

Toxic Substances

Name	What is	Where it's found	Health effects
Bisphenol-A	BPA is a building block of a lightweight, clear, heat-resistant and almost unbreakable plastic called polycarbonate. It's also used in epoxy resins.	Water bottles, baby bottles, reusable food containers, plastic tableware, infant feeding cups, linings of infant formula cans and other cans, jar lids, CDs, electrical and electronic equipment, dental sealants, pizza packaging, packaging for microwave popcorn.	BPA poses a potential cancer risk and may mimic the female hormone estrogen and disrupt the extremely sensitive chemical signals in the body called the endocrine system. Could affect the brain, behavior and prostate gland in fetuses, infants and young children.
Formaldehyde	Formaldehyde is an ingredient in resins that act as a glue in the manufacture of pressed wood products.	Pressed wood products such as particle board, plywood, paneling and fiberboard; also, glues and adhesives and durable press fabrics like drapes.	Formaldehyde is a known human carcinogen, causing cancers of the respiratory or gastrointestinal tract. Formaldehyde fumes can also cause nausea, skin irritation, watery eyes, or burning eyes, nose and throat.
PBDEs - Polybrominated diphenyl ethers	PBDEs are a group of chemicals used as flame retardants, meaning they reduce the chance of something catching fire and slow how fast it burns when it does catch fire.	PBDEs are found in televisions, computers and wire insulation, and furniture foam. Over time, televisions and other products shed PBDEs, which accumulate in dust. More than 124 million pounds of PBDEs are produced annually worldwide and they do not break down easily.	PBDEs accumulate in the body. Toxicology tests show PDBEs may damage the liver and kidneys and affect the brain and behavior, according to the EPA.
PFOA - Perfluorooctanoic acid (also called C8)	PFOA is used to make Teflon and thousands of other nonstick and stain- and water-repellent products.	PFOA is present in Teflon and other nonstick or stain- and water-repellent coatings as a trace impurity. These coatings are used on cookware, waterproof breathable clothing, furniture and carpets and in a myriad of industrial applications. PFOA can also be produced by the breakdown of these products.	Almost everyone has PFOA in his or her blood. PFOA causes cancer and developmental problems in laboratory animals. The EPA concludes research on PFOA is "suggestive of carcinogenicity but not sufficient to assess human carcinogenic potential."

Phthalates	This family of chemicals softens plastics. They also are used to bind chemicals together.	Shampoos, conditioners, body sprays, hair sprays, perfumes, colognes, soap, nail polish, shower curtains, medical tubing, IV bags, vinyl flooring and wall coverings, food packaging and coatings on time-release pharmaceuticals.	A new study by the Mount Sinai Center for Children's Environmental Health and Disease Prevention Research found a statistical association between prenatal exposure to phthalates and incidence of attention deficit hyperactivity disorder years later. Phthalates are considered endocrine disruptors, and studies have shown a statistical association between phthalate exposure and male sexual development. Research has also shown phthalates disrupt reproductive development of male laboratory animals.
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FUENTE: [CNN](#)

Some common ingredients in cosmetics and personal care (and their potential side effects) are:

Personal care products can also contain chemical cocktails. Literally thousands of different chemicals are used in personal care products. Many of them have had only minimal testing, and it is rare that they have been tested together in prolonged use. In addition to the petroleum distillates and formaldehyde listed above, other top troublemakers include:

Parabens (Propyl, Isopropyl, Butyl, and Isobutylparabens) - these compounds have made the news recently because they have been found in many breast tumors. They mimic estrogen in the body, and may cause reproductive and developmental disorders.

Fragrances - a "fragrance" can actually contain a mix of chemicals, not just one. They are commonly linked to allergies and may contain hormone disruptors.

Coal tar - used in hair dyes and other darkening products (like mascara), coal tars are a known human carcinogen.

Resorcinol - found in hair colors and bleaching products ("natural" highlights, anyone?). Causes skin irritation and immune system disruption, may disrupt normal thyroid function.

Oxybenzone - found in sunscreens and linked to skin irritation, sensitivity and allergies, decreased birth weight in babies whose mothers had a higher concentration of this chemical in their blood.

Some common ingredients in household cleaners (and their potential side effects) are:

Chlorine - may cause skin, eye and airway irritation. Prolonged or strong exposure can lead to breathing problems and noncardiogenic pulmonary edema (not enough oxygen to the lungs). May also form secondary carcinogens with other products.

Petroleum Distillates - short-term exposure may cause dizziness, drowsiness, headache and nausea, skin, throat and eye irritation. Long-term exposure may cause drying and cracking of skin. There are possible interactions with the respiratory system, kidneys and liver.

Ammonia - Ammonia is irritating and corrosive. Low exposure produces skin and eye irritation. Higher concentrations may cause severe injury and burns.

Phenol and cresol - rapidly absorbed through the skin, can cause skin and eye burns on contact. If ingested, can cause diarrhea, fainting, dizziness, and kidney and liver damage. Overexposure can lead to coma, convulsions, cyanosis and death.

Formaldehyde - preservative, suspected carcinogen that may irritate eyes, skin and airways.

Naphthalene - found in mothballs, fumigants and deodorizers, second hand smoke. Potential carcinogen, may cause nausea, vomiting, abdominal pain, diarrhea, confusion, profuse sweating, fever, tachycardia, convulsions, coma, liver damage, eye damage and more.

Paradichlorobenzene - another pesticide found in mothballs and deodorant block made for trashcans and toilets. May burn the skin; irritate the eyes and nose, cause nausea, vomiting, dizziness, fatigue and headaches. Potential human carcinogen, linked to problems with the central nervous system, liver and kidneys.

Hydrochloric (muriatic) acid - found in toilet bowl cleaners, concrete cleaners, shower cleaners, and pool cleaners. This is a strong acid. It is highly corrosive, and can burn anything with which it has contact. May cause intense thirst, difficulty swallowing, nausea, vomiting, diarrhea, even collapse and death.

Extracted from the book "Common Sense Health (detox, diet & physical activities)" by Laurie Neverman