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Drop-Dead Gorgeous: Protecting Yourself From The Hidden Dangers Of Cosmetics



Synopsis

Expose the truth behind the cosmetic industry. Each day, we are exposed to some 200 synthetic chemicals--without our knowledge. Skin, hair, body, and beauty products are loaded with potential irritants, carcinogens, neurotoxins, and hormone disrupters. The U.S. Environmental Protection Agency has identified many ingredients found in modern cosmetics as hazardous. Worse still, such product ingredients are easily absorbed through the skin. The potential health problems associated with brand-name cosmetics are many and varied. As consumers of mainstream cosmetic products, we make up the single largest class of involuntary and avoidable carcinogenic exposures. Yet, the FDA is virtually powerless to protect us. *Drop-Dead Gorgeous* was designed to empower you. This timely, much-needed resource uncovers the dangers of these products and lists the nine most hazardous ingredients. The book guides you on how to read and interpret misleading product labels. A variety of natural alternatives and recipes for creating safe cosmetics at home are also included.

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Customer Reviews

Your first reaction to *Drop-Dead Gorgeous* may be never to wash your hair again. After a closer inspection, the reaction might change to vowing never to use a standard beauty product ever again, coupled with a serious distaste for manufacturers who claim to be "natural" but use the same harsh ingredients as any generic brand. Author Kim Erickson has done her homework, and the results are disturbing. Erickson has determined that chemicals such as sodium lauryl sulfate and propylene glycol are found in all sorts of cleansers for hair and skin, and little regulation exists within the

industry. Some of these issues point to potential toxicity for all users, while others mention a single, if severe, possible allergic reaction. Clearly, this difference is important, but the book doesn't differentiate between potential or accidental harm to one and known test results pointing to health concerns for millions. Still, it's probably better to be aware of all the possibilities lurking in that bottle of bath gel. As part of your cosmetic education, you'll learn how to whip up your own simple recipes for shampoos, bath salts, lotions, and hair dyes. If that sounds like too much effort, each section includes specific manufacturers and products that contain no damaging substances. Either way, you'll open the door to all sorts of fun beauty products that won't harm you or the world you live in.

--Jill Lightner

How safe are your cosmetics and personal-care products? Do you really know what's in them? Each day, we are exposed to some two hundred synthetic chemicals--without our knowledge. Skin, hair, body, and beauty products are loaded with potential irritants, carcinogens, neurotoxins, and hormone disrupters. Enlightening and empowering, *Drop Dead Gorgeous* is a timely, much-needed resource that reveals the dangers of these common household products and exposes the lies of the cosmetics industry. It also shows you how to read and interpret misleading product labels and identifies the nine most hazardous ingredients on the market. *Drop Dead Gorgeous* is packed with natural alternatives and easy-to-follow recipes for safely creating your own cosmetics at home. You'll learn how to make your own moisturizers, bath oils, shampoos and conditioners, lotions, and much more--all safe enough to use even on babies' sensitive skin. You'll also find treatments for everything from acne to eczema to brittle nails to dandruff. If you prefer the convenience of shopping off-the-shelf, you will find numerous nontoxic products by a variety of manufacturers in the Smart Shopping sections. Plus, a glossary provides definitions of uncommon and common ingredients to help you create products specifically designed for you. Looking good shouldn't jeopardize your health. *Drop Dead Gorgeous* shows you how to create your own healthful, safe, and natural beauty--and what could be more radiant than that?

Well some people say a book can't change your life but this one did. I read every stinkin' label for everything I buy. I'm 49 years old and I decided to stop using hair dye. I only buy cosmetics that I KNOW are made in the US and do not have the dangerous chemicals listed in the book. After reading this book I threw out about \$500 worth of crappy, cheap toiletries and went to Whole Foods, saw that brands they use, and then went to Target/Walmart and bought them there. It's NOT that much expensive to use better products! You just need to be willing to spend a little more now to

save your life and your child's life down the road. Take a look at the label of your BABY SHAMPOO! You'd be surprised! This book offers a lot of info on chemicals and then also recipes if you have time to make your own cosmetics. I don't so I didn't spend that much time reading that part but it's there if you want it. GREAT book!

Didn't tell me much that I didn't already know. I could've saved myself some money and googled the subject instead and gotten all the information provided in this book for free. If you're new to going organic with cosmetics and skin care then this would be a good book for you. If you're a veteran it's not going to give you any new information.

Very informative book.

A lot of the information about the chemicals in cosmetics is fairly basic and was nothing new to me. I can see how it could be eye opening for people who have not researched this topic but it leaves a lot out there. Obviously I didn't buy this book just to read more of what I already knew. I was hoping for more information on specific chemicals, more stories about legal actions taken because of adverse reactions, and of course what to avoid when shopping. Although the book gives lots of information on at home alternatives including recipes, which I didn't expect, it does not give you a simple list of chemicals and their concerns. Instead the book is sprinkled with this information in different chapters. There is a chapter on hair care products, a chapter on nail care, makeup, etc. Each chapter goes over a basic product, like body lotions, and gives a few examples of chemicals that may be in it and what they may cause. The book warns us to read the label before buying, but there is never a simple list of chemicals to consult when you look at a label. You have to go to the section on the product and read through it looking for the chemical, and I doubt that it will list all of the most likely chemicals that will be listed. It's almost as if the writer wanted to turn us off buying completely by writing a bunch of scary things about purchased cosmetics and not providing information on how to find products safe to use. I would consider betting money on that, if it were not for the provided lists of natural products. But even these lists don't help much. I still want to read the labels before I buy, but I have no chemical list to compare to. There are natural products sprouting up everywhere. What if I want to try one of them but they are not on the list? Overall I think this just touches on the subject and aims to scare people into being more conscientious, but doesn't provide much help in where to go from there unless you decide to purchase only products from a suggested list or make your own.

In response to some criticisms of Erikson's work, I would like to say that I agree on the level that the research she provides is suspiciously insufficient to back her claims. We are bombarded with "iffy" words like, "almost all", "may", "might", "greater risks than" and so forth. I have a personal peeve against those types of words, but that did not cause my interest in her book to wane. I think that in order to read this book and get the most out of it, one has to digest Erikson's bold statements with a pinch of salt. I don't believe quite everything she says, but she says so much that I still squeezed some valuable information out of it. For instance, when she describes and defines chemicals like the infamous propylene glycol and sodium lauryl sulfate, she is not wrong (I have a naturopathic doctor of a sister-in-law and medical books to support me). Whether those unpronounceable chemicals will give me cancer or not, I can't be sure. The sun can give me cancer too, but I won't shut it out from my life forever. My computer that I'm typing on right now could possibly give me cancer from the electronic radiation it gives (but I love my computer too much to ever part with it). I still recommend this book based on the otherwise hard facts it presents, along with the recipes. I find it absolutely delightful and exciting to make my own facial cleansers =) Think of it as taking back one or two years of your life that stress stole. It doesn't hurt to try and be a bit healthier, I say.

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