

## Sodium Laurel Sulphate

Sodium Laurel Sulphate is a detergent in 90% of the soaps and shampoo products on the market today. It is believed to have importance because it puts the suds and lather into the products. Unfortunately, it is not very healthy to be bathing ourselves or our animals with it. We do not think of our skin as being an organ in the body but it is. In fact, our skin is the largest breathing organ in the body. What we put on our skin can be readily absorbed into the body. (If you have ever rubbed a garlic clove or put some DMSO on the sole of your foot, you will taste it in your mouth in a very short time.) We need to become more conscious of what we put on ourselves and our animals' skin. SLS can be retained in tissues up to 5 days, even after a single drop. We do not have to become toxic while trying to become clean.

Check the labels! Brand names of some soaps and shampoos that do not contain SLS include Burt's Bees and Avalon Organics. Equilite Sore No More Massage Shampoo contains no SLS and is formulated for horses and dogs; people use it, too.

SLS is a master of disguise. Other related forms are; Ammonium Laurel Sulfate, Sodium Laureth Sulfate, Sodium Olefin Sulfate, Sodium Methyl Cocyl Taurate, or even a twist on the original spelling for SLS: Sodium Lauryl Sulfate.

- "It's cheap...It foams a lot....It thickens with salt."
- Industrial Use
- Harsh Floor Cleaners
- Engine Degreasers
- Car Wash Detergents
- Laundry Detergents
- Personal Care Use
- Toothpaste
- Shampoos
- Body Gels
- Bubble Baths
- Facial Cleansers
- Baby Wipes

Source: <http://www.healthy-communications.com/slsshort.html>

SLS can damage the immune system, causing separation of skin layers and inflammation of skin.

-Journal of American College of Toxicology; Vol, No 7, 1983

SLS penetrates into the skin and into the eyes, and is also held in the brain, heart and liver. A single drop stays in the brain and body for a few days. Doctor's worry: Is your baby safe?

-By David L. Kern, New Health and Longevity

SLS denatures proteins of eye tissues - impairing eye development permanently.

- Dr. Keith Green, PhD, DSc, Medical College of Georgia

SLS is a mutagen. It is capable of changing the information in genetic material found in cells. SLS has been used in studies to induce mutagen in bacteria.

-Higuchi, Aroya and Higuchi, School of Medicine, Tohoku University: Sendai 980 Japan

SLS is a potent carcinogen when contaminated with nitrosamines.

-FDA Report, 1978

References:

<http://www.safe2use.com/data/sls-sles.htm>

<http://www.safe2use.com/ginesis/toxins/sodium-laurel.htm>