Crossword puzzles for better health
Dubious chemicals in cosmetics
hair colorings and food

ACROSS
1. Red pigment in cosmetics that can cause allergic reactions made from the cochineal insect,
2. Acetyl hexapeptide 3 is a synthetic substrate working like botox for lessening wrinkle called ____,
3. An accidental contaminant from cosmetics made from natural minerals is ____,
4. A medical prep soap now used in toothpaste and in cosmetics is ______,
5. Break down of animal products into ____ increases moisture in upper layers of skin and can irritate skin, inflammation,
6. DEA is the acronym for this an emulsifying agent which in lab tests increases cancer risk,
7. Emulsifying agent which in lab tests increases cancer risk,
8. 6-hydroxy-5-[(2-methoxy-5-methyl-4-sulfophenyl)azo]-2-naphthalenesulfonic acid is this red dye,
9. 2,4-toluenediamine is a coal tar in hair dye can be an ______, and possible cancer risk,
10. Coal ____ is used in dandruf shampoos,
11. Blue dye 2 cannot be considered ____ since it causes gliomas in male rats,
12. Another form of polyvinylpyrrolidine in cosmetics is called _____ and helps seal in moisture for hair,
13. A formaldehyde releasing product is hydantoin and another is ____

DOWN
1. Formaldehyde can cause allergies, rashes and is a known ______, and is a known ______, and is a known ______,
2. This chemical is a solvent mainly used for cleaning purposes in the laboratory, and also removes fingernail polish,
3. Agents which keep the cosmetic product from separating into layers,
4. Short chemical name for polyvinylpyrrolidine is ________ a binder in cake cosmetics,
5. Preservatives and colors, not made by nature are ______,
6. Can be in nail polish and is an ingredient in fragrences and believed to be a hormone disruptor,
7. Brilliant lake red R is one of the worst dyes for triggering ________ responses,
8. _______ ureas compound in cosmetics may cause eye irritation,
9. 4-methoxy-m-phenylenediamine, a coal tar dye, causes cancer in lab animals, is considered an ________ additive,
10. The offending chemical in yellow 5 and yellow 6 is ______ the latter causing adrenal tumors in some animal tests,
11. Red 2 is banned from cosmetics but finds it way into drugs and food like the coatings on ______ tablets,
12. Acronym used by the FDA when a chemical is generally recognized as safe,
13. Suspected endocrine dysruptors used in cosmetics as a preservative,
This gentle reminder is quoted from the internet "Some of the ingredients in beauty products aren't that pretty. U.S. researchers report that one in eight of the 82,000 ingredients used in personal care products are industrial chemicals, including carcinogens, pesticides, reproductive toxins, and hormone disruptors. Many products include plasticizers (chemicals that keep concrete soft), degreasers (used to get grime off auto parts), and surfactants (they reduce surface tension in water, like in paint and inks). Imagine what that does to your skin, and to the environment."

Apparently there is little regulation on the cosmetics industry. Why is this? one asks. One possible reason leaves little to the imagination: we all recognize that "big business" often has no conscience, and "naive consumers" are often unaware of product contents. Where there is a driving need for profit and an inequitable distribution of knowledge, then the public generally suffers. Empowering the consumer may be the most important tast of the 21 century. The Safe Cosmetic Act of 2010 uses terminology like aggregate exposure, vulnerable populations, and people with compromised immune systems in their website. It does seem as if a person can always list at least two of these categories on their resume.

Metals can be present in dyes: chromium (chrome green, which has the possibility of being a cancer hazard: http://www.truthinaging.com/body/cosmetic-colors-and-dyes-which-ones-are-safe), as well as lead, arsenic and aluminum. Iron oxides on the other hand are generally regarded as safe.

The term "lake" dyes refers to water insoluble colors and often contain aluminum. Lake colors can also be derived from coal tar that trigger allergic reactions.

In depth chemical knowledge is a far reach for most of us without backgrounds in organic or inorganic chemistry. We will be affected, none-the-less, the opportunity to ferret out the issues is always there.

Learn more:
http://www.davidsuzuki.org/issues/health/science/toxics/dirty-dozen-cosmetic-chemicals/
http://www.naturalnews.com/033694_chemicals_cosmetics.html#ixzz2OYZDzlCG