



Warning! Poison in food items and sanitary articles

Damage to the health caused by deodorants and antiperspirants?

What is sweating?

Sweating is a vital regulatory system in the body: Sweating regulation takes place in the brainstem, more precisely in the hypothalamus and in the spinal cord extension (medulla oblongata). If heat generation increases inside the body, the temperature regulation centre in the brainstem sends impulses over the sympathetic nerve to the sweat glands and the secretion increases. There is often an increase in the blood pressure and an increased heartbeat. The whole process is an ancient mechanism of the body which is intended to prepare us for impending danger.

Fluid requirement

We have 2-3 million sweat glands. Under normal conditions the body loses 1-2 litres of fluid in 24 hours. This fluid consists of: water (99%), salt, urea, uric acid, amino acids, ammonia, sugar, lactic acid and ascorbic acid. In order to maintain the water balance we should therefore drink at least 2 litres of water per day.

The sweat has many tasks:

- Regulation of the body temperature - evaporation the sweat cools the skin and thus the body can rid itself of excess heat.
- Elimination of metabolic products
- Elimination of heavy metals and environmental poisons
- Sweat is a natural sun protection.

This is due to the urocanic acid which is eliminated with the sweat. It can capture a large proportion of the UV-B radiation which can burn our skin. This acid is water soluble so the danger of getting sunburn is greater after bathing.

What happens when sweating is suppressed by deodorants or antiperspirants?

One of the regulatory systems in the body is suppressed. This means that the other "disposal centres" such as the liver and the kidneys have to work harder. In young, relatively healthy, people the effects of this are not felt so quickly. In the case of older people or persons with a limited organ function (such as diabetics), the problems are more likely to occur due to reduced elimination.

What ingredients in deodorants and antiperspirants can damage the health?

These days almost all of these fragrances are manufactured synthetically. They belong to the main triggers for allergies. At least 35% of the allergies triggered by cosmetics are due to fragrances.

One particular group of these fragrances, the nitromusks fragrances, accumulate in the body and can, for example, be detected in breast milk. The artificially manufactured musk compounds are suspected to damage the liver. The alcohol in the deodorants is denatured to save on the



alcohol tax. However it is suspected that the agents used for this are also dangerous to the health.

How are the products in deodorants and antiperspirants subdivided.

Deodorants

They cover the body odour and have an antibacterial effect. Unfortunately these bacterial poisons can also find their way into the body and damage the liver. But even more damaging are the antiperspirants.

These contain aluminium or aluminium compounds, which cause the skin to pull together, causing the glands to narrow or be blocked up and to secrete up to two thirds less sweat. The antibacterial effect of the deodorant is retained at the same time and also nothing changes on the other ingredients (perfume, alcohol denaturing agent, etc.). In all cases the secretion of sweat as a transporter of poisons to the outside is inhibited.

Also many products declared as a deodorant contain aluminium (absorption through the skin), also without referring to an "antiperspirant" - and without referring to the fact that there is narrowing of the sweat glands involved. In this way many people use such products who do not, in any way, suffer from excessive sweating.

Far-reaching consequences

What happens to the aluminium? It is being considered that aluminium could be responsible together with other factors for the occurrence of Alzheimer's disease. One further theory suggests that the carcinogenic substances can favour the occurrence of breast cancer in women.

What are the alternatives?

Other treatments can include: acupuncture, classic homeopathy, psychotherapy, yoga, meditation. Targeted purchasing: www.deoohnealuminium.de

Addendum: In the meantime it has been possible to establish the fact that changeover to a purely vegetarian diet in many cases quickly resolves the problem of malodorous sweat and a poor skin appearance. The reason is that animal protein contains many sulphur-containing amino acids. If the body cannot metabolise in the gut properly due to overloading or for other reasons (which can lead to malodorous faeces), it uses the second largest excretory organ: the skin. Another process which is positively influenced by the change in diet is the break-out of sweating associated with menopause complaints which are due to the hormones found in animal foodstuffs. It is certainly worth a try. You will normally clearly notice the changes within one month.

Hormones in cosmetic products

One third of the cosmetic products on the German market contain "hormonally active chemicals", according to the results of a current study undertaken by *BUND*. According to the information provided by the environmental protection organisation, it was precisely the more expensive products from the market leaders Beiersdorf (Nivea) and L'Oréal which are particularly strongly loaded with the chemicals. "On the other hand natural cosmetics generally manage to produce their effects without use of these suspicious chemicals", stated the announcement made by *BUND* (= Bund für Umwelt und Naturschutz Deutschland). Also the own



brands of the chains of drugstores achieved comparatively much better ratings as part of the BUND study (only 17 percent of products contained the chemicals).

BUND investigated more than 60,000 care and cosmetics products for the presence of 15 different chemicals which act like hormones. The range of products containing these chemicals ranges in the current evaluation from sun cream over shower gel, shaving cream, hair wax and hair gel through to lipstick, hand creams, body lotions or even tooth paste.

Foetuses, small children and children going through puberty are particularly endangered by hormones in cosmetics. It is true that use of the chemicals with an hormonal effect is not fundamentally forbidden, but there is the concern that these can, over the long-term, cause major health impairments in the form of developmental disabilities. According to the information provided by the *BUND* the "hormonally active substances are primarily used in cosmetics as a preservative and UV filter." In doing so the substances would also be absorbed over the skin. The result: health complaints due to hormonally effective chemicals.

Hormonally active chemicals (parabenes) in cosmetics:

The 16 substances are (each respectively with its INCI designation):

- As a conservative: Methyl parabens, propyl parabens, ethyl parabens, butyl parabens
- As a UV filter: Ethylhexyl methoxycinnamate (OMC), 4-methylbenzylidene campher, 3-benzylidene campher
- As a UV absorber: *Bezophenone-1 and benzophenone-2* {UV absorbers serve not only to protect the skin from UV rays but also to protect the product against the sun's rays}
- As a hair dye: Resorcinol
- As a conditioner for the skin and hair: Cyclotetrasiloxane
- As an antioxidant: Butylated hydroxyanisole (BHA)
- As protection against bacteria: Boric Acid
- As a denaturing agent: Diethylphthalate
- As a skin care product: Hydroxycinnamic acid
- As a skin protection product: Dihydroxybiphenyl

Products from the market leaders contain particularly large amounts of these.

A total 30 percent of the cosmetic products investigated did, according to *BUND*, «contain hormonally active substances" and every fifth product contains several hormonally active substances. What the environmental protection organisation labelled as "shocking" was the high proportion of the articles containing these substances from the market leaders *L'Oréal* (45 percent) and *Beiersdorf* (46 percent). Also baby shampoos, which, according to the particularly sensitive reaction small children have to these hormonal impairments should urgently be kept free from the respective substances, showed nine percent of them according to the *BUND* containing these substances. The critical point was also the high proportion of the products which contained several of the hormonally active substances. Studies have "shown that hormonally active substances can mutually increase the effect of each other" and "they act, so to speak, as a chemicals cocktail", *BUND* reports. The environmental protection organisation continues by saying that "for substances with the same effect (for example oestrogens, androgens or thyroid hormones), one can operate on the assumption that their effects add to each other". The combination effect of chemicals: According to *BUND*, combination effects can occur which have a significant effect through multiple use of parabens and UV filters in cosmetics "even when the individual substances are present in such low concentrations that they would have no noticeable effect on their own." This is, however, not being taken into account in the current risk assessment made by the European Union. There is instead further



focusing on the limit values for individual substances, even though also the World Health Organisation (WHO) is warning, in the meantime, that “the risks to health being presented by the combination effects of hormonally active substances is being strongly under-estimated.”
An alternative: Natural cosmetics which are mostly free of hormonally active chemicals.

Those who want to be on the safe side can also use chemicals-free products from manufacturers such as “alva Naturkosmetik, Laverana Naturkosmetik, Logocos Naturkosmetik, Martina Gebhardt Naturkosmetik and Weleda Naturkosmetik” *BUND* reports.

Regarding the recklessness of handling the “plant protection agent” glyphosate
Glyphosate (Monsanto’s trade name: Roundup) is the globally most widely purchased weed killer and the most widely used herbicide in Europe. The text on the packaging: “Safe to use, right down to the root depth in its effect”. It is unhesitatingly and extensively used in agriculture, in public parks, on railway lines and in the garden. Furthermore glyphosate is applied together with GM plants out of which, amongst other things, fodder for local intensive livestock farming is manufactured. New studies on glyphosate give great cause to doubt that glyphosate is really as harmless as the manufacturer and the regulatory authorities have claimed until now. On the one hand there are increasing effects on the human hormone system which are being associated with glyphosate, and, on the other hand, there are a range of environmental effects being observed - such as injury to amphibians – a cause for concern. Until now glyphosate has already been detected in the urine of people living in large cities in 18 European countries!
The safety of glyphosate should already have been assessed again on the EU level in 2012 but the checking was put back to 2015.

The study commissioned by *BUND* and its umbrella organization *Friends of the Earth* is the first ever throughout Europe which investigates negative effects on the human body caused by glyphosate. Germany is at second place, alongside the UK and Poland, with 70% of samples taken containing glyphosate, second only to Malta where 90% contained glyphosate. In Austria one found it in 20%, in Switzerland 17% of samples. All investigated persons live in cities and none of them themselves use glyphosate-containing products. Therefore one must assume that the majority of the population absorbs glyphosate - and it is “not clarified” where it comes from. Extensive protection of people and the environment is necessary. This programme must also include GM imported soya. Environmental monitoring for glyphosate (and its degradation product AMPA) must be set up which also takes account of bodies of water and ground areas. An urgent appeal to all: Reduce use of glyphosate immediately. Use of spray directly before harvesting should be forbidden immediately. The ingredient glyphosate turns up in 65 approved different mixed herbicide products. They are produced by BASF, Bayer, Compo, Feinchemie Schwebda, Syngenta, Monsanto and many other manufacturers of “plant protection products”. Since the exact composition of the respective cocktails of poison are guarded as business secrets, checking of the clearance certificates submitted by the companies from independent laboratories is difficult. Scientists at the University of Leipzig have found residues of the highly toxic plant poison glyphosate in urine samples. This is reported by the *Süddeutsche Zeitung* making reference to an until now unpublished study made by the Institute of Bacteriology and Mycology. “We detected glyphosate in the urine of people, domesticated animals and wild animals, in almost all of the samples taken.” The manufacturers of the herbicide have always ensured us that it does not find its way into the food chain.

A short information concerning genetic engineering companies:

It is becoming every crazier: Nestlé and Monsanto are now in possession of patents for breast milk.



USA:

The company ("Prolacta") wishes to market breast milk as a medicine and for therapeutic purposes!

When one examines in more detail the history of the large companies which are constantly applying for new patents, for example also on natural organisms and their seeds, one can recognise that these will become the property of these companies which represents the beginning of the takeover of nature - whether plant or human.

It is the beginning of domination of the world by Monsanto, Nestlé and others. To become the "God of the seed" and therefore world nutrition is their declared goal.

<http://netzfrauen.org/2013/07/17/es-wird-immer-verrueckter-monsanto-nestl-besitzt-jetzt-patente-auf-muttermilch/#more-1890>

On the internet there is great agitation that Obama has signed the so-called »*Monsanto Protection Act*«. This is a law which places *Monsanto* in a position to defy rulings made under American federal laws. When a court comes to the conclusion that a GM agricultural crop harms people or the environment, *Monsanto* (or any other company) can no longer be required by the law to stop growing these plants. Instead the law demands that the Agriculture Minister issues permissions and decrees which »allow further growing of the crops, bringing them onto the market and further activities". Through its signing Obama has removed from the administration its full powers to stop growing of and bringing onto the market of dangerous GM plants.

Most recently there prevails throughout Europe simplification for multi-nationals to achieve alleged withdrawal from the local agricultural markets. That was premature - particularly in regards to the imminent, new back door opening transatlantic free trade agreement between the EU and the USA. New scandal: Monsanto allows opponents of employees of the company Blackwater to be infiltrated and spied upon. Also the ties between high finance and the secret services are coming together a little tighter in favour of the goals of Monsanto. These goals are known to be very ambitious: after one has already achieved control over 90% of the world market for GM crops, detractors claim that one is striving in the boardroom, over the short-term or long-term, to also achieve complete control over the whole global agriculture. The degree of ruthlessness and unscrupulousness shown until now to achieve the previous goals now belongs most definitely and uncontestedly to the highest level in the world.

EU:

- According to the will of the Brussels EU administration, ice cream should now be made more nourishing by adding meat waste. The reason given is that the majority of animal proteins in the waste produced by the meat industry are not used adequately. According to the results of the EU-financed project *PROSPARE*, it should be possible to re-use the protein and lipid parts of the waste. The Belgian company Proliver is now testing how one could efficiently convert meat wastes in such a way that it can be mixed together with all possible foods. From poultry litter, bones and other items it should be possible to create hydrolysates which today are already being mixed into food supplements, diet and sports nutrition products. It is now planned to also enrich ice-cream and many other products artificially with protein from slaughterhouse wastes.



- Mineral water or also still water with a fruity taste are becoming ever more popular with consumers since they appear a much better low calorie and healthy alternative to Soft Drinks & Co.. Whether that is really the case has now been checked by the *Stiftung Warentest* and 25 of these products analysed. What the tester discovered in the process is more than alarming: With regard to pollutants and the declaration, no single product could be evaluated with the grade "good". The most harmless deficit discovered was the "deliberate consumer deception". It is true that there were pictures on the respective bottles of fruits but there were only "artificial aromas" in the bottle and no fruit ingredients. In three of the soft drinks testers found the highly carcinogenic substance benzol. At the determined level of 3 micrograms per litre it was well above the level of 1 microgram per litre set as the upper limit for drinking water . Apart from benzol, all products tested except two contained large amounts of sugar. It was particularly for water said to have a strawberry taste that one measured values of 70 grams of sugar in 1.5 litres of water. This is equivalent to 23 sugar cubes. Also the testers at *Stiftung Warentest* suggested that the consumers could even aromatise their soft drink themselves. They experimented simply with herbs like basil, lemon balm or ginger slices and discovered completely new flavours - completely without the use of chemicals and without calories.

Did you know that the drinking water ordinance does not apply to mineral water?

The food and pharmaceutical industry is currently again trying to prevent declaration of problematic additives on the packaging!
You can still fight back - simply do not buy such products.