

THE PRESENT TRUTH

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Poisonous Preparations

Cosmetics Ingredients to Avoid

“For the life of the flesh is in the blood.” {LEV.17.11}

In order to have good health, we must have good blood; for the blood is the current of life. It repairs waste and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigor to every part of the system. The more perfect the circulation, the better will this work be accomplished. {MH.271.2}

Many are ignorantly injuring their health and endangering their life by using cosmetics. They are robbing the cheeks of the glow of health, and then to supply the deficiency use cosmetics. When they become heated in the dance the poison is absorbed by the pores of the skin, and is thrown into the blood. Many lives have been sacrificed by this means alone. {HR, October 1, 1871 par. 20}

1. **Mineral Oil.** Mineral Oil is petroleum by-product that coats the skin like plastic, clogging the pores. Interferes with skin's ability to eliminate toxins, promoting acne and other disorders. Slows down skin function and cell development, resulting in premature aging. Used in many products (baby oil is 100% mineral oil!) Any mineral oil derivative can be contaminated with **cancer** causing PAH's (Polycyclic Aromatic Hydrocarbons). Manufacturers use petrolatum because it is unbelievably cheap. · Mineral oil Paraffin oil · Paraffin wax · Petrolatum
2. **Paraben Preservatives (Methyl, Propyl, Butyl and Ethyl).** Paraben are used as inhibitors of microbial growth and to extend shelf life of products. Widely used even though they are known to be toxic. Have caused many allergic reactions and skin rashes. Highly toxic.
3. **Silicone.** Silicone emollients are occlusive - that is they coat the skin, trapping anything beneath it, and do not allow the skin to breathe (much like plastic wrap would do.) Recent studies have indicated that prolonged exposure of the skin to sweat, by occlusion, causes skin irritation. Some synthetic emollients are known **tumor promoters** and accumulate in the liver and lymph nodes. They are also non-biodegradable, causing negative environmental impact. · Dimethicone · Cyclomethicon.

4. Sodium Lauryl Sulfate & Ammonium Lauryl Sulfate. SLS & ALS are used in car washes, garage floor cleaners and engine degreasers - and in 90% of products that foam. Animals exposed to SLS and ALS experience eye damage, central nervous system depression, labored breathing, diarrhea, severe skin irritation, and even death. Young eyes may not develop properly if exposed to SLS and ALS because proteins are dissolved. SLS and ALS may also damage the skin's immune system by causing layers to separate and inflame. It is frequently disguised in semi-natural cosmetics with the explanation "comes from coconut".
5. Rancid Natural Emollients. Natural oils used in cosmetics should be cold pressed. The refined vegetable oils found on supermarket shelves and many health food stores which lack color, odor and taste are devoid of nutrients, essential fatty acids, vitamins which are all valuable skin conditioning agents! They also contain poisonous "trans" fatty acids as a result of the refining process. Another important factor to consider with creams made from plant oil is the use-by date. The most beneficial plant oils (like rosehip, borage and evening primrose oils) are polyunsaturated, which means they oxidize and go rancid fairly quickly (about 6 months). Most off-the-shelf cosmetics have a shelf life of three years. Rancid oils are harmful; they form free-radicals, which damage and age your skin.

The pores of the skin, or the little mouths through which the body breathes, have become closed, and the system has been filled with impurities.-- *T.*, V. III, p. 74. {HL 188.4}

The knowledge that man is to be a temple for God, a habitation for the revealing of His glory, should be the highest incentive to the care and development of our physical powers. Fearfully and wonderfully has the Creator wrought in the human frame, and He bids us make it our study, understand its needs, and act our part in preserving it from harm and defilement. {MH271.1}