

Some of the 3000 Ingredients Modere Avoids.

Why Are They Avoided.....?

.....because **THE SKIN** is the quickest route for the absorption of chemicals into the bloodstream – undiluted – hence nicotine and HRT patches.

CAP (Consumer Association of Penang – Malasia) published a booklet detailing the findings of their ground-breaking study

"Cancer-Causing chemicals in Cosmetics and Daily Use Products".

CAP's study was prompted by a 496% increase in the number of reported cancer cases which had risen from 6,254 in 1970 to 37, 294 in 1996 – during which time Malasian society was becoming "modernised" in the mould of Western Societies. Their death rate from cancer had risen to match ours in the UK – 103 a day!

These are SOME of the chemicals they named:-

Sodium lauryl sulphate (SLS)

It is a mutagen (it can alter the DNA).

Found in toothpaste, body & facial washes.

Made from coconut oil, it is used to make industrial degreaser for engines and garage floors.

It denatures protein so it damages the mucosal lining of the mouth and vagina making them susceptible to infections – urinary tract, bladder & kidney infections and ulcers.

Sodium laureth sulphate (SLES) (This is the alcohol form of SLS)

SLES was used to make "Agent Orange" to defoliate the trees during the Vietnam war and large numbers of veterans have died or are dying from various kinds of cancer.

It is also found in children's bubble bath as it creates more bubbles. It is even more dangerous than SLS.

Research has shown that it prevents proper development of the eyes in young mammals and causes cataracts in older people.

Propylene glycol

Found in baby wipes and moisturisers, it is also the main ingredient in brake fluid and anti-freeze.

It sits on the skin's surface producing the "plastic bag" effect --the skin cannot respire--but it feels smooth and healthy. It is, in fact, drawing water from up from the living cells (in an effort to wash it off), thus damaging them.

Polyethylene glycol (PEG)

Found in most skin cleansers, it is a caustic used to dissolve grease and is found in oven cleaners.

Mineral oil

Found in moisturisers. (Alias Petroleum, Petrolatum, Paraffin, Paraffin Oil, Parafinium Liquidum).

Fluoride

Found in toothpaste.

Sodium Monofluorophosphate, better known as Sodium Fluoride, is used to make rat poison and is also used as an insecticide for ants and cockroaches.

This is a waste product from the phosphate fertilizer industry, a poison similar to cyanide (*1974 Poisons Act says it is a Class 2 Poison*), known to cause very dense brittle bones and dental fluorosis - the first visible sign of fluoride poisoning.

It is so corrosive that it is transported in glass-lined tankers.

A 1997 survey found that the average person who brushes his/her teeth with a pea-sized amount of fluoridated toothpaste ingests between 0.3 and 0.4 mg of fluoride each time they brush - almost half our daily tolerable limit of fluoride.

It is also added to drinking water and school milk in certain areas of the UK.

It is also called fluorosilicic acid.

See the National Pure Water Association website for more details: www.npwa.org.uk

Saccharin

Found in mouthwashes.

Derived from coal tar. This caused bladder cancer in animal studies and research shows that it promotes the cancer-causing effects of other carcinogens.

It is used as an artificial sweetener and can also be found in processed foods.

Ethanol

Found in mouthwashes.

A type of alcohol from petroleum. Mouthwashes typically contain higher concentration of alcohol than beer and wine. An alcohol content of 25% has been implicated in mouth, tongue and throat cancers.

It has a similar effect on mouth tissues as SLS.

Formaldehyde

Used to embalm the dead.

(It is listed as **Methyl Aldehyde**)

Found in deodorant, shampoo, mouthwash, toothpaste, nail polish, aftershave, perfume.

Causes cancer in animals and suspected of causing it in humans.

Aluminium salts

In all anti-perspirants. It blocks the sweat glands. (A bad idea as it traps toxins inside the body and it is implicated in breast cancer.)

Linked to brain disorders such as dementia, Alzheimer's, behavioural abnormalities, poor memory, impaired visual-motor co-ordination.

Talcum powder (Talc)

In Baby Powder, cosmetics. It is the same molecular structure as asbestos.

Causes cancer. Keep away from female genital area. Do not breathe it in.