



**The 8 Poisonous Ingredients**  
**Lurking In Your Skincare Products**  
**That Damage Your Skin &**  
**Secretly Sabotage Your**  
**Skincare Routine**  
**Part 1**



*By: Sophia Townsend*



Every night I have the same routine. I wash my face with an expensive cleanser, apply moisturizer (the heavy cream kind, without the sunscreen), apply my overnight anti-aging serum, add a dash of eye cream, and check for any stray hairs I might have missed with the tweezers. Every morning, I do it again. I wash (again with the cleanser), I use toner, I use something that's supposed to make my skin firm, I moisturize (using the kind with the sunscreen because I really, really don't want to look like a grandma before I am a grandma), I tweeze, and then I apply my make-up. Foundation, mascara, eyeliner, eye shadow, blush, and a little bit of concealer in the right spots. Recently, I changed my routine one morning. I put on my reading glasses (I don't usually admit that I need reading glasses so I expect this to stay between us), I picked up my moisturizer, and I started reading. What I read made me pause—well, that's just it, I'm not really sure what I read. There were so many ingredients I have never, ever, in all of my life, heard of before. I was surprised, to say the least. I picked up some other skincare products and read some more, looking at my cleanser and toner and serums and all the other anti-aging products I smear on my face (and neck, because Lord knows I do NOT want to be one of those women sporting a turkey gobbler!) and it made me nervous. You could have knocked me over with a feather. There were so many long, ridiculous words that screamed *harmful chemical!*



## • Methylparaben

It was nice to see water and mineral oil made the list, but what the heck is methylparaben? I feel like I need to get a doctorate to understand what I'm putting on my face...and other areas.



So, I did some research. Google to the rescue, of course! What I found wasn't so great. Methylparaben is a chemical (well, I expected that bit) that's in all types of skincare products. It's supposed to prevent the growth of fungus. Fungus—just wow. Why would there be fungus in my moisturizer? It's not like I have Athlete's foot on my face. Well, I guess I can't have Athlete's foot on my face with this crap in my moisturizer and cleanser and toner and serums and eye cream and firmer and sunscreen and on and on.

A little grossed out, I kept researching. What I found blew my mind! There are a bunch of scientific studies linking methylparaben and breast cancer.



*Breast cancer!* As if I'm not already worried about cancer (and I *despise* getting my girls squished every year when I get a mammogram, but I still do it!), now I learn that I have been increasing my risk of cancer every morning and every night for...well, years! The information I read went on to say that methylparaben *speeds up* the growth of breast cancer! A tumor on speed is exactly what I don't need right now...or ever!



Google led me to sites that offered even more surprising information. I know increasing the risk of cancer should be enough to scare me away from anything containing methylparaben, but I was even more surprised (and disturbed) to learn that methylparaben can actually *cause signs of aging!* Why am I smearing all of these products all over to reduce things like skin spots, wrinkles, and sag if they contain something that is just going to make things worse? Maybe I'm easily fooled, but I actually believed that the products I have been using will *reduce* signs of aging, not make them worse. Methylparaben on my face plus sun equals skin damage, apparently.



Skin damage can lead to a bunch of skin diseases, and you probably already guessed it, skin diseases such as skin cancer! I would just love to show up to my nephew's graduation sporting a giant bandage across my forehead where they just removed a chunk of skin cancer! No thanks!

Not to minimize the skin cancer, but part of the reason I need reading glasses (again, our secret) may be from my years of using all these skincare products. I found out that methylparaben affects your overall vision. It can affect your vision by damaging your cornea and messing with your hormone levels. At my age (which we will not be discussing), I really really don't need my hormones any more out of whack than what they are naturally. I would like to avoid things like hot flashes as long as humanly possible.



So why is this crap going on my skin? Because someone somewhere—let's face it, some guy in a lab coat is the most likely culprit—decided we needed to put an anti-fungal chemical in my skincare products.



## • Propylparaben



I have always been slightly obsessive. Once I start something, I don't stop until I hit the finish line. So, in my state of dismay after my methylparaben research, I kept going. Next on my list was propylparaben. This was in several of my skincare products (sunscreen, moisturizer, two of my serums, eye cream). This wonderful (that's sarcasm, obviously) chemical had some surprises, too. It's used so much, in so many products, that pretty much every woman in the U.S. has probably smeared it on multiple times, to understate it. It is used in 90% of all skincare products. That's...a lot! Why does it matter that we're all using it, you might ask. Well, propylparaben can cause a lot of health issues for starters. It can affect estrogen levels, cause skin cancer, and again, *increase the growth of breast cancer!*

Now, I really hate hysteria-inducing claims that are just not true, or based on some highly exaggerated finding. So I did some more research after I took a few calming breaths and let the cynic in me talk for a moment.



I found a site that offered me some figures. Scientists (there's that guy in the lab coat again) recommend no more than 60 mg of propylparaben to be used on a daily basis.



Well, another shocker (although I'm not sure why anything was surprising me at this point), the average use of skincare products daily gives me and the average woman my age (can I convince you I'm 32?) about 1500 mg of propylparaben. I can't do math in my head so well, because that's just not my strong suit, but really, 60 mg versus 1500 mg? Really? That's a huge difference! More than 20 times what we should be getting! According to the calculator on my phone (which I only recently learned how to use, and yes, I'm proud of that), that's 25 times more than 60 mg!

As with methylparaben, no surprise, propylparaben makes skin damage from the sun even worse. So, extra leather-like skin for me. Thanks a lot beauty products. I guess I should be thankful I don't have breast cancer (yet) or skin cancer (yet).



## • Isobutylparaben

Are you getting the picture yet that anything ending in “parabens” is probably bad for you? Well, you know me, I can’t leave well enough alone. I had to look it up. I expected to find some sort of preservative in my cleanser,

toner, moisturizers, etc., but I also expected to find one that wouldn’t *cause cancer and screw up my eyesight!*

I’m a mature, well-adjusted adult. I’m well-traveled. I have raised my kids (work in progress, if you know what I mean). Why didn’t I already know these things? I’ve been more worried about starting to save for retirement (and the beginning of more travel) than what’s in my skincare products. Common sense tells me I shouldn’t *have* to worry about what’s in my skincare products. Apparently my common sense isn’t serving me well this time. Isobutylparaben preserves skincare products. It stops them from spoiling and stinking, but it also messes with your hormones and can damage your vision. That’s right, it is another chemical that messes with estrogen and again it can cause cancer.



It is such a serious threat that the U.S. Food & Drug Administration (you know, the FDA) and the American Cancer Society have issued a warning that you shouldn't use ANY skincare products that have isobutylparaben in them.





I realize that this is pretty lengthy...and I'm not even close to being done. There are **5** more ingredients I want to talk about that are obviously just as poisonous and damaging as the previous **3** I've already talked about.

You'll find the rest of this Special Report here:

[www.DontSettleSkincare.com/SpecialReportPart2](http://www.DontSettleSkincare.com/SpecialReportPart2)

While I was doing my research, I also put together a list of popular skincare products - from companies like L'Occitane®, The Body Shop®, SkinCeuticals®, Aveda®, etc. - with all the ingredients listed. I've even highlighted the stuff that should be avoided and you can have for free. There's no catch and I don't want your email address or anything like that. Just go to the address below to download the list for free. I'm sure you'll find some of these ingredients in your current skincare products.

[www.DontSettleSkincare.com/products-to-avoid](http://www.DontSettleSkincare.com/products-to-avoid)