

day 9: body greener

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CERA VE HYDRATING CLEANSER

\$10.49/ 12 oz

Overall Hazard Level: 7



Both methylparaben and propylparaben are the highest rated on the list of ingredients. Most are mostly used for fragrance in the cleanser, however they can act as a potential endocrine system disruptor since they can be absorbed into the human body through skin, blood, or digestive system.

Parabens act similarly to the hormone estrogen, causing them to bind weakly to estrogen receptors. Methylparaben and propylparaben both have linked to healthy cells to grow and survive in a similar way as cancer cells. Parabens have also been linked to breast cancer, because they have the ability to easily penetrate into the human body and linger in breast tissue. Propylparaben also reduces sperm count and lowers testosterone in males, harming reproductive ability. Since parabens are hydrophobic, they stay on the skin and can result in continuous exposure, increasing chances of sustaining harms. Environmentally, it's even worse for the planet than it is for humans. Parabens cause toxicity-related necrosis in marine animals and damage aquatic ecosystems by stunting the growth of developing sea-life.

ACURE ORGANICS CLEANSER

\$8.07/ 4 oz

Overall Hazard Level: 0

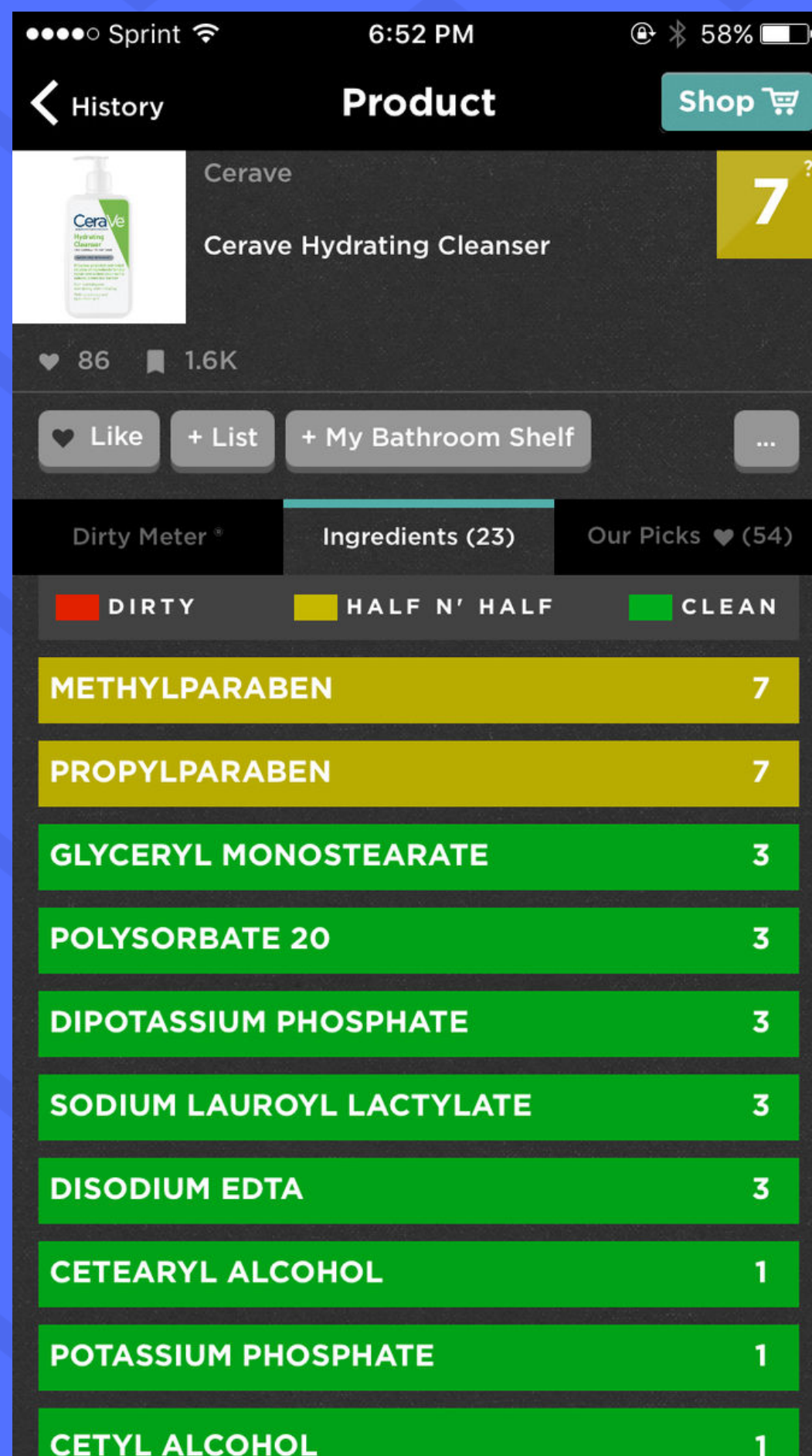


The ingredients used in the product are all USDA certified organic, meaning they are produced in a facility that conserves any use of soil and water, and is produced cruelty-free, meaning none of it was tested on animals. Simply looking at the ingredient lists, it would be easy to say switching to the alternative should be a no-brainer.

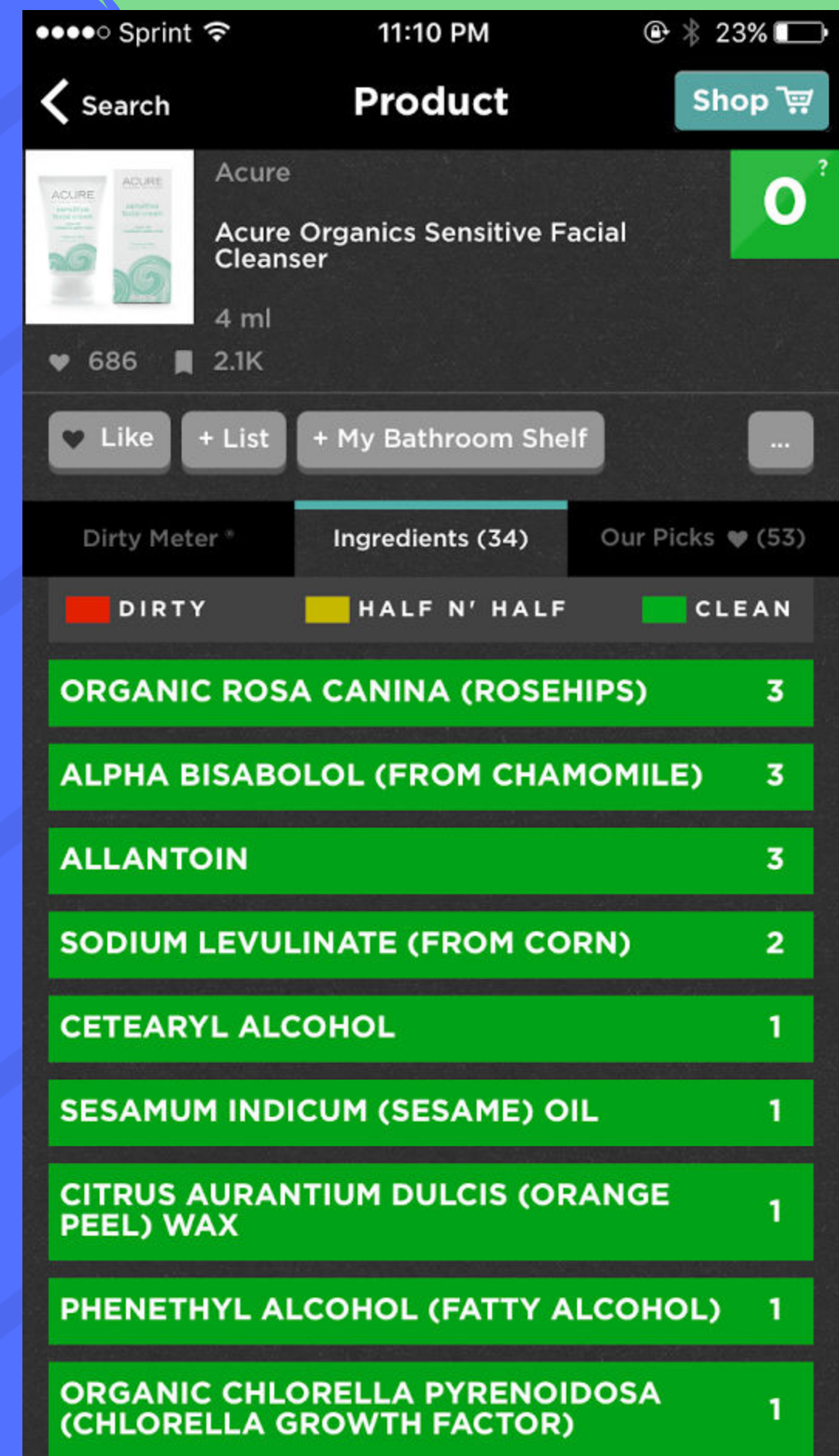
However, when the cost per ounce ratio is factored in, it becomes clear why proven human carcinogens and potentially dangerous products are still widely used. For around two dollars more, a consumer can receive three times as much product. This clearly reveals the problem at the core of environmental movements. Most people will want to actively put their money towards environmentally-friendly companies, but other less-costly options are simply more practical for their financial situations. To promote a greener future, companies should focus on making greener, eco-friendly items more convenient and accessible for all consumers.

Personally, I would switch, since I'm fortunate enough to be able to afford it. and I am thankful for it

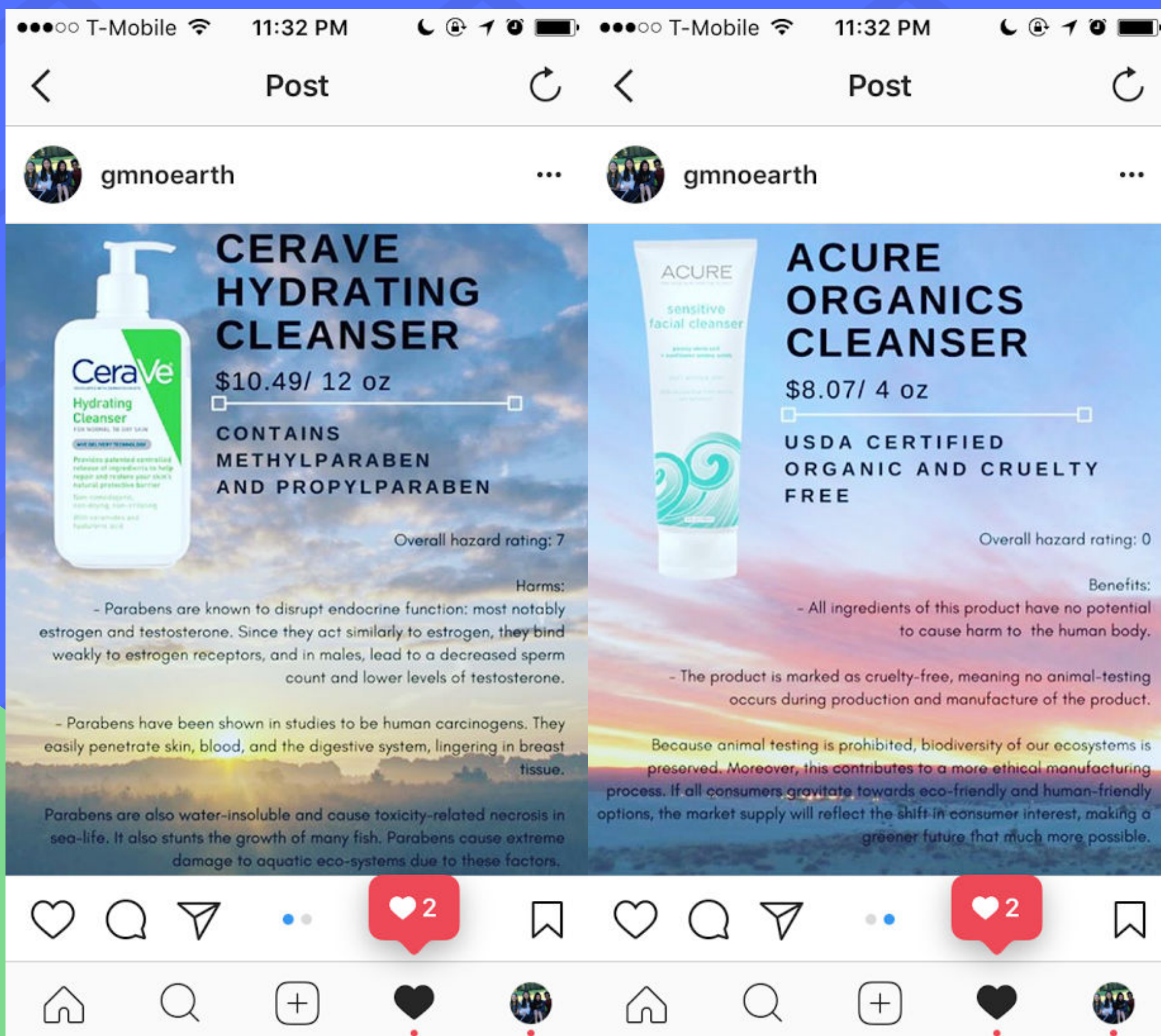
Think Dirty App



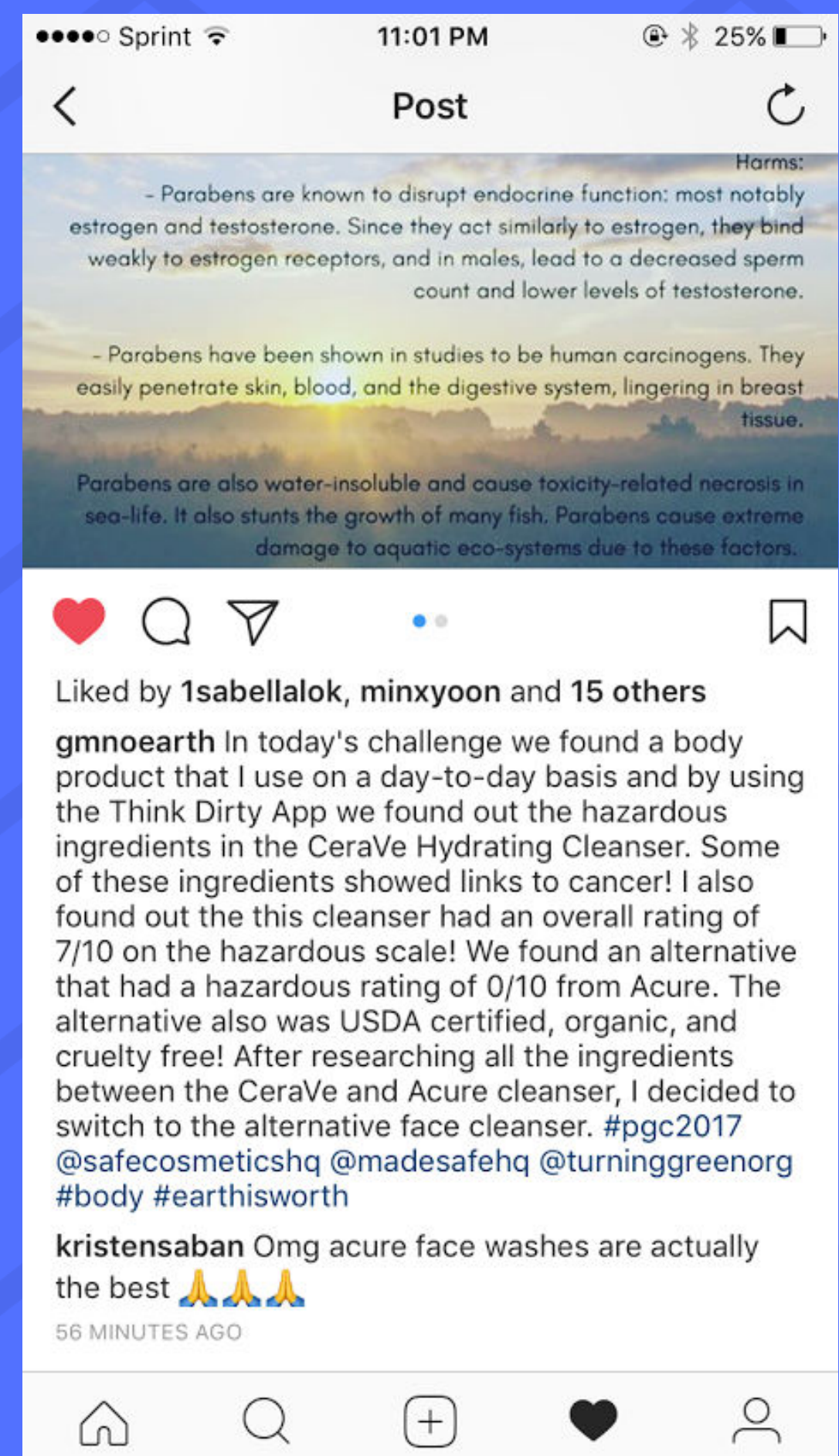
SCREENCAP OF THE THINK DIRTY APP'S INFORMATION ON CERAVE HYDRATING CLEANSER



SCREENCAP OF THE THINK DIRTY APP'S INFORMATION ON ACURE ORGANICS CLEANSER



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