Your Name

My Name

Course
Date

Works Cited

Barrett, Julia R. "Chemical Exposures: The Ugly Side of Beauty Products." *Environmental Health Perspectives*, vol. 113, no. 1, 1 Jan. 2005, p. A24. *JSTOR*, santarosa.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edsjsr&AN=edsjsr.3435723&site=eds-live&scope=site. Accessed 30 Oct. 2018. In this article published in Environmental Health Perspectives in 2005, the author, Julia R. Barrett, exposes the potential health impact of chemicals in consumer products such as shampoos, lotions, makeup, and nail polish as well as the lack of safety data on them. She also states that phthalates are in many of these consumer products and have been linked in recent studies to potential health hazards. Barrett cites data from the CDC that was published in an earlier issue of Environmental Health Perspectives and shows 97% of the 2,540 people tested had been exposed to at least one or more phthalates. However, the industry that manufactures these products feels differently and are confident that these ingredients are safe in low doses, which creates controversy. That being said, it should be up to the consumer to make an educated decision which is impossible for them to do when companies are not obligated to label trade secrets and formulations. The author states that environmental organizations such as Environment California are pushing for policy reform and hoping to educate consumers. While this article has been informative, it's also a bit dated. I may be able to reference it while writing my essay somewhat, however, I do think it provides me with more information to research. For example, I should look into policy reform in the cosmetics and personal care industry and see if Environment California or any other organizations have made any progress since this article has been published.

"FDA Authority over Cosmetics: How Cosmetics Are Not FDA-Approved, but Are FDA-Regulated." *U.S. Food and Drug Administration*, 24 July 2018, www.fda.gov/cosmetics/guidanceregulation/lawsregulations/ucm074162.htm. Accessed 30 Oct. 2018. This website is run by the U.S. Food & Drug Administration, the webpage specifically was last updated on July 24, 2018, and addresses the laws and regulations of the cosmetics industry. Although cosmetics are not FDA-approved, they are FDA-regulated, and while cosmetic ingredients do not need approval from the FDA before they hit the market, color additives do. In the United States, there are really only two laws that apply to the cosmetics industry, the Federal Food, Drug, and Cosmetic Act (FD&C Act) and the Fair Packaging and Labeling Act (FPLA) and it is under these laws that the FDA regulates the cosmetics industry. However, the FDA and the law do not require any tests to demonstrate product safety and leave it up to the manufacturers to provide safe products for consumers. Additionally, the FDA is not authorized to order recalls of cosmetics meaning all cosmetic recalls are voluntary of the manufacturer. In order to take action against companies who have marketed misbranded or adulterated cosmetics, the FDA can pursue legal action through the federal court system once they receive reliable information that the product is indeed misbranded or adulterated. As this is a government run website, this is an incredibly reliable source that I plan to reference during my essay. While the cosmetics industry is made out to be FDA-regulated, in reality, the FDA doesn't have much control over the industry. This is an important part of my essay in which this webpage will be a helpful element.

O'Connor, Siobhan, and Alexandra Spunt. *No More Dirty Looks: The Truth about Your Beauty Products - and the Ultimate Guide to Safe and Clean Cosmetics*. Da Capo Lifelong, 2010. The book, published in 2010 and written by Siobhan O'Connor and Alexandra Spunt, both journalists, uses personal experience as well as research to support using clean and safe cosmetics. After paying $400 each for a professional treatment that resulted in visible hair damage once it wore off, the authors decided to study the formula only to find formaldehyde was a key ingredient. This discovery pushed the women to continue their research by looking into the ingredients of products such as shampoos, nail polish, and lotion which lead them to realize the same toxic chemicals were listed throughout nearly all of them. Although the FDA has a few rules the cosmetics industry must abide by, for the most part, the industry is self-regulated. Rather than companies having to prove their products are safe, regulators must prove something is bad for the public instead. The authors explain the risks of toxic chemicals commonly used in beauty products as well as list what to look for when shopping for clean cosmetics and suggest places you may find them. Additionally, they share secrets throughout the book that they learned from dermatologists, scientists, and other experts during their research and are cited throughout the book. I extremely enjoyed this book as I found it incredibly informative and reliable. I expect to refer to this source quite frequently while writing my essay as it focuses largely on the same topic as mine, toxic ingredients in beauty products and the potential side effects.

Wasik, John F. "Beauty Tips for the FDA." *Washington Monthly*, vol. 45, no. 5/6, May-June 2013, pp. 46-50. *Points of View Reference Center*, santarosa.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pwh&AN=88163559&site=eds-live&scope=site. Accessed 30 Oct. 2018. The article written by author John F. Wasik and published in the Washington Monthly in 2013 brings awareness to carcinogens in beauty products. When Kathleen is diagnosed with breast cancer and is determined not to be a carrier of the BRCA breast cancer gene, it is suggested by her doctor that environmental factors may be to blame. Upon discovering the advocacy group, the Breast Cancer Fund, who works to gain awareness of cancer-causing ingredients in personal care products, she immediately threw out all her high-end skincare. At her first round of chemotherapy, she was visited by volunteers who provided her with a gift bag full of beauty products, given with good intentions. However, upon inspecting the products, Kathleen discovered several of them contained parabens, a well-known chemical linked to cancer. While it is incredibly difficult to prove, Kathleen is left wondering if cosmetics played a part in her breast cancer diagnosis. The article continues to explore the lack of regulation throughout the cosmetics industry, citing the FDA, and even compares it to the European Union, who appears to be stricter when it comes to ingredients and labeling in the cosmetic industry. Overall, I believe this article is quite useful and informative when it comes to writing my essay due to the fact that it highlights the lack of regulation in the industry as well as includes the experience of someone who may have gotten sick from beauty products which supports my argument for using more natural, organic products.