

### **We Must Know The Harmful Ingredient In Our Shampoos**

Here are some common Ingredients found in some of our shampoos: We must check label on our shampoo to see if it contains either 'Sodium Laureth Sulfate', or 'Sodium Lauryl Sulfate.' These two ingredients can be very harmful, and among other things, they can cause cataracts. I learned this by watching a Doctors TV program. Sodium Lauryl Sulfate (SLS): Is a harsh industrial cleaning chemical. It builds up in the heart, liver, lungs, or brain. It retards healing; it causes cataracts and leads to improper eye development in children under six. It causes roughness or flaking skin. It is a caustic cleanser that corrodes hair follicles and may impair its ability to grow hair. It's routinely used in clinical studies to deliberately irritate skin so the effects of other substances can be tested. Be sure to check your shampoo label before using it.