturday: Forget the feds, forget the Canadian and American Cancer Societies, and take a trip to your local city or town council.

Epstein said Canadian and U.S. federal governments have ignored many of the dangers of cancer-causing agents in homes and businesses.

CREDIT: KEVIN VAN PAASSEN / NATIONAL POST
The milk aisle.

Instead, he said, the community needs to rally around a call for safer products, and municipalities are the likeliest path to laws that will protect us.

An example: Beginning in the 1980s, Toronto used its sewer bylaws to restrict the wholesale dumping of pollutants by industry. The city forced major changes, especially among companies that dumped oily wastes down the drain, and metal industries that dumped toxic metal sludges such as cadmium.

He suggested the Ontario communities of Windsor and Sarnia, with their automotive and petrochemical industries, and historic use of asbestos in large amounts, might be good places to start.

Even lobbying industry could be useful, he told the conference organized by the Sierra Club.

"You have more to hope for from industry than you do from the (Canadian) federal government."

The government's response to a call for better regulation of toxic chemicals "will be zilch," he predicted.

So what's wrong with our surroundings?

-Milk, in his view. Canada banned using growth hormones in dairy cows in 1999, he noted. But we have harmonized our regulations with those of the United States, allowing U.S. milk into Canada. And American dairy farmers can use growth hormones.

Such hormone treatments may allow some of the drug itself to enter the milk, he said. But it also tends to cause ill effects in the cattle, which then need more antibiotics drugs that can also enter the milk.

"Apart from all the other crap in milk, you'll find opus cells and antibiotics," he said.

He said the combination raises the risk of colon, breast and prostate cancers

-Soaps, shampoos and cosmetics. Consumers aren't told what's in their favourite soaps, makeup and perfumes, he said. Yet with scented products, "a very significant percentage contain allergens."

As well, many cosmetics contain a class of chemicals called parabens, which act like hormones, and can disrupt the body's immune system.

Other products in many cosmetics are either cancer-causing in themselves, or break down into formaldehyde, a known human carcinogen, he said.

"To the overwhelming majority of the Canadian public this will mean nothing at all" because there's no labeling of the ingredients or their dangers on these products, he said.

He called cosmetics "a witches' brew of carcinogens and hormonal agents."

-Pesticides. The Ontario College of Family Physicians did "a terrific report" summarizing the dangers of pesticides, he said, and it's time to restrict their use.

He complimented the Canadian Cancer Society for speaking out against pesticides used on lawns and gardens, but said the organization has been far too silent on other environmental dangers, such as cosmetics and asbestos.

Ottawa Citizen

CLOSE WINDOW

DEATHTRAPS IN THE COSMETICS WE USE

by: Vance, Judi

Article Information
Volume 21 Issue 12
December,1998

Judi Vance has dedicated her life to educating the public about the harmful ingredients in cosmetics. She is presently campaigning to have these harmful ingredients totally banned. She publishes a newsletter called The Cosmetic Health Report and is the author of Beauty to Die For: the Cosmetic Consequence.

My journey into cosmetic research began about ten years ago when I was told I would not recover my health. I was suffering from chronic fatigue syndrome, fibromyalgia, lupus, rheumatoid arthritis, allergies and immunological defect; I was having 10 to 12 seizures a day, and walking with two canes. I had always been a heavy user of cosmetics, and began to suspect in particular the acrylic nails I had used for years, so I began to research the ingredients they use.

INGREDIENTS IN COSMETICS Cosmetics are anything that we apply to our bodies including soap, toothpaste, shampoo, mouthwash, deodorant and shaving cream. There isn't one person I have ever met who knew anything about cosmetics, and that is because the chemistry of cosmetics has always been cloaked in secrecy. The United States has had labelling laws for the last 20 years, but here in Canada there are no labels on containers. We need to let Health Canada know how seriously we need labels to disclose what is actually in these products.

MOLECULES WHICH PENETRATE THE BODY When you put a coating of creme or shaving gel on your face, these chemicals penetrate the skin and get inside the body, but not everything you put on your skin is actually going to be absorbed. Some molecules are too large to get in, but some are very tiny and can stay in the body for many days. Everyone used to think the skin is the perfect barrier, but one of the transport systems that takes these harmful ingredients into the body is the *hair follicle*.

SODIUM LAURYL SULFATE *Sodium lauryl sulfate* is a very strong surfactant that was developed for washing garage floors. The problem is that it denatures protein, and the body is made up of protein. Sodium lauryl sulfate is used in **shampoos, toothpaste, lotions** and **creams**. Research shows that it causes damage to the eyes, the cells and the entire body. It can combine with other ingredients in the container and create *nitrosamines* which cause skin damage and irritation. A dental association in Japan tested sodium lauryl sulfate on bacteria, and found that it is a *mutagen* which means that it can change the genetics within the cell. In children under six, just the absorption of this ingredient through the scalp every day is enough to prevent their eye proteins from linking up properly. These harmful ingredients are banned in Europe and Central America. Sodium laureth sulfate is also a toxic surfactant (milder but has ether added which is worse) used in shampoos and toothpastes.

PROPYLENE GLYCOL This is *anti-freeze*. If it spills in the garage, we wipe it up right away because we know that dogs and cats lick it and could die from it. The manufacturer of *propylene glycol* actually sends out a safety data sheet which states that when applied to the skin it causes liver abnormalities and kidney damage. Propylene glycol has the ability to get into the skin, into the blood stream and into the body where it is stored for days and weeks at a time. It can actually alter brain waves to a state of anxiety. Propylene glycol is used in most cosmetic products, as well as food products like ice cream and muffins. It is a humectant and holds in the moisture. It is used in practically every single lipstick on the market, so has clear access to the limbic system of the brain.

COLOURANTS I wore red lipstick for years and years, and I don't wear it anymore. I don't trust anybody's reds. If you took FD & C Red No.3, which is found in a great deal of cosmetics and put it into a petrie dish with breast tissue, you will find breast cancer. This ingredient is still on the market, and we know it causes cancer.

NAIL POLISH The nails do absorb chemicals from nail polish, remover and the glue used with acrylic nails.

CONTAMINANTS These contaminants do not appear on the label. It is not the cosmetic manufacturers who cause the contamination, but the *suppliers of the raw materials*. What we want in the industry is to have the actual raw materials cleaned up. Contamination can occur from the cleaning of the plants or from the solvents they use, and most of the products on the market are contaminated. *DEA (diethanol amine)* is widely used in shampoos, and scientists have been reporting that DEA, whether or not it's a DEA cocamide, mixes with the nitrogen-containing molecule in the same container and creates *nitrosamines* which get into your body and are *carcinogens*. Sometimes ingredients which aren't harmful alone may go on to create a *formaldehyde* or a contaminant. In a recent study, they tested 54 ethoxylated moisturizing ingredients, and found all 54 of them contained exceedingly high levels of *1,4 dioxane* which is a powerful *xeno-estrogen*.

XENO-ESTROGENS Women today have so many problems with their hormones being out of balance with PMS and menopausal symptoms, and this shouldn't be because it doesn't occur in Third World countries, China or Japan. Menopause is a North American disease and it may just be that we have created it through cosmetic use. We have a major problem with hormone mimickers like xeno-estrogens affecting our endocrine systems. A xeno-estrogen communicates with our cells as if it were an estrogen. Many ingredients in cosmetics have the ability to be a xeno-estrogen. If found in a shampoo, it can lower the *sperm count* in men! And any exposure between the ages of birth to about six years old can definitely alter a *child's hormones*. So I always say "Mothers if you want your boys to grow up to be cowboys don't put them in a bubble bath!"

EXTRACTION PROCESS We hear a lot today about ingredients coming from natural sources like coconuts. But to get the oil from a coconut and put it into a container of shampoo or face cream, it has to go through some type of chemical process, and in this process, many contaminants are formed. Many of us are not aware that essential oils and other products have been extracted from the plant with solvents like propylene glycol and benzene. There are better ways of doing this such as *cold*

pressing, natural extractions and distilling.

FRAGRANCES Fragrance goes straight into the limbic system of the brain. A friend of mine who is a great researcher sent me some scans of people's brains before and after being exposed to fragrance. Perfumes and fragrances are actually made of 5,000 hydrocarbons which are all synthetics. There are no roses pressed into that beautiful bottle. When a person's body begins to break down, the first thing that happens is they become sensitive to perfumes, room sprays, laundry detergents, etc. We are actually absorbing and breathing these in, and the Environmental Protection Agency lists them as causing *nervous disorders* and *brain disorders*, and they are investigating a connection between fragrance and *multiple sclerosis, chronic fatigue* and *fibromyalgia*. Anything that a person is breathing in should be absolutely natural, and if you are using essential oils you must make sure that they have not been processed with some type of chemical solvent like *propylene glycol* or *benzene*.

ESSENTIAL OILS You cannot assume that the natural essential oils are all naturally processed. Most of them are *contaminated*, since 95% of companies extract the essential oil with solvents like *propylene glycol*, and they don't tell you because it's still considered pure oil. When it's contaminated like this, the healing properties of the plant are diminished. *Synthetic* essential oils are also on the market, and these cannot do the same thing as the natural product. Most of the essential oils must be checked to make sure they are not synthetic and that the extraction process is natural (steam distilled). It is under investigation right now, and will be reported in my newsletters.

BABY PRODUCTS CONTAIN PETROLEUM BY-PRODUCTS AND CARCINOGENS Because shampoos irritate baby's eyes, they put an ingredient called *ethylene oxide* in the shampoo. Look on the Internet; you won't find one report which doesn't call it a *carcinogen*. It loads their system up with *1,4 dioxane*. Another problem with baby products is that they contain an enormous amount of *petroleum by-products* like *mineral oil* and *petrolatum*, and petroleum by-products can be contaminated with *polycyclic hydrocarbons*, dangerous *carcinogens*. Babies do not have immune systems which are able to tolerate these chemicals, so it's very important to have all baby products reevaluated. There is enough fluoride in a tube of toothpaste to kill a child. Children sometimes take too much on their toothbrush and swallow quite a lot.

MELATONIN Not all synthetics are bad. Not one drop of melatonin on the market is natural; it is all synthetically derived, and yet we know that melatonin works and it is not harmful to the body. The synthetic molecule is identical to the natural molecule. It's just that they had to kill thousands and thousands of horses originally to get enough of the natural substance to run studies in the first place. So in some instances, it is preferable to use the synthetic rather than the natural form of the ingredient.

RECIPES My book has a chapter with recipes for making your own cosmetics, but the problem with making your own cosmetics is that the oils in the cremes are so heavy that they do not allow your skin to breath and expel toxins, so you have to be very careful about that. These days moisturizers are formulated using *silicone* which forms a mesh-like covering on the skin which allows your skin to breathe.

LET'S CLEAN UP THE PRODUCTS Cosmetic ingredients are not

regulated by the government. The industry is self-regulating. You must educate yourselves and demand that the manufacturers use safe ingredients and processes like *vacuum stripping* to remove the contaminants. This will increase the price of the raw material by about five times, but the cosmetic industry usually has maybe 5 to 15 cents worth of ingredients in it and the rest has all been going to profit, so there is plenty of room for change. Keep up to date with ongoing changes in cosmetic formulating by reading my free newsletter The Cosmetic Health Report which has critiques on cosmetic manufacturing companies, product spotlights, lobbying updates, cosmetic recipes and free seminars.

* * *

You may contact Judi at The Cosmetic Health Report phone: 604-683-6312; fax: 604-681-4445; website: www.cosmetichealthreport.com

IT'S ABOUT PREVENTION. IT'S ABOUT TIME!

If you were asked this question, "What percentage of cancers are *environmental?*" what would your answer be – 10 per cent? 30 per cent? 55 per cent?

Not even close. The correct response is that breast cancer is at least 75 per cent environmental, and many other cancers are estimated at well over 90 per cent.[1]

Are you shocked? Most people are. As a society, we believe that cancer – aside from the obvious link between smoking and lung cancer – is bad luck, an unfortunate roll of the dice. **So the news that the majority of cancers are environmental – and therefore preventable – *should* surprise us. But just as shocking is finding out this isn't really *news* at all.** In the 1960s, the World Health Organization compared cancer rates around the world and concluded that the environment, not heredity, played the biggest role in cancer causation.[2] Since that time, research papers linking cancer to environmental causes have steadily accumulated. In 2002, a peer-reviewed Swedish study that examined the medical records of nearly 10 million Swedes over a 70-year period, found that an overwhelming majority of most cancers were environmental in origin, not passed down genetically from their parents.[3]

Let's be clear about the meaning of the word *environmental*, which in this context goes beyond its usual ecological definition. It means more than pollutants from smokestacks and tailpipes, more than toxic chemicals in our food and water, and so on. Environment in this broader sense includes anything outside our bodies that we take in, whether we choose to or not. Thus tobacco smoke, diets high in sugar and fat, the drugs we take, medical x-rays, radiation from the sun, etc. – as well as all those pollutants – are classed as environmental. In simplest terms: If cancer is not hereditary, it is environmental.

Thus environmental means modifiable – and therefore preventable. And this *is* good news, or at least it should be. It means that we have an amazing opportunity to thwart cancer, **to forestall it before it shows** up as a very disturbing and paralyzing diagnosis in your doctor's office. **However, despite the remarkable knowledge that most cancers are preventable, we still buy into the misconception (or more accurately, we've been sold the creed) that the only way to fight cancer is to beat it *after* diagnosis.** And this in turn means highly expensive medical interventions combined with an ongoing flood of research for better treatments *and* the elusive cure.

Those of us who are passionate about cancer prevention ask you to imagine this scenario. Think of all the people you know who have died from cancer. Now imagine that over half of them might still be with you, alive and well and spared the suffering of a needless death from cancer. That is the power of prevention.

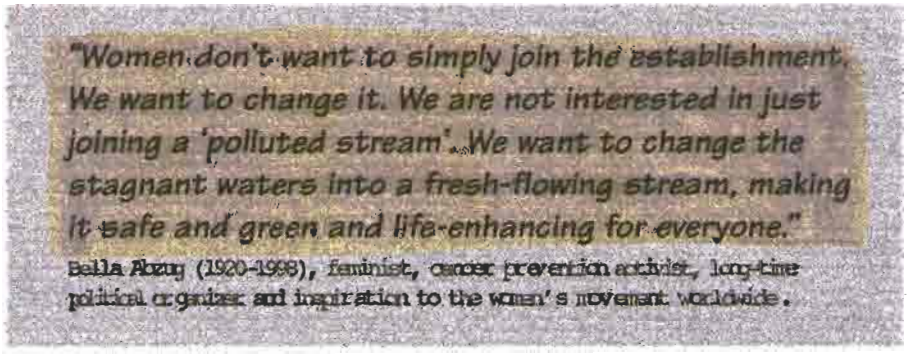
In the three-plus decades since the War on Cancer was declared by U.S. President Richard Nixon in 1971, mortality and incidence rates for many cancers have continued to rise.[4] And while tens of billions of dollars have been spent searching for 'the cure', with few breakthroughs, only a very small portion of this funding has been earmarked for prevention – even though prevention is far and away our best bet for beating cancer. What are we thinking?

While most cancer organizations rightly urge us to follow healthy lifestyles – don't smoke, exercise regularly, eat healthy foods – we're still vulnerable to cancer from other hazards immediately around us. As we address lifestyle factors, such as smoking and alcohol consumption, we must also work to detoxify the air we breathe, the water we drink, and the food we eat, wherever people live and work. These toxic pollutants are everywhere, they cause untold numbers of cancers, yet they rarely merit concern or action.

The purpose of this information folder is to focus attention on this badly neglected subject of cancers related to both occupational hazards and the thousands of pollutants we rarely see and would never consciously choose.

Current and projected cancer numbers ought to provide a good catalyst for action on prevention. Right now, one in three Canadians will contract cancer at some time in their lives, and one in four will die from it. By the year 2010, the Canadian Cancer Society (CCS) predicts that cancer will overtake cardiovascular disease as the most common cause of death in Canada. For its part, the World Health Organization predicts that global cancer rates could increase by 50 per cent to 15 million new cases annually – nearly half of Canada's current population! – by the year 2020.[5]

Prevention is the better way. In 1997, epidemiologists John Bailar and Heather Gornik wrote in the *New England Journal of Medicine*, "The most promising approach to the control of cancer is a national commitment to prevention, with a rebalancing of the focus and funding of research."[6] Canada needs such a national commitment too. Many experts already agree that more than 50 percent of all cancer cers can be prevented with the knowledge we now have.



Overwhelmingly, however, the cancer agenda is *not* about prevention. In our view, the war on cancer will only be won when we've made significant strides in preventing occurrence of this devastating disease in the first place, while striving to cure those remaining unpreventable cases.

In this quest, women have a huge role to play. As pioneering cancer activist Rose Kushner often said, "If the world were run by women, we would work on prevention." Yet while prevention may save countless lives and all the anguish that accompanies a cancer diagnosis, it's the quest for the cure and better treatment that capture the lion's share of attention *and* funding. Human nature plays a big part in this: "A cancer cured is tangible, a marvelous success, but a cancer prevented is invisible, a statistical abstraction. Prizes abound for cancer cures, but where are the awards for cancer prevention?' asks Robert Proctor, in *Cancer Wars*.[7] And, as our health care system – already focused too emphatically on sickness rather than wellness – drifts ever closer to privatization, ask yourself this question: *Where is the profit in prevention?* Simply, there is none (although there are plenty of savings). Is the absence of profit why there is so little interest in prevention?)

Those of us who are passionate about cancer prevention ask you to imagine this scenario: Think of all the people you know who have died from cancer. Now imagine that over half of them might still be with you, alive and well and spared the suffering of a needless death from cancer.

That is the immense power of prevention.

[1] World Health Organization, *Prevention of Cancer* (Geneva, 1964)

[2] ibid

[3] K Czene , P Lichtenstein , K Hemminki, *Environmental and heritable causes of cancer among 9.6 million individuals in the Swedish Family-Cancer Database*, Int J Cancer 2002 May 10;99(2):260-6

[4] *Everyday Carcinogens: Stopping Cancer Before It Starts*, March 1999. See www.stopcancer.org

[5] World Health Organization: www.who.int/mediacentre/releases/2003/pr27/en/

[6] *Cancer Undefeated*, NEJM, 1997, 336 (22): 1569-74).

[7] Robert Proctor, *Cancer Wars: How Politics Shapes What We Know and Don't Know About Cancer*, BasicBooks, HarperCollins, New York, 1995 page 268.

Children polluted with chemicals: report

One child gets her blood tested in the study.

Amy Robertson says 'It makes me angry.'

Rick Smith, executive director of Environmental Defence, speaks during a press conference at the National Press Theatre in Ottawa on Thursday.

CTV.ca News Staff

***Updated: Thu. Jun. 1 2006** 11:33 PM ET*

Flame retardants, mercury and lead were just some of the toxic chemicals found in the bodies of children and their parents in a cross-Canada study of pollution in people.

"It makes me angry," Amy Robertson, a volunteer in the study, told CTV News. "I feel victimized by the air that I am breathing and the things I have no control over."

The report by Environmental Defence, entitled *Polluted Children, Toxic Nation: A Report on Pollution in Canadian Families*, tested the blood and urine of 13 people from communities across Canada.

Seven children and six adults from British Columbia, Ontario, Quebec and New Brunswick were checked for 68 different toxins.

The lab tests found a total of 46 of the 68 chemicals in the volunteers, including toxins that can cause cancer, reproductive disorders, disrupt the hormone system and cause developmental delays.

On average, adults had 32 toxins, and 23 were found in children.

"Most shocking, in a number of cases, children had much higher levels of certain toxic chemicals than their parents," said Dr. Rick Smith, executive director of Environmental Defence.

"In fact, in every case, the children tested had at least one toxin at a higher level than the adults that we tested," he told a news conference.

Viviane Maraphi, a mother and Toxic Nations volunteer from Montreal, had the highest level of toxins -- 36.

Her 10-year-old son, Aladin Bonin, had 25 chemicals in his body.

"When I saw how many different chemicals are in my body, I was astounded. But, when I saw the toxic chemicals in my son's body, I was angry. Our children deserve better protection," she said in a news release.

"It's not fair that children should be so polluted with these chemicals," said Aladin. "I hope that adults do something now to fix the problem."

Toxic politics

In an attempt to bring federal attention to the issue, the environmental group challenged Environment Minister Rona Ambrose to test her own blood and urine for toxic contamination.

Ambrose accepted the request.

"The minister of health and myself have offered to participate in this study to raise the profile of the toxins that are in our children's blood in Canada," Ambrose said during Thursday's question period.

NDP Leader Jack Layton responded by attacking the Conservatives for voting against an NDP bill that would have banned toxic pesticides two weeks ago.

"Actions speak louder than words," Layton said.

Health Canada responded to the study's findings by promising to conduct a much larger national survey.

The federal health agency plans to monitor 5,000 Canadians for toxic contamination over a two-year period from 2007 to 2009.

"The government of Canada takes very seriously the exposure of Canadians to environmental chemicals," said Health Canada spokeswoman Carolyn Sexauer.

According to Sexauer, children are at greater risk for toxic contamination than adults because of their size, immature organs, physiology, curiosity and lack of knowledge.

Room for improvement

Dr. Kapil Khatter, head of Canadian Physicians for the Environment, also volunteered for the study. He said Canada isn't working hard enough to get rid of these chemicals.

"I think we are being lazy, and that we need to make a solid effort to get these chemicals out of our system," Khatter told CTV Newsnet.

"There isn't any reason for us to be walking around with levels of chemicals in our bodies."

Even some banned chemicals -- such as PCBs (polychlorinated biphenyls) and DDT, a pesticide -- were found in the blood and urine of the children.

The Health Canada website says everyone is exposed to trace amounts of PCBs "through food, and to a lesser extent, through air, soil and water."

"These low levels are unlikely to cause adverse health effects," says the info sheet on PCBs.

Based on their findings, Environmental Defence is demanding that the federal government establish guidelines for the elimination of toxic chemicals, starting with some of the most harmful ones, such as flame retardants.

It also wants Ottawa to regulate chemicals in consumer products and reduce pollution in the Great Lakes basin.

"Our children are being poisoned every day by toxic chemicals that surround them at home, school and play," Smith said in a news release.

"The fact that children in our study have higher levels than their parents of a number of chemicals is an indictment of federal inaction and shows the failure of federal environmental law."

With files from CTV's Avis Favaro and The Canadian Press

Time to Protect Babies From Dangerous Products

CHICAGO, Feb. 28 (AScribe Newswire) -- From shortly after birth, mothers tenderly wash and pamper their infants with a wide range of baby products. These include soaps, shampoos, lotions, and dusting powders, some of which are used several times daily.

However, how would mothers react if they discovered that these baby products contain a witch's brew of dangerous ingredients? Hopping mad could be a reasonable understatement.

Most disturbing are three groups of widely used ingredients known as "hidden carcinogens" -- ingredients which are contaminated by carcinogens, or which break down to release carcinogens, or which are precursors of carcinogens -- to which infants are about 100 times more sensitive than adults.

- The largest group of hidden carcinogens includes dozens of wetting agents or detergents, particularly PEGs, Laureths, and Ceteareths, all of which are contaminated with the potent and volatile carcinogens ethylene oxide and dioxane. These carcinogens could readily be stripped off during ingredient manufacture, if the industry just made the effort to do so. Another hidden carcinogenic ingredient is lanolin, derived from sheep's wool, most samples of which are contaminated with DDT-like pesticides.

- The second group includes another detergent, Triethanolamine (TEA) which, following interaction with nitrite, is a precursor of a highly potent nitrosamine carcinogen.

- The third group includes Quaterniums and Diazolidinyl urea preservatives which break down in the product or skin to release the carcinogenic formaldehyde.

Of additional concern is another group of common preservatives, known as Parabens. Numerous studies over the last decade have shown that these are weakly estrogenic. They produce abnormal hormonal effects following application to the skin of infant rodents, particularly male, resulting in decreased testosterone levels, and urogenital abnormalities. Parabens have also been found to accumulate in the breasts of women with breast cancer.

The common use of Talc dusting powder can result in its inhalation, resulting in acute or chronic lung irritation and disease (talcosis), and even death. Additionally, Talc is a suspect cause of lung cancer, based on rodent tests.

Fragrances, containing numerous ingredients, are commonly used in baby products for the mother's benefit. However, over 25 of these ingredients are known to cause allergic dermatitis.

A final ingredient of particular concern is the harshly irritant sodium lauryl sulfate. A single application to adult human skin has been shown to damage its microscopic structure, increasing the penetration of carcinogenic and other toxic ingredients.

Most disturbing is the ready availability of safe alternatives for all these dangerous ingredients (longstanding information on which is detailed on the Cancer Prevention Coalition website, http://www.preventcancer.com). So, why is it that the multibillion-dollar cosmetic and toiletry industry has not acted on this information? The answer is that the major priority of the industry's trade association is "to protect the freedom of the industry to compete in a fair market place." At the same time, the association pursues a highly aggressive agenda against what it claims are "unreasonable or unnecessary labeling or warning

requirements." As Senator Edward M. Kennedy (D.MA) stated at 1997 Hearings on the FDA Reform bill: "The cosmetics industry has borrowed a page from the playbook of the tobacco industry by putting profits ahead of public health."

Astoundingly, the interests of industry remain reinforced by the regulatory abdication of the Food and Drug Administration (FDA), in spite of its authority under the 1938 Federal Food, Drug and Cosmetics (FD&C) Act. Clearly, the FDA is the lap dog, rather than the watchdog, of the industry.

Of even greater concern is the reckless failure of the federal National Cancer Institute and the "non-profit" American Cancer Society to inform the public of the avoidable risks of cancer from the use of baby products, especially in view of the escalating incidence of childhood cancers over recent decades. However, the silence of the American Cancer Society is consistent with its over $100,000 annual funding from about a dozen major cosmetic and toiletry industries.

The protracted failure of Congress to enforce FDA's compliance with the FD&C Act has evoked the growing concern of State legislatures. Assemblywoman Judy Chu (D-Monterey Park) of the California Senate Health Committee, recently introduced landmark legislation that requires disclosure of all carcinogenic, hormonal, and otherwise toxic ingredients in cosmetics. Strongly backed by a coalition of consumer, womens, occupational, and church groups, but opposed by powerful mainstream industry interests, the Bill failed to pass. However, this shot over the bows of the reckless mainstream industry marks the beginning of nationwide State initiatives to protect consumers and their babies from undisclosed dangerous products and ingredients. Safe alternative products and ingredients, including organic, are becoming increasingly available from non-mainstream companies.

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NEW INITIATIVES IN PERSONAL CARE PRODUCT SAFETY, JANUARY 2000

CPC is pleased to report precedential recent breakthrough initiatives in consumer product safety.

CHICAGO, January 7, 2000.

Fragrances and Perfumes:

As emphasized in the Safe Shopper's Bible, fragrances and perfumes in mainstream cosmetics and toiletries, besides in soaps and other household products, are leading causes of allergy, sensitization, and irritation. Their toxicity is also in serious question as is their contribution to indoor air pollution.

The National Institute of Occupational Safety and Health has reported that the fragrance industry uses up to 3,000 ingredients, predominantly synthetic, some 900 of which were identified as toxic. However, the industry is not required to disclose ingredients of fragrances and perfumes on their labels due to trade secrecy considerations. The FDA supports this non-disclosure on the grounds that "consumers are not adversely affected—and should not be deprived of the enjoyment" of these products.

An analysis of six different mainstream perfumes by Scientific Instrument Services, released in November 1998, identified over 800 ingredients with distinctive patterns for each perfume. These ingredients include a wide range of volatile and semi-volatile organic chemicals, which are thus significant contributors to indoor pollution.

On May 11, 1999, the California Environmental Health Network filed a Citizen Petition with the FDA requiring warning labels on all fragrances which are marketed without prior adequate safety testing. Additionally, the petition requested the FDA to take administrative action and declare Calvin Klein's "Eternity eau de parfum" as "misbranded." This petition has been supported and endorsed by the CPC. While Eternity perfume was based on recent analysis of the perfume by two independent laboratories, Scientific Instrument Services and the cosmetic industry's Research Institute of Fragrance Materials Laboratory. Of all 41 ingredients identified, no toxicity data are available on some, data on most are inadequate, and others are known to be toxic to the skin, mucous membranes, respiratory tract, and reproductive and nervous system by routes including skin absorption and inhalation. Additionally, two ingredients (phenylmethyl acetic acid ester and 2,6-bis (1,1-dimethylethyl)-4-methyl-phenol) were identified as carcinogens. The FDA has 180 days to respond to this petition. However, any positive response is most unlikely.

* **Neways International, a leading alternative safe consumer products company, has taken a precedential initiative in the area of fragrance safety. The few fragrances used in Neways personal care products contain less than 10 ingredients, most of which are natural. As importantly, none of the few synthetics used are known to be toxic or carcinogenic.** In the near future, these products will be labeled accordingly.

Surfactants:

A wide range of personal care products including shampoos, hair conditions, cleansers, lotions, and creams, besides household products such as soaps and cleaning products, contain surfactants or detergents such as ethoxylated alcohols, polysorbates, and laureths. These ingredients are generally contaminated with high concentrations of the highly volatile 1,4-dioxane, which is both readily inhaled and absorbed through the skin. The carcinogenicity of dioxane in rodents was first reported in 1965 and subsequently confirmed in other studies including by the National Cancer Institute in 1978; the predominant sites of cancer were nasal passages in rats and liver in mice. Epidemiological studies on dioxane-exposed furniture makers have reported suggestive evidence of excess nasal passage cancers. On the basis of such evidence, the Consumer Product Safety Commission concluded, "the presence of 1,4-dioxane, even as a trace contaminant, is a cause of concern." These avoidable risks of cancer in numerous personal care, besides other consumer products, is inexcusable, particularly as the dioxane is readily removed from surfactants during their manufacture by a

process known as "vacuum stripping."

Again, Neways now stands alone in certifying and labeling the surfactants in its personal care products as "dioxane-free," and thus sets an important precedent to the entire personal care products industry.

In-Depth: Ingredients, Companies, and Safety Gaps

New developments

- FDA fails to protect consumers *Updated October 5, 2005*
- Top brands of concern *Updated October 5, 2005*
- Top companies of concern *Updated October 5, 2005*
- Top ingredients of concern *Updated October 5, 2005*

In depth information

- Skin Deep Facts and Findings
- Brands & Companies
- Products
- Ingredients
- Safety gaps and the FDA
- Safety in the hands of the cosmetics industry
- Exposures add up

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back

Exposures add up - Survey results

June 2004. A personal care product use survey of more than 2,300 people, conducted by EWG and a coalition of public interest and environmental health organizations, shows that the average adult uses 9 personal care products each day, with 126 unique chemical ingredients. More than a quarter of all women and one of every 100 men use at least 15 products daily. Among the findings of this survey are the following:

- 12.2 million adults - one of every 13 women and one of every 23 men - are exposed to ingredients that are known or probable human carcinogens every day through their use of personal care products.
- One of every 24 women, 4.3 million women altogether, are exposed daily to personal care product ingredients that are known or probable reproductive and developmental toxins, linked to impaired fertility or developmental harm for a baby in the womb or a child. These statistics do not account for exposures to phthalates that testing shows appear in an estimated three quarters of all personal care products but that, as components of fragrance, are not listed on product ingredient labels (EWG et al. 2002).
- One of every five adults are potentially exposed every day to all of the top seven carcinogenic impurities common to personal care product ingredients — hydroquinone, ethylene dioxide, 1,4-dioxane, formaldehyde, nitrosamines, PAHs, and acrylamide. The top most common impurity ranked by number of people exposed is hydroquinone, which is a potential contaminant in products used daily by 94 percent of all women and 69 percent of all men.
- Women use more products than men, and are exposed to more unique ingredients daily, but men use a surprisingly high number of products as well. The average woman uses 12 products containing 168 unique ingredients every day. Men, on the other hand, use 6 products daily with 85 unique ingredients, on average.

The personal care product industry's self-policing safety panel, the Cosmetic Ingredient Review, approaches each safety assessment as if consumers are exposed to just one chemical at a time, and as if personal care products are the only source of exposure for each chemical considered. The panel is often wrong on both counts.

The results of this survey in combination with other studies show that people are exposed to hundreds of chemicals over the course of a day (CDC 2003, Thornton et al. 2002, EWG 2003), and that people face multiple sources of exposure from multiple consumer products for some of the common industrial chemicals used as cosmetic ingredients. Exposures can add up. The industry's panel does not consider the reality of patterns of human exposures — additive effects of exposures to multiple chemicals linked to common health harms — in declaring chemicals "safe as used" in cosmetics.

By considering the human body to be a "clean slate" free of background contamination, free of related chemicals linked to common health harms, and free of exposures from other kinds of consumer products, the industry's panel will every time underestimate the potential for a particular personal care product ingredient to harm human health.

Unique Cancer Risk from Cosmetics and Personal Care Products

Dr Samuel Epstein, chairman of the Cancer Prevention Coalition, states that **mainstream industry cosmetics and personal care products (CPCPs) are the single most important, yet generally unrecognized, class of avoidable carcinogenic exposures** for the overwhelming majority of citizens in major industrial nations. The reason for these unique risks reflects a complex of individual and interactive factors such as:

- Interaction between different ingredients: even though a specific ingredient might not be in itself a "frank" carcinogen it might be a "hidden" carcinogen that may, under certain conditions, have carcinogenic properties when it combines with other ingredients in a product.
- Prolonged duration of exposure: the concern is that daily exposure, over a lifetime, of toxic ingredients, many of which are left on skin, has a cumulative negative effect.
- High permeability of skin: the skin is highly permeable to carcinogenic and other toxic ingredients, especially following prolonged exposure.
- Effect of wetting agents on skin permeability: the permeability of skin to carcinogens, besides other toxic ingredients, is further increased by the presence of wetting agents or surfactants, probably the most common class of ingredients in the majority of CPCPs.
- Bypassing detoxifying enzyme: carcinogens in CPCPs pose greater cancer risks than does food contaminated with carcinogenic pesticides and other industrial carcinogens as they are not detoxified by the liver but reach the general blood circulation without this protective detoxification.

Frank & Hidden Carcinogens

Acrylate
acid orange 3
Acrylate copolymers
amorphous silicates
Benzyl acetate
blue 1,2,4
bromonitrodioxane
bronopol
bronopol (2-bromo-2-nitropropane-1,3-diol)
butyl benzylphthalate
Butylated hydroxyanisole
butylated hydroxytoluene
Ceteareth-3
chlorhexidine
Choleth-24
chrystalline silica
coal tar dyes
DEA
DEA-Cocamide & Lauramide & Oleamide condensates
DEA-cocamide/lauramide condensates
DEA-MEA/ Acetame
DEA-Sodium lauryl sulfate
diaminoanisole
diaminophenol
diaminotoluene
diazolidinyl urea
Diethanolamide-cocamide, lauramide & oleamide condensates
dioctyl adipate
disperse blue1
disperse yellow3
DMDM-Hydantoin
ethoxylated alcohols
ethyl alcohol
fluoride
formaldehyde
glutaral
green 1,2,3
hydroquinone
Imidazolidinyl urea
lanolin
Laureth's
Methacrylate copolymers
metheneamine
Metheneamine
methylene chloride
Morpholine
nitrophenylenediamine
Nonoxynol
Oleth's
Padimate-O (octyldimethyl para-amino benzoic acid)
PEG's (polyethylene glycols)
polyoxymethyleneurea
Polysorbate 60
Polysorbate 80
polyvinyl acetate
polyvinyl pyrrolidone
p-phenylphenylenediamine
pyrocatechol
Pyroglutamic Acid
Quaternium-15
quaternium-26
red 4,9,17,19,22,33,40
saccharin
Sodium/Hydroxymethylglycinate
talc
TEA
TEA-Sodium lauryl sulfate
titanium dioxide
Yellow 5,6,8

The Skinny on Skin Care

AND OTHER HEALTH AND BEAUTY PRODUCTS

Did you know the government does not require that cosmetics and other personal care products be tested for safety? Or that the industry's own safety review panel has assessed *only 11 percent* of the 10,500 ingredients contained in health and beauty products available in stores today?

Given this lack of critical information, Environmental Working Group has developed Skin Deep, an online safety guide with in-depth information on nearly 15,000 products—makeup, lotion, lip balm, deodorant, sunscreen, toothpaste, hair dye and many other popular items.

The Skin Deep product assessments are available in a searchable database **www.ewg.org/skindeep/** enabling you to create a handy shopping list of products that are safest for you and your family.

10 Things You Can Do

TO PROTECT YOURSELF AND YOUR FAMILY

1. **FOCUS on the ingredients.** Current law says manufacturers don't have to back up their claims, so don't trust marketing terms such as organic, natural and hypoallergenic. Read the fine print and check the ingredients.
2. **TAME your soap.** Strong soaps can strip away your body's own natural skin oils. Choosing a milder soap can reduce skin dryness and your need for artificial moisturizers.
3. **TURN UP your nose to added fragrances.** Fragrances can cause allergic reactions, and products that claim to be "fragrance free" often contain masking fragrances that give off a neutral odor. Check the label to be sure.
4. **LIGHTEN UP on dark hair dyes.** Many contain coal tar ingredients that have been linked to cancer.
5. **PUT DOWN the baby powder.** A number of ingredients in common powder have been linked to cancer, and the FDA warns that they can cause lung damage if inhaled regularly.
6. **BRUSH OFF the fluoridated toothpaste.** Little kids eat toothpaste, and fluoride consumption has been linked to bone cancer in boys. There's a reason for the poison control warning on fluoridated toothpaste, so wait until they're at least six before giving it to them.
7. **ABOLISH the nail polish, especially if you're pregnant.** It's a product that routinely contains ingredients linked to birth defects and other problems. If you do use it, always paint nails in a well-ventilated area.
8. **GO EASY on the perfume or cologne.** They often contain phthalates and parabens, ingredients that have been linked to birth defects and breast cancer.
9. **SIMPLIFY your life by using fewer personal care products.** Doing so will reduce potential health risks associated with those products.
10. **SEARCH for products at the Skin Deep website www.ewg.org/skindeep/.** Use the Custom Shopping List to find the personal care products that have the fewest health impacts.