



Fatal Conveniences™: Lotion: Moisturizing With Chemicals

[00:00:00] Fatal Convenience Intro

Darin: It's that time of the week for another fatal convenience. This is a bite-size segment that addresses some of society's fatal conveniences and the steps you can take to avoid becoming a victim of them. I define fatal conveniences as the things we may be doing because the world we live in makes us believe we have to. Tap water, shampoo, sunglasses, food... I dive into the hidden truths behind some of our everyday choices that could not only be harming us but even killing us, so let's dive in.

[00:00:41] Fatal Convenience - Lotion: Moisturizing With Chemicals

Darin: Hey, everybody, welcome to the show. This is Darin Olien. This is another installment of Fatal Conveniences. This is the reality we live in. There are things in our products that are not supporting our health, and it's already in nature for us to use. So let's keep that in mind. There's no condition to which we don't have a solution in nature. We have to look at this with eyes wide open. We can no longer put our hands over our eyes, our mouths, and fingers in our ears in our life. We have to look at this stuff and hold companies and people responsible for putting unhealthy things in all of our products. This fatal convenience is chemicals in lotions. We need to stop this stuff.

[00:01:32] The use of moisturizing lotion throughout history

Darin: Moisturizers have been used by humans as long as we can possibly imagine, certainly in the civilization era. But also going back all throughout history, the Egyptians, cultures throughout the Amazon, Africa, using mud and other botanicals to support the skin's health to protect it from the environment, etc. But today, we use moisturizers often to offset the effects of our modern luxuries that we've done. So we're not eating correctly, we are putting ourselves in unhealthy situations, living in cities with carcinogens, we're smoking like crazy. All of these things plus a whole lot more affect our skin. The present-day moisturizers obviously are known as these lotions. They contain a slew of chemicals that of course, penetrate the body, and certainly the upper layers of our skin and absorb in the body. I hope you know by now what you put on your skin is in your body. Largely that is true. So if it's not healthy to almost ingest it by consuming it in your mouth, it is not healthy to put it on your skin. Let's just back up a second, listen to this very closely. Use the common sense that we have, use your instincts as a mother, as a husband, as a sister, a brother, a normal person. You're putting something on your skin, your skin absorbs, but it will also protect you from the environment, but we have come up with a whole bunch of chemicals, which we're going to get into, we decided, let's put chemicals on our skin and see what happens. History and why it's commonly found in society.

[00:03:25] What exactly is lotion?



Darin: Lotions really are a mixture of oils, water, and emulsifiers designed to lock in moisture. So preventing cracking and drying and itching and all of that stuff. But keep in mind, it's also intimately connected to your hydration levels in your body. I've done this literally hundreds, if not thousands of times where I've helped people get hydrated again, drinking proper water, clean, electrolyte-filled, structured water that goes into the cells of the body. Then largely, everything else happens after that, so your skin looks better, feels better, etc. In short, a solution to reduce dry skin. We're trying to hack our way through hydration because largely, keep in mind, nearly 10% of all Americans don't even drink an ounce of water a day. That's astonishing if that's the case. But we're leaning on these cosmetics and these lotions to "enhance" our skin that we've been hurting for a very long time. Cosmetics are also damaging the skin which is a whole nother list and slew of fatal conveniences. So all kinds of lotions exist. They're designed for the whole body. They're designed for the face. They're designed for the feet. They're designed for the hands. They're designed for around the eyes. All of these are little microsystems around the body. They have different pH, they have different dermis, epidermis, layers and sensitivities, and thicknesses, etc. Why is it commonly found in society? Like I said, hydration is a huge thing, but we're also in a world where we're taking showers and that water also has chemicals in it that's damaging to the skin. If you're not filtering all the water coming into your house, then that's something you need to look into. So you're taking showers, we're bathing, we're actually bathing and showering too much. It's stripping natural oils, etc. We're also using oil stripping soaps and shampoos, which also then expose us and hurt our skin and open us up to pathogens and pollutants from the air. To top it all off, we're trying to live longer, so we don't like the wrinkles when they show up, so then we look for all these ways of putting on the next elixir, the next thing to solve all of our problems of our skin, and then we'll just buy into any sort of marketing thing. The history, the Samaritans are the first real evidence of humans using moisturizers. Their salves contained, of course, pulverized plants and tree oils. There's tons of this incredible stuff. It was combined with wine and applied to the skin for protection from the elements, chapped winters, and summer. It's not like these people were all that hydrated, they lacked a lot of things to keep their skin, but they also use plants, and we can still go back to using plants. We can use plants that don't have a list of consequences. Then, of course, the ancient Egyptians created a whole bunch of moisturizers. Cleopatra herself bathed in sour milk, which was a great exfoliant and helped the skin and the bacteria that we need on the skin to keep it soft and supple. The Ancient Greeks used moisturizing creams and lotions and they used a lot of olive oil scented with spices and essential oils. That sounds so good. The Romans, of course, and this is interesting, in 2003, a small pot of moisturizer was excavated from a Roman ruin completely intact. When they opened up the lid inside, it still held the fingerprints of the ancient owner. The scientist analyzed and recreated the face moisturizer. They discovered it was a blend of animal fat. I'm not using that one. You can use other types of fat, ground tin, and plant starch, interesting. Recreating the recipe showed them that the tin added a slight tint, so they're using it for probably almost a makeup kind of thing. The plant starch left a powdery residue on the skin surface, making it feel soft. But at the end of the 20th century, science began to play a part with the addition of anti-aging ingredients such as retinol, alpha hydroxyl acid, hyaluronic acid.

[00:08:12] Anti-aging ingredients added to lotion



Darin: Hyaluronic acid is actually a great supplement for the skin. What makes it convenient? Lotions, of course, it makes you feel good, it makes what is dry, and is cracking makes it feel like it's supple when you're putting on these things. The issue is that most of these things are coming in plastic and that's a whole nother issue. So support companies that are not using plastic whenever you can. Why should we care? The ingredients listed on the back we can't even pronounce. A number of ingredients commonly found throughout the popular lotion brands has already been multiple times identified as toxic and dangerous to the human body, plus, you're also breathing that in.

[00:09:02] The ingredients to look out for

Darin: So what are some of these top things in lotions? Number one, parabens. They can be butyl parabens, methyl parabens, propylene parabens. All of these parabens are a type of preservative first introduced in the 1950s. So they've been around for a long time. They are used to prolonged shelf life for these beauty products. They prevented growth. So anytime you have stagnant water, you have water and oil, you have a potential petri dish, but again, it's laziness. You can use plants and alchemy to allow for that not to be harmful. But how are these things harmful? Well, multiple studies, scientific studies and we have in the show notes, have found that parabens are like hormone estrogens. Again, here's another strong estrogen disruptor, so it affects your hormones. Later in life, it affects children going into puberty quicker and this is a very disruptive situation for normal functioning of our hormone systems affecting male and female's reproductive systems. We are neutering ourselves. The men's motility, the sperm functioning has been plummeting on and on. Reproductive development, birth outcomes, all have been studied and looked at. The UN Environment Program has identified parabens as a group of including propyl and butyl parabens as endocrine-disrupting chemicals. Well, thank you, UN. I'm going to push back a little bit. You said this in 2017, well then put pressure on people, tell people, tell the world, get this stuff out. We need to hold these companies responsible. Another study in 2016, found exposure to butyl parabens during development and rats harmed both female and male rats' reproductive organs. Sperm counts were decreased at very low dosages per body weight. In another study, 185 women, butyl parabens levels in the mother's urine and levels in cord blood were associated with an increased odds of preterm birth and decreased birth weight. So you're putting lotions on yourself, and you are affecting your child that is not born yet. These things are nasty. This is only the first chemical, by the way. A recent University of California Berkeley study found that low doses of butyl parabens previously not considered harmful worked in conjunction with other cell receptors to switch on cancer genes and increase the growth of breast cancer cells. Parabens, stay away. Fragrances, this one's an easy fix. Essential oils, flower essences, infinitely greater, there's a solution.

[00:12:24] Chemical fragrances in lotions and the harm they cause

Darin: But before we get into that, more than 95% of the chemicals in synthetic fragrances are derived from petrochemicals. Over 95% of the chemicals in synthetic fragrances are from petroleum. Benzene-derived aldehydes, phthalates. Again, these phthalates come up, they're a slew of known toxins, and also there's a slew of unknown toxins that they haven't even looked at. Fragrance or perfume can consist of any approximately 4000 chemicals used by the fragancing industry to formulate their proprietary personal care delivery systems and therefore skirting and skating around the regulatory issues which is infinitely



horrifying. Even as some retailers, states, and manufacturers have begun to respond to the consumer's demand for more ingredient disclosure. Sense remains, so the sense, the smells remain something of a black box that don't let you go in there. Often listed in generic terms like perfume or fragrance. The study found that three-quarters of the chemicals of concern were in the fragrance component of the product tested. That's crazy. So let me just say that again. The study found that more than three-quarters of the chemicals of concern were in the fragrance component of the products tested, they're undisclosed. They're not letting us know what they are nor are they testing them. We put fragrances in lotions because they smell good, but they're incredibly harmful. Directly from the Environmental Working Group, researchers found that more than 75% of the products listed in the ingredients of fragrance contain phthalates. We've heard this one before, these palettes are also endocrine-disrupting, creating all kinds of endocrine-disrupting activity, reducing sperm count, and causing reproductive malformation and have been linked to liver and breast cancer, diabetes, and obesity. This is the research done by the Environmental Working Group. Here's the other punch in the gut. Fragrances share the same properties as styrofoam containing, benzophenone and styrene. It's like applying styrofoam chemicals directly to the skin. We've done a fatal convenience on styrofoam, and they're not even good for you when you're touching them in packaging, and now we're slathering them on our bodies. Come on people, what are we doing as an organization and a company that is okay? How are scientists for these organizations even signing off on this stuff? How is that possible? We have a right to know. Well, the BCPP's right-to-know report test of 100 personal care products and 40 cleaning products revealed the possible carcinogens, beta myrcene, benzophenone, and the DEHP, and endocrine-disrupting compounds including DEP, oxybenzone, oxalate, and galaxolide. Listen, we're only at a maximum of 10% of the entire chemicals that we're even testing for health at all, and we're finding the ones that we are testing, we're still using in these products. People, how is this possible? How is it possible that we slather these on our children, we put these on ourselves every day, absorbing through the skin, through the breast tissue, all of this stuff? It's like these companies know this and even organizations know this, and we're not doing anything about it. Next one, mineral oil. It sounds good. Mineral oil, the name mineral oil was used to describe many colorless, odorless liquids. Most often the term refers to the liquid byproduct of the distillation of petroleum to produce gasoline and other petroleum-based products from crude oil. That was directly from cancer.gov. That's right, mineral oil, sounds good. No, it's directly connected to cancer. Why are we doing this? So why is it in lotion? Well, mineral oils are used in lotion and other cosmetics because it's cheap, it's a byproduct, and reduces water loss. It traps the transdermal effect of the skin. It disrupts the transdermal evaporation and receiving of sunlight, of water, hydration, you name it. Mineral oil and waxes are predominantly absorbed in the stratum corneum, meaning, it sits primarily at a layer on top of the skin to lock in moisture. That's what they always say, this lock in moisture. With minerals from gasoline, crude oil, and petroleum industry, that's how we want to market this stuff, locking in our moisture. Not a good idea. There's a bunch of information on this topic from chemicalsafetyfacts.org. So let's just dive a little deeper on the famous mineral oil. Why is it harmful? Well, it's been identified as both a cancer hazard and reproductive hazard. As a result, mineral oil sitting on top of the skin, they're believed to interfere with the body's ability to sweat and actually cool off. It disrupts your basic mechanisms of the skin. It also makes your sunburns worse by locking in the heat when you're trying to cool down and it can actually cause permanent scarring. This is scary stuff. You have no way of knowing the



extent of which mineral oils are treated or filtered because there's no regulation. There's more information again on cancer.gov. Other lotion ingredients to avoid that we're not going to go down the rabbit hole on are propylene, glycols, retinol, alcohol, horrible for the skin, alpha hydroxy acids, and any petroleum-based chemical. What can we do?

[00:19:48] What to look out for and what to use instead

Darin: We can avoid products that have parabens, fragrances that they're not listing, mineral oils, propylene, glycol, retinols, alcohol hydroxy acids, and any petroleum-based chemicals, those are the things we can avoid. Demand to know. Listen, coconut oil, one of my favorites. I try not to use any but when my skin is really dry or whatever or it's shifting seasons or I am traveling and under-hydrated and things like that, coconut oil, it's fantastic. Coconut oil, organic, extra virgin coconut oil is great. It contains fatty acids good for the skin, anti-aging, and keeps the skin moisturized. It allows it to continue to be skin. It actually has a small SPF Sunscreen. It naturally blocks about 20% of the ultra radiation, maybe about 4% or 5% SPF. It helps stretch marks help scars cellulite, even diaper rashes. Great. Coconut oil, even olive oil, extra virgin olive oil, these are food, get it? It's food. Almond oil is also a great one. Shea butter, isn't that just nice to say? Shea butter, coconut butter, cacao butter, these things are fantastic for the skin. It helps highly sensitive skins, great for the skin. This was an article done on medical news, the fat from the cocoa beans is fantastic, helps skin soft, and smells great. Listen, if you want to smell better, essential oils, flower essences. They help the subtle energies of the body. They're actually healing. All of these things are infinitely better than big companies, lotion, anti-wrinkle creams, all of that stuff. Stay away. Simple stuff. Avocado oil, coconut oil, essential oils, done. Then if you need stuff on your skin, I'm a big fan, Caldera. There are all essential oils, all-natural plant-based, no chemicals 100%, fair traded and using plants in the essence of how they were supposed to be used, not harming your skin, helping your skin, not harming your body, helping your body. We can do this, people. There's a bunch of resources in the show notes. Don't just buy lotions, don't just use this petroleum-based stuff, it's harmful. Don't put it on your skin. Sunscreens fall into that category, too. That's it for this installment of fatal conveniences. There's always a solution. It's found in nature. We reject nature, and we have issues. Keep that in mind. This is common sense. We gotta get back to common sense. Here we go. I love you all.

[00:22:58] Podcast Outro

Darin: Thanks for tuning in everyone. I hope that left you feeling inspired to take a closer look at the everyday choices you're making and how they could be impacting your health and even the planet. If you want to learn more about life's fatal conveniences, head over to fatalconveniences.com. You can sign up for the exclusive access to Fatal Conveniences episodes, news, insights, and more. And all this great stuff gets sent each week straight to your inbox, making it really easy. Now, that's a convenience without the negative side effects. It only takes a few seconds to join. Just fill in the form and take that amazing step towards making better choices. Remember, small changes can have a big impact. So, keep diving my friends, keep diving. And if you haven't had a chance to check out the interview, I released earlier on the week, here's what you missed:

[00:24:05] Snippet - Regeneration For You and the Planet



Paul: We have 5000 cultures, indigenous cultures, and many of them, the elders and this wisdom has been lost because of predation, deracination, and terrible things, but a lot of it is still there. This is like a treasure, I mean, Eldorado Pizarro Cortes, all these people went to the new world to get treasure, gold, silver, this and that. They miss the treasure. The treasure was the people, and the people's understanding of this earth in this place, I mean the mic-mac in Nova Scotia. They would go by a tree and then they would listen to the wind sougning through the tree. Then they would name the tree based on the sound. They could go by that tree 10 years later, they would remember the name, and they would listen to the sound and if the sound was different than the name of the tree, they would know something was happening to the tree.