

## Beauty is Only Skin Deep

As I have the opportunity to travel from one part of the country to another for speaking engagements, I encounter a variety of experiences which often set in motion another chain of events. For instance, in 1994, within a ten day period, our schedule took us from the grandeur and beauty of Alaska (with its bitter wind chill of 20 below zero) to the warm tropical breezes of Florida. As a result of the tremendous changes in temperature and humidity, not to mention the seemingly endless hours waiting in airports (36 hours in Ketchikan alone!) and sitting in airplanes, by the time we completed our trip, my dry skin was parched! In an effort to find a moisturizer to relieve my dry skin, I embarked on another journey which led me into the bone yard of by-products, the likes of which I'd never imagined! I'd like to share some of my incredible discoveries with you.

### The Skin

***"I will praise thee; for I am fearfully and wonderfully made; marvelous are thy works; and that my soul knoweth right well."*** Psalm 139:14

Yes, we are fearfully and wonderfully made! To illustrate, let's take a closer look at something we look at all the time but take for granted: our skin.

The human body consists of ten interdependent systems: the musculoskeletal system; the integumentary system (skin, hair and nails); the special senses; the brain and nerves; the reproductive system; the endocrine system; the respiratory system; the digestive system; the cardiovascular system; and the urinary system. These systems are so interdependent that it is impossible for any system or group of systems to function without the others.<sup>(1)</sup>

The skin is the largest organ of the whole body. It covers the entire body and in an average adult weighs from 8 to 10 pounds. If the skin of an adult was laid flat, it would cover an area of about 22 square feet. A piece of skin the size of a quarter contains a yard of blood vessels, four yards of nerves, 25 nerve cells, 100 sweat glands, and more than 3,000,000 cells.

The main purpose of the skin is to provide protection for the body. The skin is a tough, elastic, waterproof covering of the body. The glands in the skin release secretions that prevent the development of bacteria thus protecting the body from infection and disease.

New skin cells are constantly being formed on the body of the epidermis (the top layer) and then pushed upward to the surface. As these new cells push upward, the old cells on the surface die and flake off. In this manner, the skin is constantly being changed or renewed. There are no blood vessels in the epidermis, and therefore, the cells in this layer of skin receive little nourishment.

While the pores are closed they cannot breathe or release poison from the system. The poison is then absorbed back into the blood and forced upon the internal organs. A blackhead forms when hard fatty material from the gland blocks the gland's opening.<sup>(2)</sup>

Cells need four essential things to live and function properly:

**OXYGEN:** Without oxygen, cells die within three minutes; pure air brings life to the skin; for a lack of air the skin nearly dies.

**WATER:** Without water, the cells die in a few days.

**NUTRITION:** Without nutrients they die in a few weeks.

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CLEANSING: Their own wastes must be removed promptly or death will result in a matter of minutes, or at the most, a matter of hours.<sup>(3)</sup>

Like a marvelous machine, all of the body systems must work together. When they do not function properly, putrefaction is the result. Whenever wastes do not pass from the system within 24 hours, the blood then absorbs this pollution. The liver, lungs, kidneys and skin must try to eliminate this waste.<sup>(4)</sup>

***"The studied habit of shunning the air and avoiding exercise, closes the pores, the little mouths through which the body breathes, making it impossible to throw off impurities through that channel. The burden of labor is throne upon the lungs, kidneys, etc., and these internal organs are compelled to do the work of the skin."*** 2T 524

***"Many are ignorantly injuring their health and endangering their lives by using cosmetics. They are robbing the cheeks of the glow of health, and then to supply the deficiency use cosmetics. When they become heated...the poison is absorbed by the pores of the skin, and is thrown into the blood. Many lives have been sacrificed by this means alone."*** HR 10/01/71

Mrs. Ellen White once observed a young lady at a railroad station who had bright spots upon her cheeks which were irritations of the skin caused by the use of cosmetics. Writing of this young lady, Mrs. White comments: ***"The entire skin of the face had lost its healthy, velvety smoothness, and showed an unnatural, disagreeable roughness. In the appearance of her face, thus marred by poisonous substances, and in the bright glow upon either cheek, giving such an unnatural appearance, we could trace causes for her ill health. Here was one of fashion's slaves who had sacrificed health, and natural beauty in using poisonous preparations which had been taken up by the pores of the skin and diffused through the system."*** HR 1/1/1874

## Cosmetic Safety

Interestingly enough, in a Health Reformer article dated October 1, 1871; Ellen White addresses the women of her day on the issue of cosmetic safety. Although the entire article is worthy of attention, here is just a portion found under the caption;

***Dangerous Fashions: "The cruelties the tyrant of fashion inflicts upon her slaves—willing though they be—are indeed appalling. Just to think of ladies upon whom nature has lavished her charms, submitting to the enameling process only to become subject to paralysis or drop dead from its effects. Others, again, seeking to be fairer than the fairest, are allured by the glaring words, 'Laird's Bloom of Youth,' and similar poetic phrases, and eagerly seize upon the poisonous compounds, only to suffer the excruciating pains of neuralgia or breathe out a painful and lingering existence from the effects of slow poison introduced into the system by their use..."***

Later in the same article she addresses the issue even more specifically. Remember this article is dated October 1, 1871, more than 100 years ago!

***"The following section we here insert hoping that it may arrest the attention of some of the votaries of fashion, and excite their fears, if it does not arouse their consciences, to put away the pride and sin which produces such dangerous results:***

***The Fatal Effects of Painting:***

***"No one can ride or walk through the fashionable portion of New York City, attend any place of amusement, or go to any evening party, without becoming aware of the horrible fact that many women of whom better things might be expected, have fallen into the pernicious habit of applying to***

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*their skins the enamels which, under various attractive names, are advertised and sold in all parts of the land.*

*"Not only faded faces, but countenances so young, plump and pretty are lacquered over with an unnatural polish of fine porcelain, which produces an effect such as one might imagine if a china doll were afflicted with the consumption.*

*"This practice is as pernicious as it is disgusting—the seeds of death or paralysis being hidden in every pot and jar of those mixtures, which are supposed to be not only innocent, but also to possess the virtues of the undiscovered fountain of perpetual youth.*

*"Some who use them will suddenly have a severe illness; and receiving a private warning from the family physician, will cease the use of the cause of their disorder, and recovering, go through life with an extremely bad complexion, as a reminder of their folly.*

*"Others will drop suddenly, with their features twisted on one side, and perhaps deprived of the use of their limbs. Others will die outright, no one guessing why, the effect on any particular person cannot be calculated. What one suffers paralysis from, may kill another outright. The only safety is in having nothing to do with any of these baneful preparations.'*

*"If God had required of society so great a sacrifice for His sake, what mourning we should bear of the terrible burdens imposed upon those who follow Christ. But the slaves to fashion take these burdens upon themselves, and make their own life very wearisome with needless care, in their anxiety to keep pace with fashion. They lay upon the altar of fashion, health happiness, life and Heaven.*

*"Christians cannot afford to make this great sacrifice. They cannot afford to sow to the flesh and reap corruption. That which we sow ye shall also reap. Now is the sowing time. The reaping time hasteth. What will the harvest be?..."*

From the remarks about the advertisements of her day, I can only imagine her response if she were alive to see the commercialism of the present day!

Over the years, little has been done to improve cosmetic safety. Here is a portion of Oregon Congressman Ron Wyden's appeal for accountability in cosmetic safety which I found very enlightening:

"Cosmetic products comprise a \$17 billion dollar a year industry and contain chemicals that may cause severe health problems. And a little known fact is that this industry is virtually unregulated.

"The Subcommittee I chair recently asked the National Institute of Occupational Safety and Health to compare nearly 3,000 chemicals used in cosmetic products with their list of toxic substances. That agency found 884 of those chemicals were reported by scientists as toxic -- causing genetic mutations, reproductive complications, tumors, and skin and eye irritations.

"In addition, the Consumer Product Safety Commission found that 47,000 cosmetic-related injuries were voluntarily reported by hospital emergency rooms in 1987.

"Despite these problems, the cosmetics industry is virtually unregulated. The Commissioner of the Food and Drug Administration (FDA) admitted under oath that there is no statutory requirement that cosmetic ingredients be tested for safety before they are used and that there is no statutory requirement that the cosmetic companies report adverse consumer reactions to the FDA."<sup>(5)</sup>

The introduction of "A Consumer's Dictionary of Cosmetic Ingredients" by Ruth Winter, holds some interesting thoughts and concerns.

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"Like the alchemists and medicine men of old, cosmetic companies promise beauty and youth in a bottle. 'Rub this into your face and your wrinkles will disappear' they say or 'put this on your skin and you will be irresistible.'

"If you feel more attractive or more youthful after using cosmetics, what's the harm? So you pay \$50 for five cents worth of ingredients. Maybe it is worth it psychologically.

"The problem is that cosmetics may cost you more than you want to pay.

"Cosmetics have received and still receive the lowest priority in the offices of the Food and Drug Administration. The agency spends less than half of one percent of its budget on cosmetic safety surveillance. In its cosmetics division in Washington, there are 60 toxicologists that not only have to evaluate cosmetics but food products as well. There are 373 inspectors who must cover the national and international multibillion dollar food and cosmetic industries. Cosmetics alone is a 17 billion dollar a year industry producing more than twenty thousand different products.

"Cosmetics have traditionally received little attention because it has been wrongly assumed that such products do not really affect our health and safety. The skin was believed to be a nearly perfect barrier that prevented chemicals applied to it from penetrating into the body. This belief went unchallenged until the 1960s when the much-heralded, but unmarketed-miracle DMSO proved its ability to carry substances with it through the skin and into the body's tissue and blood stream...

"It has now been accepted that all chemicals penetrate the skin to some extent, and many do so in significant amounts. What degree of absorption is there when a cosmetic is left on the face (as a makeup base might be for twelve hours)? What is the effect of exposure to ingredients that may be used over a number of years?

"If you take a drug that may cause side effects, the risk may be worth it because you may need the drug to regain or maintain your health. But although they may be rewarding psychologically, are cosmetics worth any risk?

"In September 1980, the National Toxicology Program (NTP) contracted with the National Research Council (NRC) and the National Academy of Sciences for a study... The NRC considered 65,725 substances of possible concern, among them 8,627 food additives and 3,410 cosmetic ingredients... through a random sample program, 100 of these substances were selected by screening for the presence of **at least** some toxicity information. An in-depth examination of this subsample led to the conclusion that on the great majority of the substances, data considered to be essential for conducting a health assessment are lacking... 'This report shows that, of tens of thousands of commercially important chemicals, only a few have been subjected to extensive toxicity testing and most have scarcely been tested at all.'"<sup>(6)</sup>

## Mineral Oil

The skin is the primary control organism of the body for temperature and protects the body from the external environment. This is accomplished by the barrier properties of the skin.

Mineral oil is a petroleum based ingredient, widely used in the formulation of skin care products because it is readily available, easy to formulate with and relatively inexpensive. Mineral oil is basically an inert ingredient that has no specifically designed benefit to the skin and research has shown that it can in fact block the pore openings.<sup>(7)</sup>

A recent study from a world-famous dermatologist revealed: Mineral oil can interfere with normal skin functions and lower the natural lipid barrier protection, thereby increasing the potential for penetration

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of irritating ingredients through the epidermis. More importantly, this lowering of lipid barrier protection may change the absorption properties of sunscreens and reduce their effectiveness, leading to increased ultraviolet damage of the skin. This is particularly critical for children, as recent studies have shown that ultraviolet damage starts early and stays with you for the rest of your life.<sup>(8)</sup>

I was told by a skin care consultant about a grandmother who took her grandson who had a skin problem to see a doctor. The problem turned out to be caused by dry skin. The grandmother asked the doctor if she could simply apply baby oil to the affected area. The doctor told her in no uncertain terms never to do such a thing because baby oil (a by-product of mineral oil) suffocates the pores!

Just think about it—what happens when you apply baby oil, mineral oil, petroleum oil (Vaseline), to your skin, and then pour water over the area? The water runs off—like water off a duck's back (so to speak) because there is a non-water soluble barrier preventing the water from penetrating through it. Nothing can get in, nothing can get out. The same is true with our pores; ***"the little mouths through which the body breathes."***

## "Natural" Ingredients? Don't be fooled!

Consumers are given a false sense of security by advertisers and labeling gimmicks. Over the years, almost everyone who has watched TV for any length of time has seen endless commercials which insinuate that true health and happiness can be found if only we will purchase this or that product. With today's emphasis on health, there seems to be an inexhaustible supply of everything from diet pills, vitamins and skin care products to clothing, flea collars, and air fresheners; ALL claiming to be "natural." But what does that really mean?

"NATURAL: Occurring in nature, whether of animal, vegetable, or unrefined mineral origin. There is no accepted standard for the word 'natural'... only what the manufacturer intends them to mean."<sup>(9)</sup>

That could get scary! Let's take a closer look at a couple commonly used "natural" ingredients which most label readers will recognize; UREA (carbamide) and URIC ACID. Used as a preservative, these ingredients can be found in a wide range of cosmetics, dentifrices, deodorants, shampoos, conditioners, hand and body lotions, etc., not to mention common garden fertilizer because of its high nitrogen content.

UREA: "Urea is present in urine and other body fluids..."<sup>(10)</sup>

"A product of protein metabolism excreted in human urine. Derived from ammonia and liquid carbon dioxide."<sup>(11)</sup>

URIC ACID: "Uric acid is one of the waste or excretory products of the body, resulting from the working of the living cells. As other waste products, it is poisonous to living tissues."<sup>(12)</sup>

<sup>1</sup> **Biochem.** a chemical  $C_5H_4N_4O_3$ , present in human urine, and the principal nitrogenous component of the excrement of reptiles and birds, that in the form of its salts is found in the joints in gout and as the major constituent of kidney stones. <sup>2</sup> **Chem.** a white, crystalline, odorless, tasteless, very slightly water-soluble powder form of this compound, synthesized, used chiefly in organic synthesis."<sup>(13)</sup>

Are you asking "How does that relate to our discussion of 'natural' products?" Well, just keep reading. From my investigation, the ammonia/carbon dioxide contained in urea or uric acid is the ingredient that manufacturers use to extend the shelf life of their products. Usually a manufacturer will search for the most readily available source at the lowest cost. Ammonia can be obtained from many different sources, only one of which is a synthetic process (as confirmed by Webster's Dictionary) which, of course, by definition, cannot be classified as "natural."

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One "natural" source for urea and/or ammonia is decomposed bird droppings. (I'll let that sink in for just a moment.) And the product containing ammonia derived from decomposed bird droppings can rightly be marketed as "natural" as it has been harvested by scraping the droppings from rocks, and the birds are free-flying in a natural setting, not caged!

Now how can anything be any more natural? Synthetic chemicals are not "found in nature" and thus, are not "natural." However, bird droppings are just about as "natural" as the definition (and imagination) will permit! I don't know about you, but I certainly do not want to smear that on my skin!

## Animal, Vegetable, or .... Human?!!

As I began paying closer attention to reading labels, I found ingredients that I recognized but many more I'd never seen before. As I continued my research, I found many ingredients, including vitamins, can come from animal, human, vegetable and/or synthetic sources. To make matters more confusing, manufacturers do not have to voluntarily identify their sources. I began contacting them directly, and many of them have been most helpful in advancing my education!

I was very surprised, however, by what I was told by some of the manufacturers of "natural" products—yes, those you might find at your neighborhood health food store. I learned quickly that I could not assume anything! At first I asked if their products contained animal products or by-products. But soon I found it necessary to inquire if their products contained HUMAN products or by-products.

I found it almost comical that one company was using HUMAN by-products while boasting the claim on their label:

**"No Animal Testing"**

**"All of our products are environmentally friendly, harmful to no one, and produced without animal testing or animal by-products."**

When I saw "placenta" as an ingredient listed on the label, I immediately called to learn their "non-animal" "natural" source. When I expressed my shock and disgust at learning it was HUMAN, I was assured that the "by-products" were indeed "natural" having been transported immediately from the hospital after the "natural" childbirth procedure had been completed. What could be more "natural"? (This is not a joke!)

In yet another instance, I was informed (by hospital staff and confirmed by a physician) about other "natural" human by-products which can be salvaged, such as post-conception material (aborted baby parts), placenta and other childbirth related fluids and substances, and various left over or "used parts," cysts, tumors, hair, nails, bones, tissues, etc. removed during surgery (as long as they have not been treated with radiation). (Check labels for **keratin**, **collagen**, and **hydrolyzed protein**, just to name a few.) I wonder if patients "donating" their "by-products" read ALL the fine print!

## Beauty, Pride & Pig Grease

The deeper I looked, the worse it seemed to get. In August 1994, we sent out copies of the following article by Sandi Mitchell, Ph.D. In response we received letters from the wife of a former truck driver and others with firsthand knowledge, confirming this atrocity. We believe it bears reprinting here.

***"Shocking as this article may be, it's necessary for you to read it!"***

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"Are we still the naive nation we once were? I think not! Until recent years, we meekly developed the custom of being followers and did not question the integrity of our leaders and especially those who have set themselves up as protectors of our health.

"Has the pendulum now swung the other way? Have we now become a nation of suspicion? I think so, and with good reason. Not necessarily because we enjoy being watchdogs, but because of self-preservation!

"One case in point in which millions are directly involved on a daily basis are rendering plants. Not many have ever heard of a rendering plant, let alone known what products gain their origin from these plants!

"Have you ever noticed a dead dog, cat, skunk, or opossum that has been killed on the highway? Well, a rendering plant is a collection center for all kinds of dead animals. Carcasses of every variety are hauled to the plant daily. Huge supplies of the decaying bodies come from everywhere, including farms where disease has decimated herds of swine, cattle and other domestic animals.

## "Sickening Thought"

"At the plant, the bodies are all dumped together into a huge cooking pot which generates intense heat. After a certain period of cooking, the bodies are subject to a process of extreme pressure in order to extract the fat from bones, skins, etc. Old cooking grease picked up from restaurants is also added in the pot. It is the rendered fat which constitutes the final product of the plant.

"One can only imagine the horrible stench of the diseased and decaying conglomeration of cooking carcasses. But the thing that astonished me the most is the way in which the extract grease is utilized.

"The great majority of the product is sold for women's makeup, especially to manufacturers of lipstick and eye makeup. Some of the most prestigious cosmetic companies in the country are the chief customers of rendering plants. Anyone looking at the elegant ads portraying glamorous models wearing beautiful `makeup' would never suspect even a hint of the refined, colored and properly perfumed oil being derived from skunk, opossum or pig! How much of this abominable blend do you suppose has been ingested into the body from the lips and the pores of the skin? Should we not be aware of the content not only of what enters the mouth but also what soaks in through the pores of the skin?"<sup>(14)</sup>

## Animal Testing

The cosmetic industry uses four basic tests on animals. The first test is for eye irritations, or Draize test, in which shampoos and cosmetics are put into rabbits eyes which are fastened open. The chemical causes blistering, swelling, and blindness. The pain often becomes so intense that the rabbit breaks its back trying to get away from it. The second test is the skin irritation test, in which the test animals has an area of its back stripped of fur and the test product repeatedly rubbed in to the bare skin area causing rash, pain, and swelling. The third test is the LD/50 test (lethal dose -- 50% die). In this test cosmetics are force fed to test animals to determine the amount necessary to cause 50% of them to die in severe agony from such things as organ blockage, toxic reaction, and convulsions. Fourth is the inhalation test. In this test, animals are sprayed repeatedly in the face for a 2 ½ hour period, then killed and their tissues examined.

Remember this when you purchase and use products (cosmetics, toothpaste, shampoo, mouthwash, talcum, hand lotion, eye makeup, face creams, hair conditioners, shampoos, perfumes, colognes, etc.) which test on live animals.

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Every year scientists use 17 to 22 million animals for experimentation. Believe me, you don't want to see the pictures or hear any of the documented accounts of unimaginable cruelty being perpetrated upon defenseless animals; something God expressly condemns, calling it satanic (see PP 442-443).

### Something to Think About

At the beginning of my search, I didn't understand why my eyes watered or my allergies reacted violently when I tried to use certain skin care items. But after I saw what was being used in many of the products, I was surprised the reaction wasn't worse! Thankfully there are several manufacturers who have non-harmful products available, and there are many do-it-yourself remedies as well (which I will be happy to share with you if you drop me a note).

The supporting documentation accumulated while assembling this tract is staggering. What you have read is just a tip of the iceberg. (We haven't even discussed the effects of alcohol on your skin!) We hope this has stimulated your interest to further investigate what you put on your skin.

We understand that this can be somewhat overwhelming. Our intent is to educate and encourage, not devastate or condemn. As we continue to learn, let us remember that true beauty comes from within; a reflection of a peaceful heart holding sweet communion with Jesus. It is not the ***"outward adorning.. of wearing of gold, or of putting on of apparel; but let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price."*** 1 Peter 3:3-4 (KJV)

***"Ladies may resort to cosmetics to restore the tint of complexion, but they cannot thus bring back the glow of healthful feelings to the heart."*** HL 191

***"The beauty of the soul, when compared with outward display, is regarded almost valueless. In the anxiety to meet the standard of fashion, beauty of character is overlooked..."***

***"No face has true beauty in it that does not mirror the deeds of a noble soul. There is not a thought, word, or deed, that does not leave its autograph written on the human countenance.. If the soul that looks out from the eyes be true and pure, the face will be beautiful always, for it has found the true fountain of youth; and though time may fold the hair in silver, and furrow the brow, yet there will ever be a beauty lighting it up that years cannot dim, for the heart and soul never grow old."*** HR 10/1/1871

1. <sup>1</sup> The Creator's Masterpiece, p. 1&2.
2. <sup>2</sup> Understanding The Body and Organs & The Eight Laws of Health, p. 45, 46 & 47.
3. <sup>3</sup> Ibid., p. 63, 65.
4. <sup>4</sup> Ibid., p. 20.
5. <sup>5</sup> Congressman Ron Wyden, 3rd District, U. S. House of Representatives, December 1988.
6. <sup>6</sup> A Consumer's Dictionary of Cosmetic Ingredients, pgs. 1-3.
7. <sup>7</sup> Dr. Richard Wells, Arbonne International, Q&A (undated article).
8. <sup>8</sup> Dr. Richard Wells, Arbonne International, Pros Corner (undated article).
9. <sup>9</sup> Body Care Natural Products - A Glossary of Terms and Ingredients, p. 12.
10. Ibid., p. 68.
11. A Consumer's Dictionary of Cosmetic Ingredients, p. 315.

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12. The Missing Link, Dr. Jay M. Hoffman, p. 132.
13. Webster's Encyclopedic Unabridged Dictionary of the English Language, p. 1573.
14. Health Freedom News, Jan/Feb 1991.