



Toxins On Our Nail Bed

Why do we rush out to our favorite nail salon to increase our toxic exposure to chemicals? I know, some ladies just don't want to have to think about their favorite spa being toxic. We want attractive nails no matter what the cost. I can relate, I've been in the spa business for over 3 decades. The craze has moved from acrylic nails to gel nails. The process is actually quicker, easier and no drill time. The gel is

painted on your nails, your hands are placed under an ultra violet light which dries the nails and hardens the gel in 60 seconds. And basically, after 3 rounds of applied gel you're good to go. You can even go swimming afterwards. There's only one catch, when you return in two weeks they soak them off.

I have seen nail soaking in acetone take as long as 20 to 30 minutes. But no matter the time it takes, acetone is extremely toxic.

How Toxic?

Acetone not only harms our nail bed, and causes our skin to become dry and chapped, it also causes harm to the endocrine system. **This is disconcerting!**

Acetone known as Dimethylketone, 2-Propanone, Beta-Ketopropane. Inhalation of moderate to high amounts, even for a short time results in entry of acetone into bloodstream where it is carried to all other organs. Results...Nose, throat, lung and eye irritant, which can lead to headaches, confusion, nausea, vomiting, anxiety, increased pulse rate, side-effects on blood circulation, unconsciousness and coma.

Additionally, acetone shortens the menstrual cycle in women. Effects of long-term exposure include kidney, liver and nerve damage, increased birth defects, and metabolic changes. **This should be the BIGGEST reason to ditch the toxic habit.**

According to an August 2012 article in the New York Times, barely half of the facilities that offer the service in Manhattan are actually qualified. But what they didn't ask is: Is your manicurist qualified or knowledgeable enough to explain the health risk involved before you get your nails all prettied up?

Years have passed and gel nails are not the new kid on the block anymore. They say: Enthusiasm is waning. Seriously? On a Saturday morning, just try to get an appointment the last minute! Salons are bursting with the demand for beautiful hands, even though we hear almost the same complaints about gels that we've heard regarding acrylics.

Besides Acetone, Major Concerns Include...

One: There is a risk for fungus under the nail when you keep a sealant on it for 2 -3 weeks at a time.

Two: This may take you by surprise but the research is in. Environmental toxic exposures from nail products contribute to autoimmune diseases. This means you increase your chances of RA. Women want beautiful hands and fingers to go along with their beautiful nails. Maybe now, we will rethink our choices.

Three: “Some gel manicure products contain toxic chemicals and state so clearly on their packaging - BHA (butylated hydroxyanisole) is considered a carcinogen and shellac contains methyl pyrrolidone which potentially can cause harm to the reproductive system.”

Four: Unfortunately, damage to the nail bed is a common complaint among gel users—and the single-most frequent complaint. A study in the Journal of Cosmetic Dermatology used two separate technologies (Ultrasound and RCN or reflectance confocal microscopy) to measure the nail bed pre- and post-gel manicure. Both scans showed thinning of the nail plate after the manicure (as much as .03 centimeters).

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Footnotes:

http://www.purezinc.com/living/toxins/living_toxins_dangerousingredients.html

http://www.slate.com/blogs/xx_factor/2012/04/13/toxic_nail_polish_lies_found_on_beauty_industry_labels.html

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3496812/>

There are cosmetics that you may have been using for decades not knowing they are also considered drugs. Drugs according to the FD&C Act are use with the intention and the ability to affect the structure or any function of the body of man or other animals. Cosmetics and the chemicals inside cosmetics can do just that. <http://www.fda.gov/Cosmetics/GuidanceRegulation/LawsRegulations/ucm2005209.htm>

