

**HONEST WEIGHT FOOD CO-OP, INC.**  
**FOOD & PRODUCT MANUAL**  
**BODY AIDS SECTION**  
**APPROVED BY NUTRITION COMMITTEE & CMT**  
**AUGUST 2008**

WHAT WE TRY TO AVOID:

1) **Phthalates**, a plasticizing chemical widely found in (but not listed as an ingredient in) synthetic fragrance (holds both scent and color). Long banned in the EU and now in California (in toys), these chemicals act as endocrine disruptors and may cause reproductive and developmental harm.<sup>1</sup>

2) **Parabens**, found as a synthetic preservative in many products. These chemicals have estrogenic effects (mimic estrogen) and have been found in human breast cancer cell cultures.<sup>2</sup>

3) **Anti-bacterials or anti-microbials** (synthetic pharmaceuticals) found in soaps, toothpastes, deodorants, etc. These chemical ingredients act to create further resistance to antibiotics, a worrisome problem globally.

4) **Fluoride** found in toothpaste, mouthwash, etc., is also found in tap water and food, and as ingredient in other consumer products, as well as in medications as Cipro and Prozac. Dozens of studies have shown positive results connecting the common ingredient sodium fluoride with neurotoxicity, cancer, reproductive toxicity, endocrine disruption.<sup>3</sup> Our consumers will be given the choice to avoid compounding dosages of fluoride.

5) **Artificial coloring agents**. Coal tars dyes are associated with cancers<sup>4</sup> Others coloring agents with hypertension in children.<sup>5</sup>

6) **Non-organic, non-chlorine-bleached sanitary products.**

PROMOTION OF:

1) Products that are simpler (fewer ingredients could mean less risks), and made with few or no synthetics. (Ex., essential oils, xylitol as an anti-bacterial agent)

2) Local products, subject to the same scrutiny as any other products

3) Products available for bulk sales.

RELIANCE ON co-op staff, the Nutrition Education Committee, and co-op members in general, to keep abreast of and inform on issues of concern, as:

1) Products known to contain other top suspect synthetic ingredients, as, *P-phenylenediamine* in hair dyes; *Hydroquinone* in skin lighteners; *Formaldehyde* or *Toluene* in baby bath or nail polishes; *synthetic PABA* or *Padimate-O* in sunscreens, and DEA.<sup>6</sup>

2) The complexities regarding:

a- nanoparticles b- suspected human carcinogenic petrochemicals, including 1,4-dioxane (found as a contaminant in products containing sodium laureth and ingredients that include the terms “PEG,” “-xynol,” “cetareth,” “oleth” and most other ethoxylated “eth” ingredients).<sup>7</sup>

<sup>1</sup> See footnote 2. Also, Mark Schapiro, *Exposed*, Chapter 3 Notes, cite 47 different sources on phthalates.

<sup>2</sup> For 60 current articles on parabens and breast cancer, see [www.environmentalhealthnews.org](http://www.environmentalhealthnews.org)

<sup>3</sup> [www.cosmeticdatabase.org](http://www.cosmeticdatabase.org)

<sup>4</sup> The Collaborative on Health and the Environment. See <http://database.healthandenvironment.org>

<sup>5</sup> “Food additives and hyperactive behaviour in 3-year-old and 8/9-year-old children in the community: a randomized, double-blinded, placebo-controlled trial”, *Lancet*, Sept 2007

<sup>6</sup> <http://www.thegreenguide.com/doc/122/dirtydozen> Also, [www.environmentalworkinggroup.org](http://www.environmentalworkinggroup.org)

<sup>7</sup> “Carcinogenic 1,4-Dioxane Found in Leading “Organic” Brand Personal Care Products- USDA Certified Products Test Dioxane-Free”, [www.commondreams.org/cgi-bin/newsprint.cgi?file=/news2008](http://www.commondreams.org/cgi-bin/newsprint.cgi?file=/news2008) ; also, [www.organicconsumers.org/article-10918.cfm](http://www.organicconsumers.org/article-10918.cfm) ; also, “Frequently Asked Questions about 1,4-Dioxane”, [www.safecosmetics.org/faqs/dioxane.cfm](http://www.safecosmetics.org/faqs/dioxane.cfm)