

In my final post about the book, Not Just a Pretty Face, I would like to leave you with some thoughts that came to mind when I was reading the book. Points that I will be pondering as I shop for shampoo, face cream, cosmetics or any other personal care product.

I came away with a few things to think about....

1. Cosmetic companies say that the **minute traces of harmful chemicals that they use are not concentrated enough to cause harm**

However, add up the number of products you use on a regular basis. Now imagine each one of those has trace amounts of chemicals that cause cancer and other long-term health issues. Now started adding them up. Now what about the other places where you might be **exposed to those same chemicals: in your food packaging, in your food, in your furniture, that new car**

. It starts to add up.

2. Each **chemical/product is tested independently**. They don't test how a combination of chemicals, based on the combination of products you use, affects your health.

3. All of these chemicals have more profound effects on our youngsters. Girls are trying out make up, nail polish and hair products at an earlier age. Many of the **chemicals affect developing girls**

far more than they do fully developed adults.

4. Companies that put millions of dollars into public relations campaigns to help find the cure for cancer are making that plus millions more selling the products that may be the cause of the rising cancer rates.

5. The beauty industry tells us that if we are fair skinned we should be using products that give us that healthy tan look, while if we are dark skinned we should be using skin-lightening creams. Both types of products are extremely toxic.

6. The beauty industry pays for **image manipulation to create images of women that are unattainable**, and then sell you products that they 'suggest' will help you attain the unattainable. Do they have your best interests at heart?

7. A small group of high school students in California played a large part in enacting legislation that forces cosmetics companies to disclose to the state if their products contain ingredients linked to cancer or birth defects. They were up against a billion dollar industry.

{linkr:related;keywords:cosmetics;exclude:119,48,59,152;limit:5;title:If+you+like+this%2C+try+these}