

## **Doctor's Worry: IS YOUR BABY SAFE?**

By New Health & Longevity Editor David L. Kern

Your children may be in danger from baby shampoos, skin lotions, baby wipes and toothpaste. According to doctors and medical researchers in the United States, Japan, Switzerland and Germany; two common ingredients found in ordinary shampoos and skin products may be linked to cataracts, cancer, eye damage and even blindness in young children.

### **Is Your Child at Risk?**

The greatest concern of many scientists is sodium lauryl sulfate (SLS), a detergent found in about 90% of shampoos. This chemical has been shown to damage proteins in the eyes of young animals. Some doctors think these chemicals may cause eye damage and blindness in babies and young children.

SLS goes through the skin and builds up in the eyes of young animals in clinical studies. It penetrates into the eyes, and is also held in the brain, heart and liver. A single drop of SLS stays in the brain and body for five days. This means that if you wash your child's hair more than once a week with a shampoo containing SLS, your child has constant levels of this harmful chemical in his eyes, brain and body all the time. And since SLS is absorbed through the skin, it does not have to enter the eye directly. Anywhere it touches the skin, it goes in.

According to the Medical College researchers, "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 accumulating in eye tissues, a process that could retard healing as well as potentially have long-term effects."

Researchers say that sodium lauryl sulfate causes improper eye development in children. A trip to the grocery store is proof the SLS is a main ingredient in most shampoos. It is also a main ingredient in most baby shampoos.

### **" Natural " Doesn't Mean " Safe "**

Many shampoos sold in health food stores, even ones labeled "all natural" contains SLS. Don't be fooled by high prices or "natural" on the bottle. You must check the ingredients on the label if you want to avoid the harmful effects of SLS for yourself and your children.

### **Toxins in Your Toothpaste**

Unfortunately, SLS is as common as it is dangerous. It's even in your toothpaste! We found only one major brand that does not contain this ingredient (Sensodyne™). All other toothpaste sold in our local grocery store - Crest™, Colgate™, AquaFresh™, Pepsodent™ have SLS as a major ingredient. You and your children are probably putting this toxic chemical in your mouths every day.