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"Toxic Beauty is the most important book of the decade."  
—HORST M. RECHERLACHER, FOUNDER OF Aveda



# TOXIC BEAUTY

How Cosmetics and Personal-Care  
Products Endanger Your Health ...  
And What You Can Do About It

SAMUEL S. EPSTEIN, MD  
WITH RANDALL FITZGERALD

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Samuel S. Epstein and

# Toxic Beauty: How Cosmetics and Personal-Care Products Endanger Your Health... and What You Can Do About It



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Confronting the unknown hazards of the cosmetics market, this in-depth investigation supplies the lowdown on potential health threats, from the shop to the salon.s deodorant, cologne, and aftershave, this revealing study displays how consumers may put themselves and even their unborn children in danger daily simply by applying lipstick or moisturizer. Detailing the carelessness with which women's cosmetics and antiaging products are created and the poisons in males' Outlining a simple beauty routine and a variety of positive alternatives, this reference educates customers on how to recognize potentially harmful substances and protect themselves from their feasible long-term effects.



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It's a great read. This book changed my entire life. I got rid of all my man-made lotions and perfumes while studying them from this book. It's an excellent read!!! What's happening now? A must read! We as consumers have been dupped into believing that the FDA is definitely looking out for us, when in reality they aren't. I came across myself engulfed in this reserve not being able to put it straight down once I started reading it.. WOW I cannot say I 'loved finding out what what in my own make up' however I loved what I then found out was in my constitute, I personally believe every man girl and child should read this reserve to be informed. This reserve has taken therefore many poisons out of my entire life! This was such an amazing book filled with information on the toxins that we surround ourselves with every day! But it isn't depressing, as the author gives safe alternatives and choices all through the entire book. You come aside safer and healthier! this book points many product dangers we have been exposed to daily as a result of the toxic chemical brew in everything we use to lo What we put on our bodies is really as important as what we eat, this book details many product hazards we are exposed to daily because of the toxic chemical brew in everything we use to look beautiful. Eye opening. a good "starter" book Content Somewhat aged... Amazing important read! :) I strongly recommend it. I only use coconut oil right now and plant centered body and hair products!??A good "starter book" which makes one think more when shopping & Don't believe everything you place on your skin isn't making you ill! I can't believe the fda, and other gov. Five Stars You will never put anything from the store on your body again Five Stars Excellent shipping great reserve! They're worthless to us if they're being bought by lobbyists padding their pockets. It explains all the diseases which have increased in our populations.? The list on the l last web page was so little it was impossible to learn, thus explaining the 3 stars. A "must read" Toxic Beauty is a must read for all women especially due to the products we use on our bodies daily. If I could afford to, I'd buy a copy for all my feminine friends -- why doesn't the FDA regulate, or advise ladies, of the toxic chemicals in these products? How can all these people sleep at night knowing they are the reason for the rising diseases inside our kids and adults. applying cosmetics Good read I thought the book was eye opening. A great go through that opens one's mind to the truth about off-the-shelf products. firms have allowed nightmare elements into products we make use of. Five Stars everyone should read this Five Stars Very informative, every person with skin needs to be aware.



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