

Dangerous Beauty

Why Sweet Sunnah does not use Sodium Lauryl Sulfate (SLS)

Right now, please Check the ingredients on your shampoo, your shower gel and your toothpaste for this ingredient!

hair care How safe is your shampoo? Do you ever consider the chemicals and ingredients that have become "household names" these days? Consider the following article that discusses the safety of sodium lauryl sulfate.

Sweet Sunnah Black Seed Herbals provides this in the interest of your good health. There is no SLS in any of our [products](#).

"DANGEROUS BEAUTY: Scientists Warn of Harmful Ingredients In Our Shampoos and Cosmetics" by David Lowell Kern

New health concerns are being raised over some common ingredients in hair shampoos, skin creams, toothpastes, and other personal care items. Researchers in the U. S., Germany, Switzerland, Japan, found these ingredients may be linked to premature baldness, cataracts, environmental cancers, contact dermatitis, and possible eye damage in young children.

SLS and Eye Damage in Young Children

The greatest concern of many scientists is **sodium lauryl sulfate (SLS)**, a detergent found in about 90 percent of commercial shampoos. Also known as sodium dodecyl, sodium laureth sulfate (SLFS) this chemical has been shown to damage protein formation in eye tissue in young animals, raising serious concerns about the possibility of ocular tissue malformation, blindness in infants and young children. In animal studies, SLS penetration and uptake is much greater in neonatal and young animal eye tissue, compared to adult animals, showing "penetration into the eye, as well as systemic tissues (brain, heart, liver, etc.)" SLS also showed long-term retention in tissues, up to 5 days after a single drop.

Researcher Keith Green, Ph.D., D. Sc., of the Medical College of Georgia, also reports that SLS extends the healing of corneal tissue by a factor of 5, from 2 days (normal) to more than 10 days. He also has concerns about cataract formation from SLS. Writing for Research to Prevent Blindness, Inc., Dr. Green states in part: "There is an immediate concern relating to the penetration of these chemicals into the eye and other tissues. This is especially important in infants...exposure to SLS results in accumulation in eye tissues, a process that could retard healing and possibly have long-term effects." Dr. Green concludes that exposure to SLS sulfate causes improper eye development in children and that since SLS is absorbed systemically through the skin, it doesn't have to enter the eye directly.

Our own research found that SLS is present as a main ingredient in most commercial shampoos for adults or children.

SLS Toxicity and Cancer

Another serious health concern with SLS is its tendency to react with other ingredients to form NDELA, a nitrosamine and potent carcinogen. According to a 1978 FDA report, shampooing the hair with a product contaminated with this nitrosamine can lead to its absorption into the body at levels much higher than eating nitrate-contaminated foods. (Researchers estimate the nitrate absorption from one shampoo is equal to eating a pound of bacon.) The FDA has recently warned shampoo manufacturers of unacceptable levels of dioxin formation in products containing SLFS (dioxins are also dangerous carcinogenic compounds). Only laboratory testing can determine if a shampoo is contaminated with these powerful carcinogenic compounds.

Damage To Your Skin

Researchers have known for years that SLS is a skin irritant. SLS is used as a laboratory standard for irritating skin and inducing contact dermatitis. SLS is useful to lab testing "because of its ability to penetrate and impair the skin barrier." SLS damages the skin barrier functions, enhances allergic response to other toxins and allergens, damages and alters skin cells, causes substantial roughness to the skin, results in severe modification of skin recombinant structure. SLS is listed as toxic to skin in many studies. In patients with seborrhea and eczema, SLS increases irritant reactions and susceptibility. SLS is indicated in migration of Langerhans cells to regional lymph sites in contact dermatitis, explaining lymph node inflammation in some cases. (A systemic response is clearly indicated.) Research also found that fair skin is more susceptible to SLS irritations, as is skin with existing eczema even where the eczema is not local to the SLS contact.

SLS and Premature Hair Loss

SLS is implicated in premature hair loss in men and women, and may be one reason for wide-spread incidence of thinning hair. Because SLS is such a caustic cleanser, it actually corrodes the hair follicle and impairs its ability to grow hair. SLES (sodium lauryl ether sulfate) causes dramatic decline in the hair growth cycle, and prolongs the hair loss phase (normally 3 months) by a factor of eight. Simply removing this ingredient, and its corrosive and irritating effects, begins to restore the natural, healthy function of the follicle.

SLS is also implicated in scalp irritation, eczema, dandruff, and other scalp conditions. Many shampoos designed to alleviate dandruff, itching, and other scalp disorders may actually be causing the toxicity of SLS-containing formulas to the skin and scalp. Avoiding contact with this cytotoxic (cell-killing) chemical is all that many people require to completely alleviate scalp disorders.

"Natural" Brands Offer No Protection

Ingredient reviews of shampoos sold in health food stores under "natural" brands

and labels have turned up many formulas containing SLS. The cost, reputation, or market position of a shampoo apparently has little to do with its contents. Some of the most reputable and exclusive brands contain SLS. Don't be fooled by high prices or marketing hype. You must check the ingredients on each product if you want to avoid the harmful effects of SLS.

What You Should Do

- Check your shampoos, toothpaste, liquid soaps, body gels, and other skin products for sodium lauryl sulfate. We recommend that you avoid any further skin contact with products containing this ingredient.
- If you have children, make sure they are not using shampoos and toothpastes containing sodium lauryl sulfate. Children under 6 are especially vulnerable to improper eye development. Also check sunblock products. (We found one that contains SLS and aluminum, a potentially dangerous combination for brain cell deterioration.)
- Replace products containing SLS with safe alternatives (formulas without SLS).
- Check all your cosmetic products for propylene glycol, and get them off your skin. If you have infants, check your baby wipes and baby lotions, and find alternative products that are safe for children (some baby wipes are available with aloe instead of propylene glycol).

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