

EXCLUSIVE TRAINING

NF

ACADÉMIE

NATHALIE FORGET

Introduction to
NARCOCOSMETICS AND TOXIC COSMETIC AGENTS
Presented by Caroline Roumi



* Our tips and advice are not a substitute for those of a recognized healthcare professional. We encourage you to consult a healthcare professional and follow their recommendations at all times.

PLAN

Introduction to NARCOCOSMETICS AND TOXIC COSMETIC AGENTS

- The skin: the largest living organ
- The skin flora and its role in protecting against chemical agents
- Toxic agents and the skin
- Toxic agents and humans
- Toxic agents and the planet
- Common toxic agents
- Neurocosmetics
- Narcocosmetics
- True/False
- Real-life examples
- Greenwashing





Nathalie Forget ND.A.
Dermonaturopath



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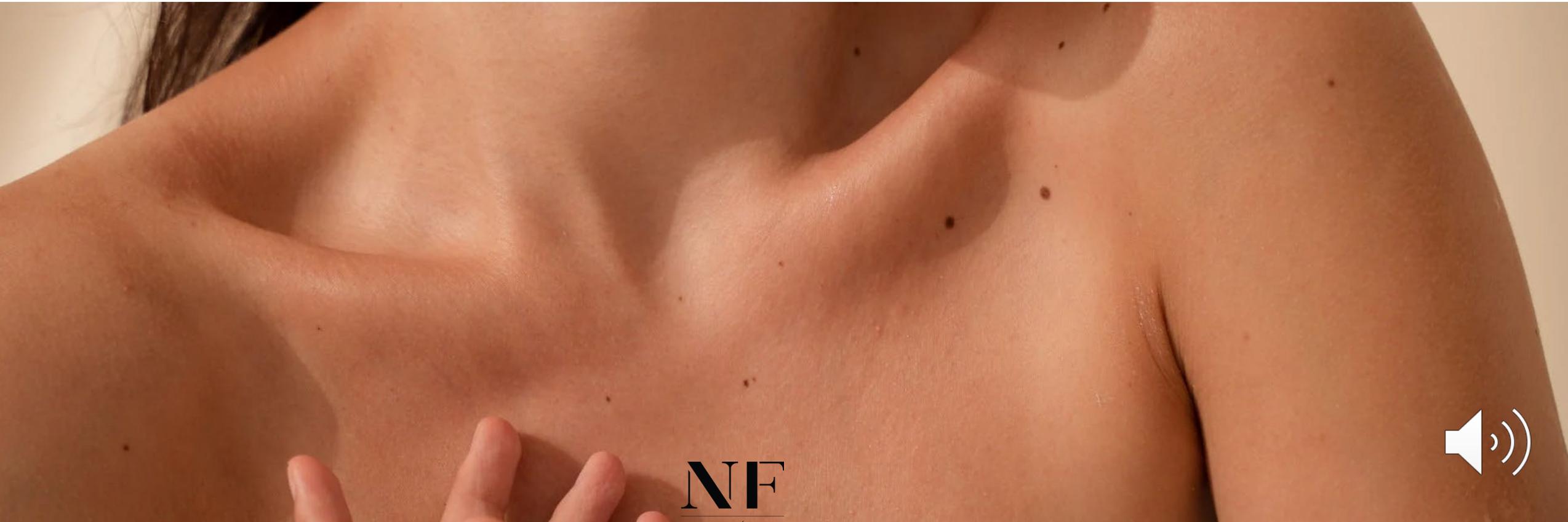
NATUROPATHY & ESTHETHICS

- First, do no harm.
- The terrain is everything, the disease is nothing.



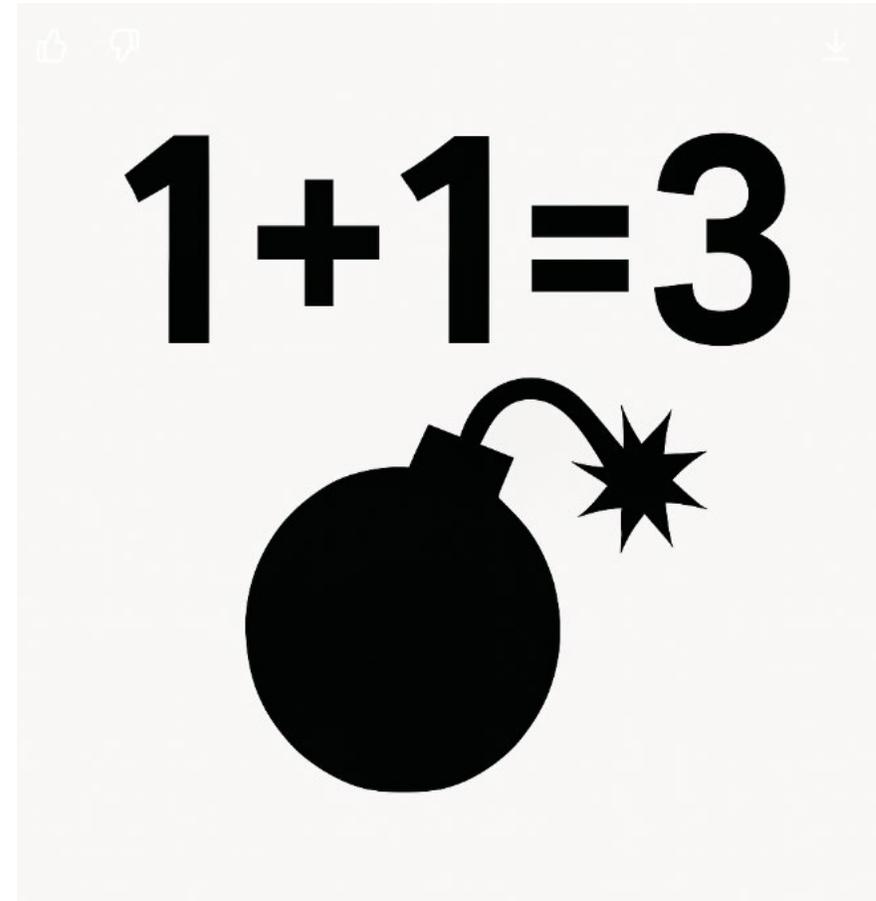
THE BODY'S LARGEST ORGAN

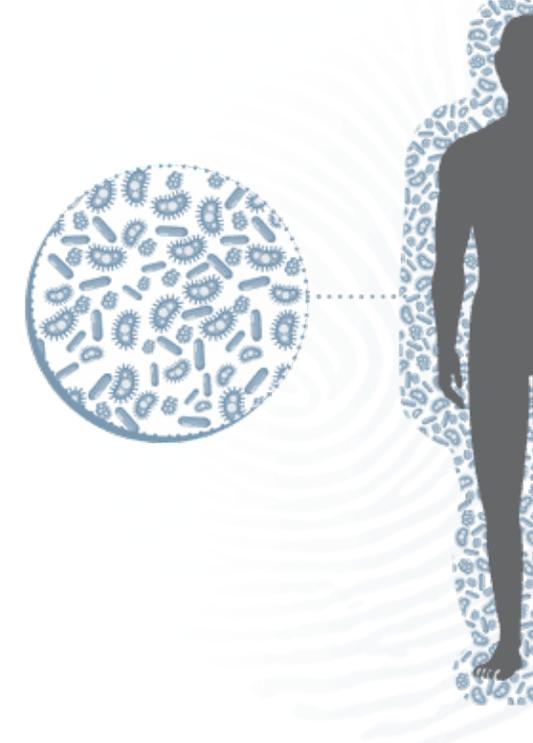
SKIN IS ALIVE, IT ABSORBS.



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SYNERGISTIC TOXIC AGENTS

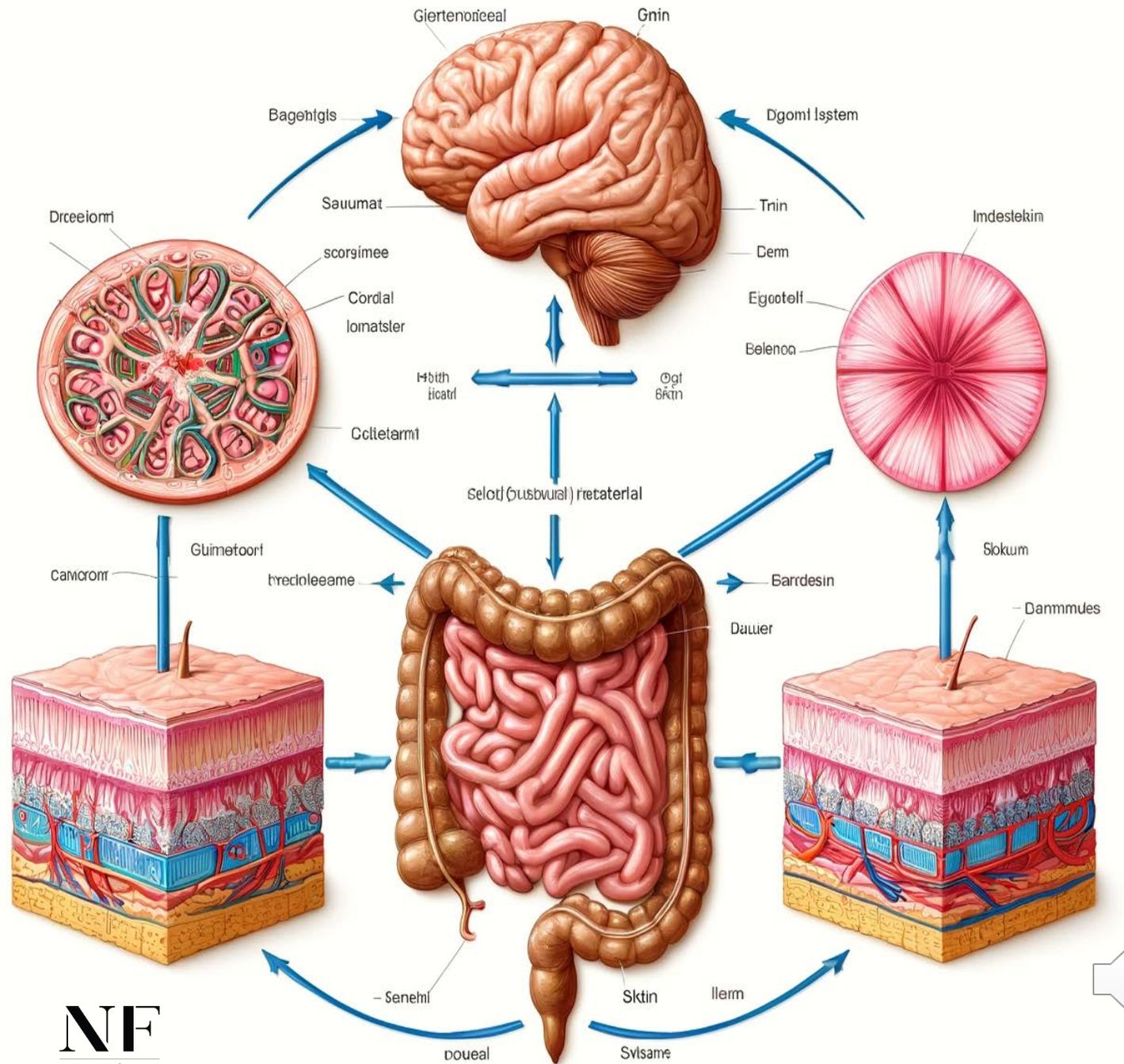




A HEALTHY MICROBIOME PROTECTS AGAINST TOXIC AGENTS



BRAIN- GUT- SKIN AXIS



WHAT'S A TOXIC AGENT?

Chemical ingredients that are potentially **harmful to human health or the environment**.

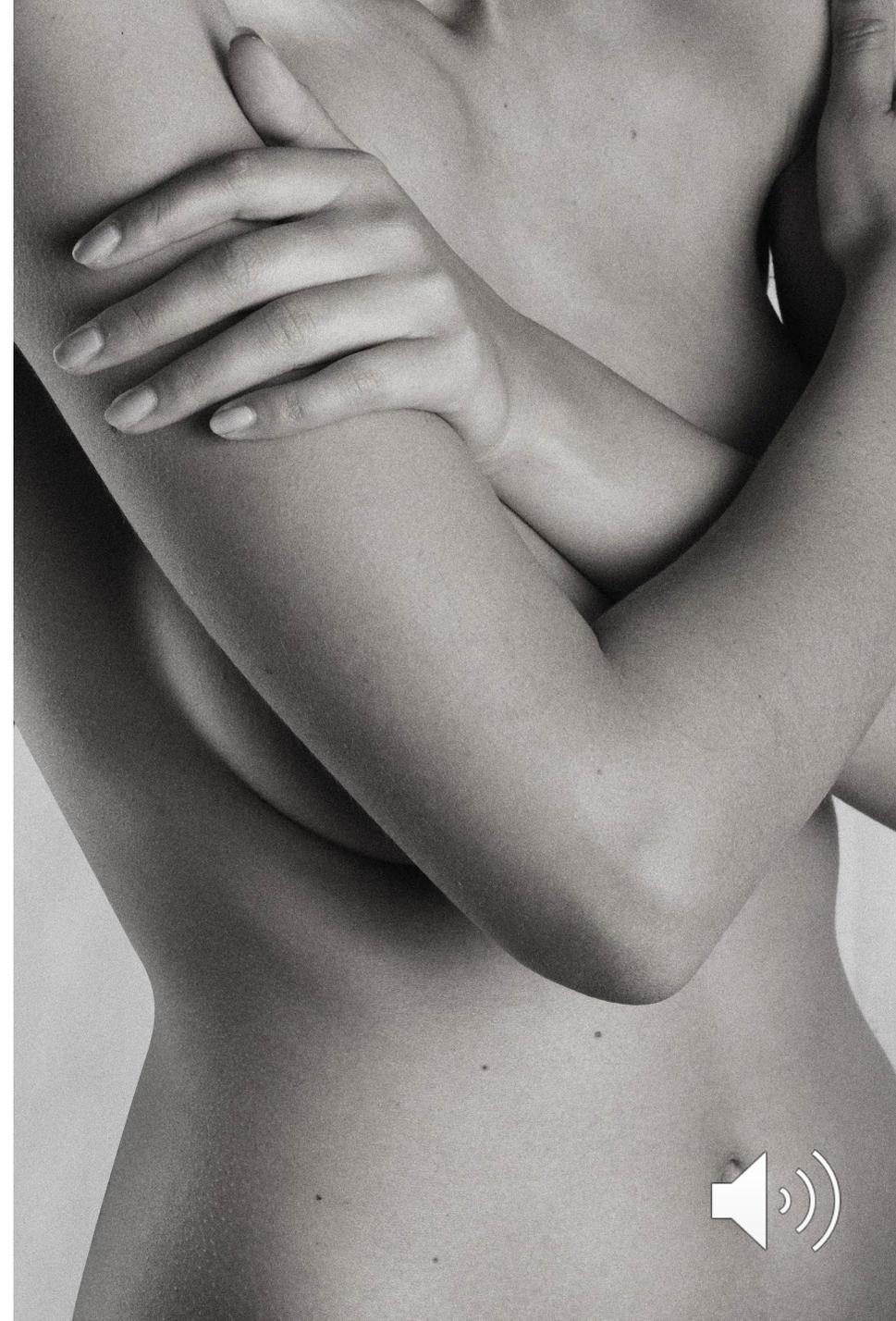
The latter can interfere with **metabolism**, accumulate in **organs** and the system, and cause **damage** of varying severity that is potentially **systemic**, as all organs are interdependent.



TOXIC AGENTS AND THE SKIN

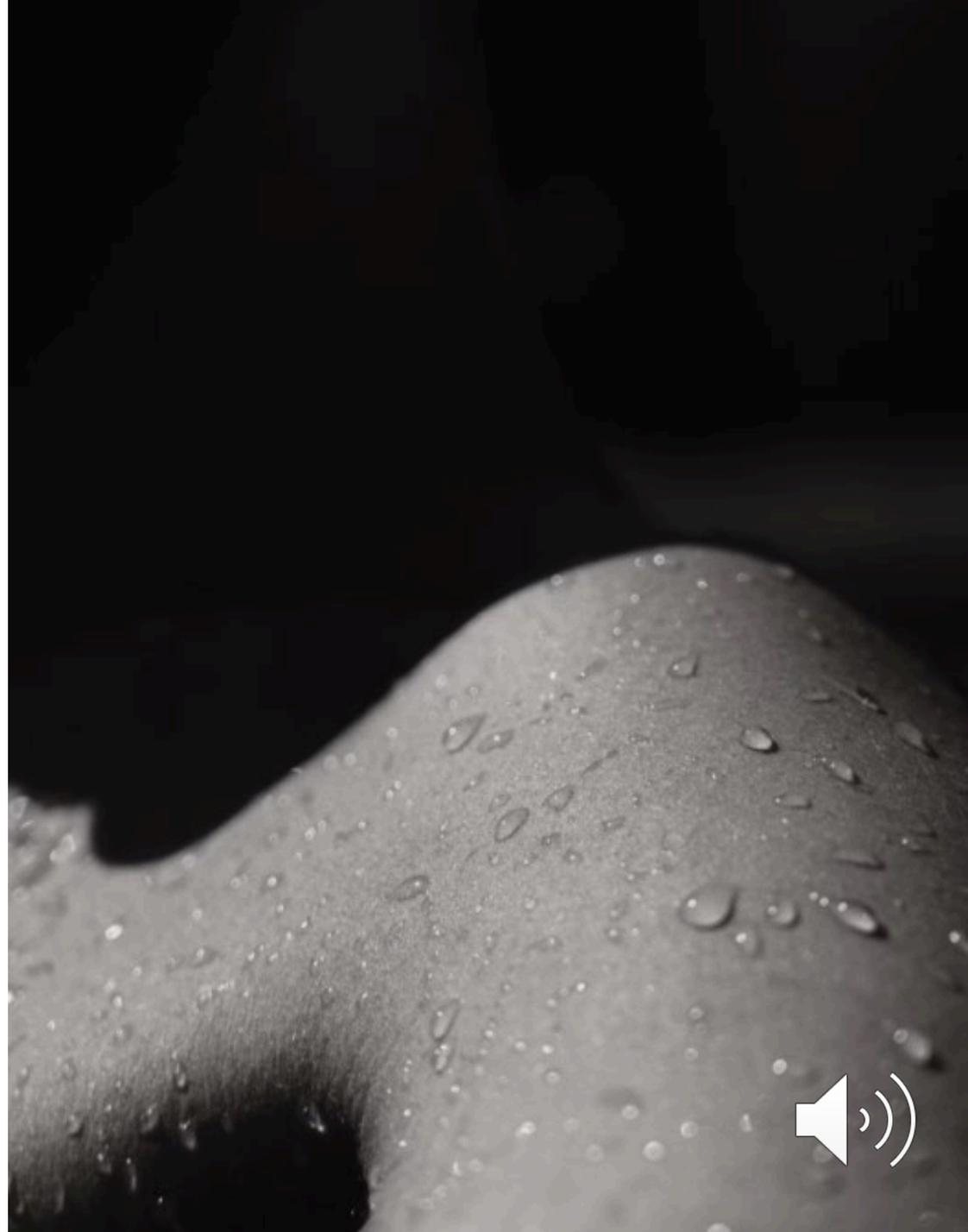


How many hours after the skin comes into contact with a harmful product can reactions appear?



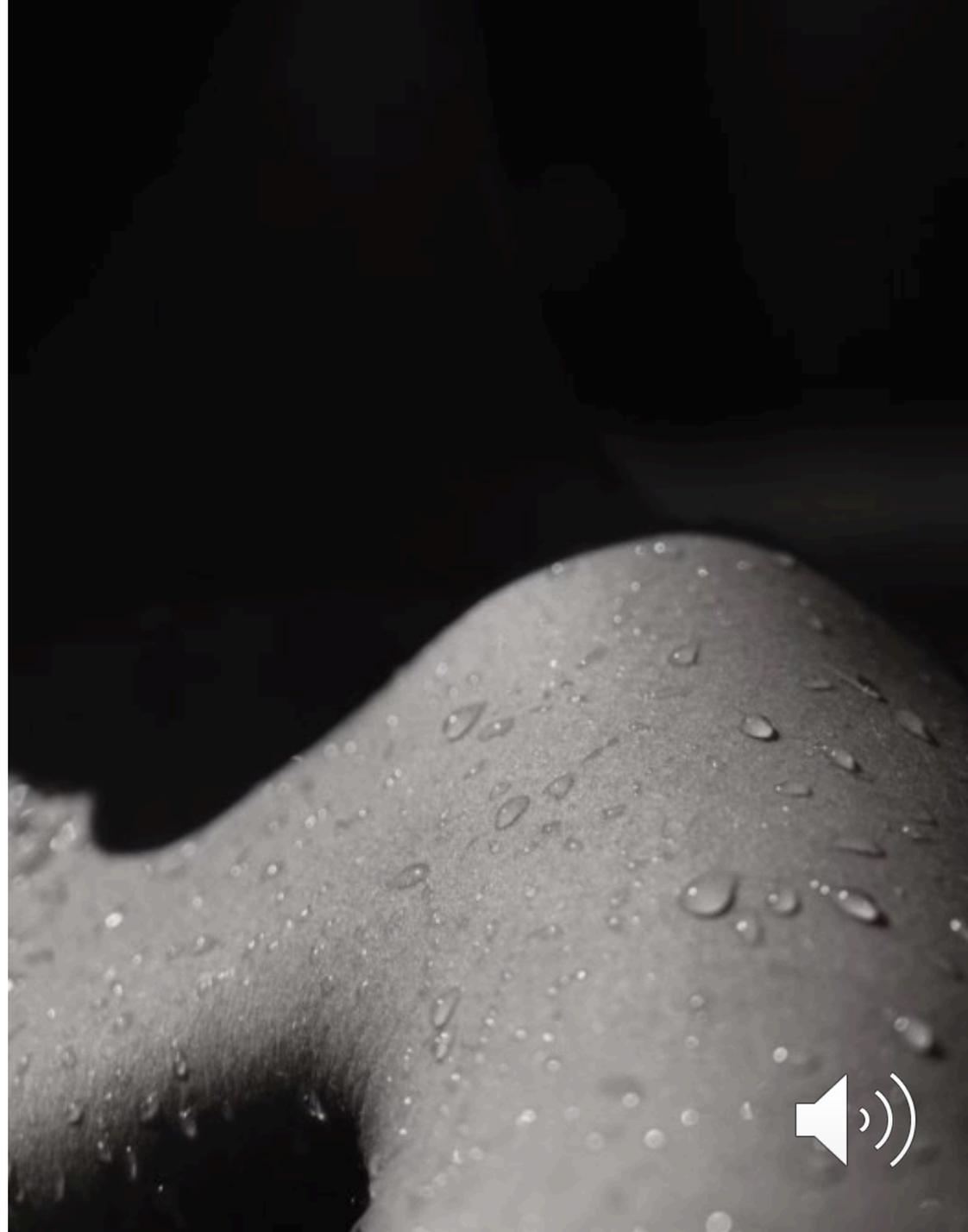
THE SKIN REACTS

- Contact dermatitis: redness, burning
- Itching
- Contact urticaria: pimples, red patches that appear quickly after application.
- Dryness
- Peeling skin
- Skin that is sensitive or reactive to everything
- Decreased skin immunity
- Brown spots
- White spots
- Melasma / Pregnancy mask
- Wrinkles
- Loss of firmness
- Greyish complexion



THE SKIN REACTS

- Skin mycosis
- Folliculitis
- Acne
- Psoriasis
- Eczema
- Rosacea
- Perioral dermatitis
- Impetigo
- Cutaneous lupus
- Abnormal hair growth or acne
- Dermatitis
- Scleroderma



GARDEN / SKIN



TOXIC AGENTS AND HUMANS

HUMAN REACTIONS

- Respiratory diseases
- Inflammatory diseases
- Dermatitis, rhinitis
- Headaches
- Allergies
- Damage to the immune system
- Chronic diseases
- Neurobehavioral disorders (autism, ADD, hyperactivity)
- Chemical hypersensitivity
- Infertility
- Abnormalities/growth / development
- Hormonal and reproductive system disorders
 - Reduced sperm count
 - Thyroid disorders
 - Menstrual disorders
- Weight problems/diabetes
- Cancers
 - Skin, breast, testicles, liver, kidneys, intestines, blood



TOXIC AGENTS AND HORMONES

"Every day, our cosmetics loaded with chemicals speak a hormonal language that our bodies listen to... and suffer from.

They are called hormone disruptors."



TOXIC AGENTS AND HORMONES

Phthalates

Are associated with fertility problems, **hormonal imbalances**, **reproductive development** abnormalities, and **early puberty in girls**.

Triclosan

May disrupt the **thyroid** gland, with possible implications for **fertility** and fetal development. *Wikipedia*

Parabens (preservatives)

May **interact with female sex hormones** and are linked to an increased risk of certain hormone-dependent cancers. *InStyle*

Benzophenones (UV filters found in sunscreens, among other products)

Disrupt hormones, affecting development and reproduction.

PFAS can disrupt the endocrine system, affecting thyroid function and reproduction. *chemtrust.org*



HUMANS AND ELIMINATION TIMELINE

From a few days to never

Types of toxins

How the elimination organs work

Frequency and duration of exposure

Chosen method of elimination





TOXIC AGENTS IN PLANTS AND ESSENTIAL OILS

A compliant essential oil (EO) must meet specific criteria:

- Chemotype
- Purity
- Botanical origin
- Extraction method
- Certification

TOXICITIES

- Allergies
- Irritation
- Chemical residues



CAR / BODY



TOXIC AGENTS AND THEIR EFFECTS

THE MOST AFFECTED TRADES

- Construction workers (solvents, paint, concrete dust)
- Estheticians/manicurists
- Hairdressers
- Laboratory chemists
- Technicians working in food manufacturing (disinfectants)
- Textile workers (dyeing)
- Automotive or avionics workers (technicians)
- Cleaning services workers



TOXIC AGENTS AND OUR PLANET



THE IMPACT

They are used in the shower and therefore end up polluting our lakes and rivers, affecting wildlife, the food chain, and ultimately humans.

They accumulate persistently in the environment and especially in our bodies (urine, blood, umbilical cord, breast milk).



THE PLANET: ELIMINATION TIMELINE



THE PLANET: ELIMINATION TIMELINE

Type of substance	Common presence	Estimated elimination time
Chemical UV filters	Sunscreen, makeup	50 years
Silicones	Foundations, serum, cream	400-500 years
Parabenes	Preservatives (creams, shampoos)	6 months
Phtalates	Perfumes, nail polish, hair care	6 months
Triclosan	Deodorants, toothpaste, soap	2 months (generate dioxins)
Microplastics	Exfoliants, shower gels, makeup	Never





BOOMERANG EFFECT

Disruption of aquatic ecosystems



Bioaccumulation in food chains

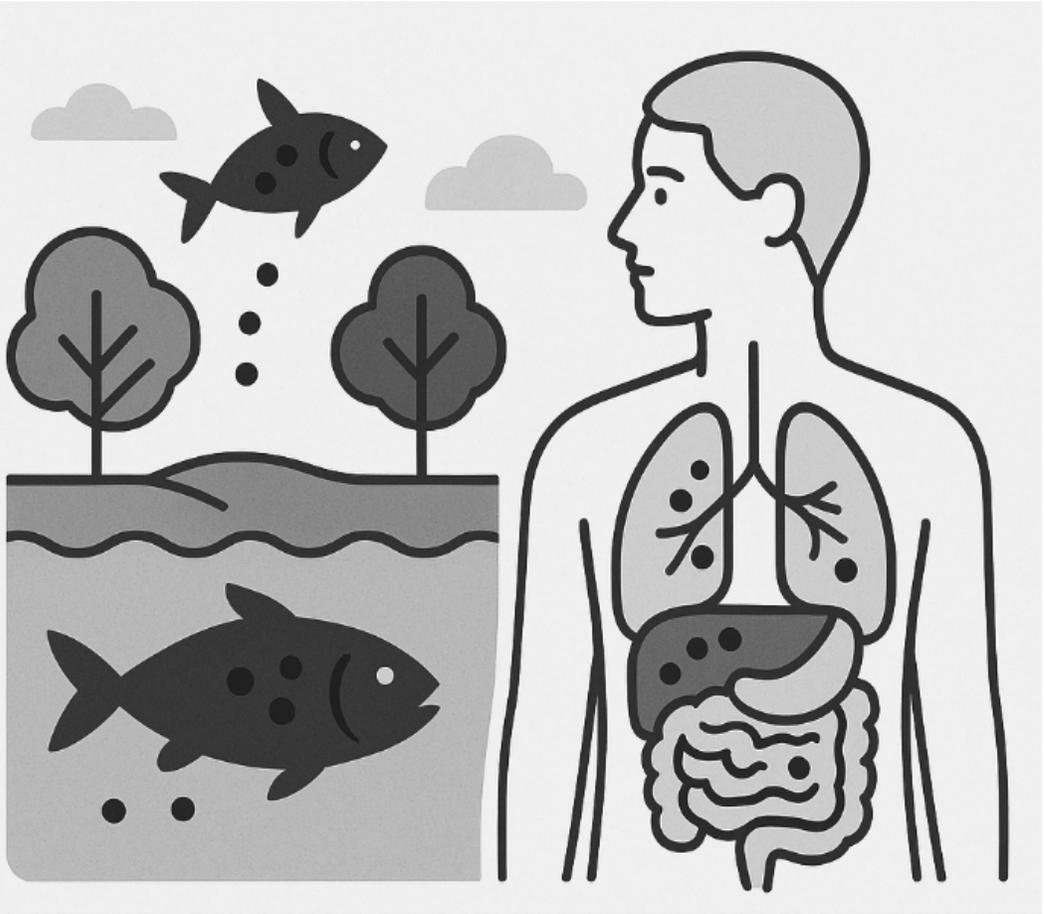


Return to our plates via contaminated water or animals



Our urine

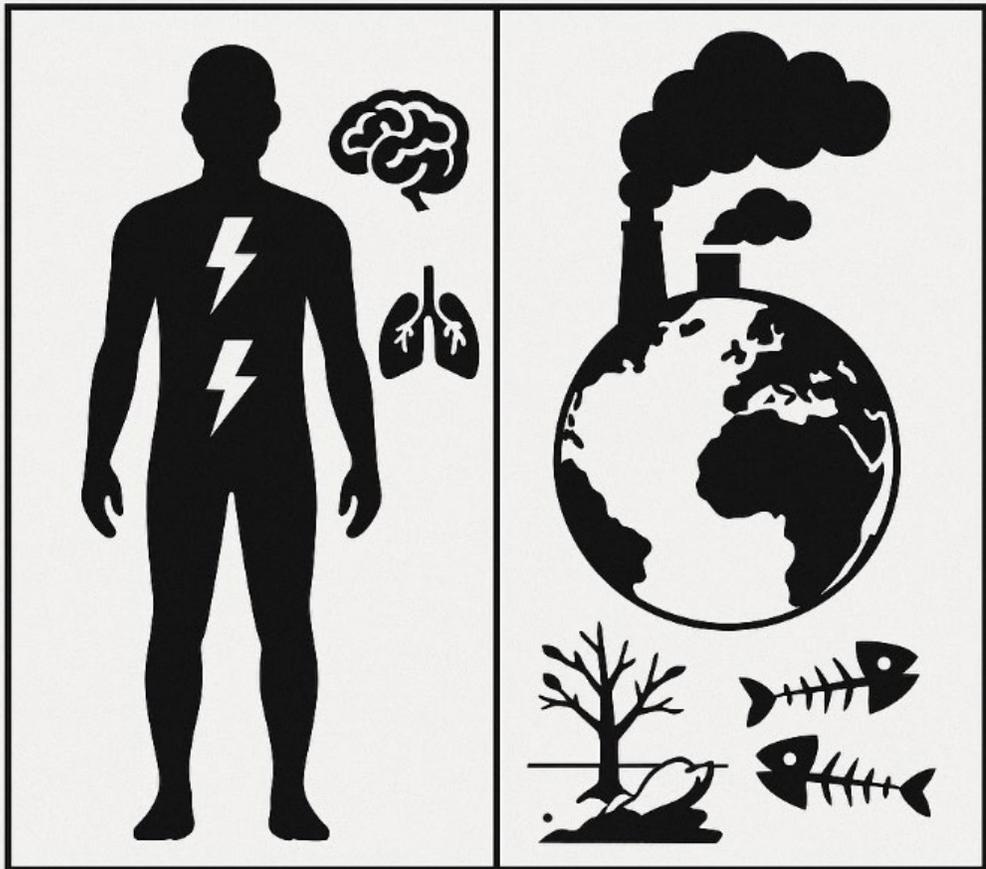




BIOACCUMULATION

Eternal Toxins
Inherited pollutants
Invisible chemical footprint





SYSTEMIC PROBLEM



COMMON TOXIC AGENTS





THE MOST COMMON

Chemical sun filters

Silicones

Sulfates

Perfumes / Fragrances

Phthalates

Parabens





MITs AND PARABENS

A SERIES OF CONTROVERSIES

PARABENS: 1920

Suspected of being endocrine disruptors due to their ability to mimic estrogen, which could be linked to hormonal disorders.

MIT or MCT: 1970

MIT: Associated with severe allergic reactions and skin irritation, MIT has been restricted in several countries for leave-in products.



THE DOSE MAKES THE MEDICINE OR THE POISON

Salicylic acid (derived from meadowsweet) → irritant in high doses but a popular keratolytic in cosmetics.

Botox (botulinum toxin) → paralyzing in high doses, controlled cosmetic when used in low doses.

Vitamin A → good for the skin in small doses, high doses cause atrophy of the sebaceous glands.

Essential oils → powerful natural active ingredients, but dermocaustic in excess.



NARCOCOSMETICS



NARCOCOSMETIC

A narco-cosmetic is made with chemical ingredients that cause physiological or psychological dependence on its use through the skin. These products deliver quick results, interfere with the skin's natural balance, and hinder its ability to regenerate.

Dependency occurs when the skin can no longer function normally without the substance that has been regularly applied to it.



HOW TO RECOGNIZE IT

- Immediate spectacular effect, but skin appears “worse” after discontinuing use of the product.
- Dependence: skin appears unable to “function” without the product.
- Increased doses: the body becomes less responsive, so the dose is increased to regain the initial effect.
- Increased sensitivity over time: redness, itching, and more frequent patches.



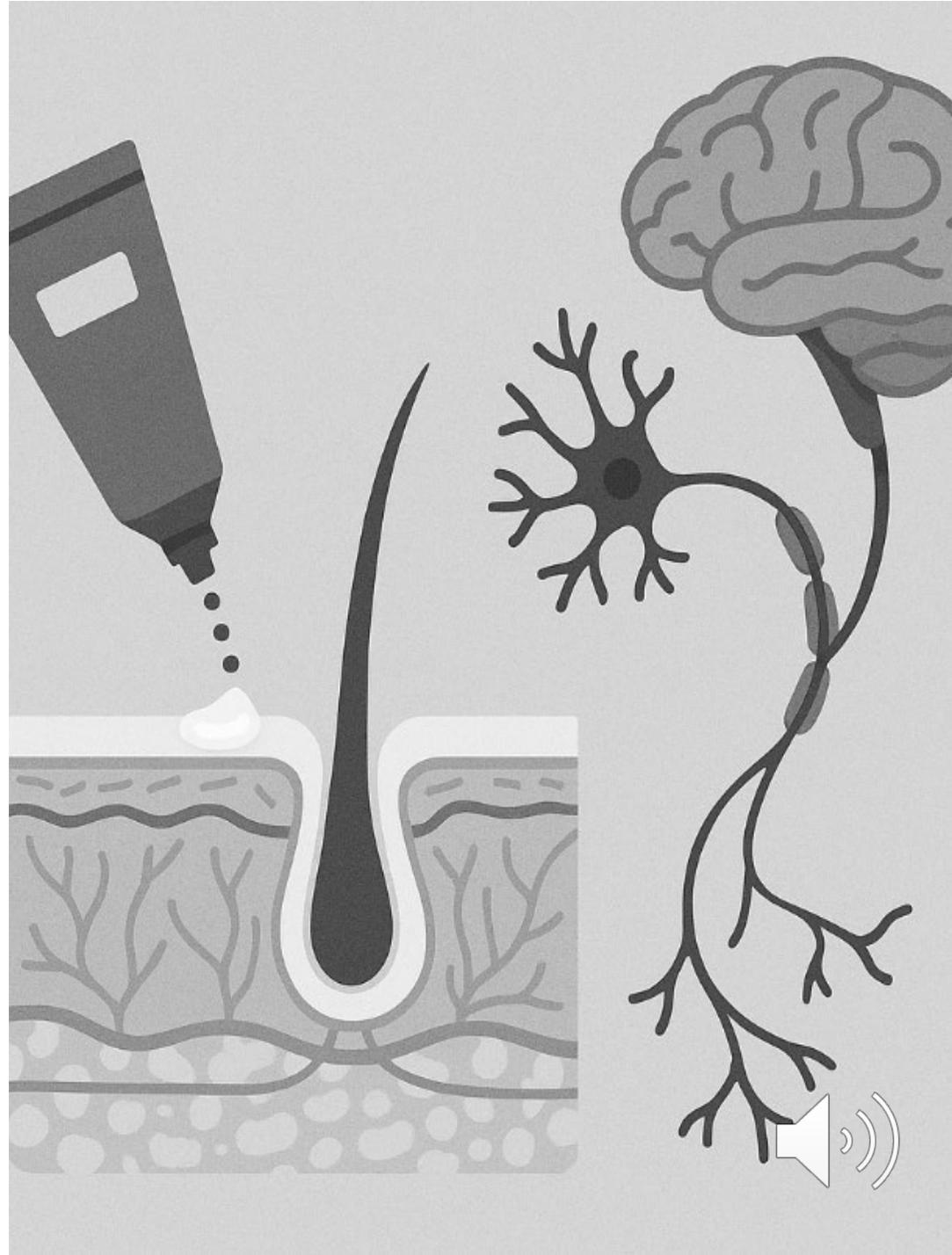
NARCOCOSMETICS

- Acids (AHA, BHA)
- Silicones
- Phenols
- Sulfates
- Fragrances

- Hydroquinone
- Kojic acid
- Retinol
- Cortisone
- Antihistamines
- Analgesics
- Antibiotics



NEUROCOSMETICS



TOXIC AGENTS ARE EVERYWHERE

WHY?

- Production costs
- Rapid efficiency
- Stability and preservation
- Consistency and aesthetics
- Marketing
- Compliance with consumer expectations
- Because there are uninformed people
- Because there are buyers



"A toxic ingredient is rarely an accident. It is often an economic, strategic choice... but not an eco-friendly, ethical, or respectful one."



GREENWASHING

Misleading Marketing

Misleading marketing can take many forms.

- “Natural”
- “Hypoallergenic”
- False labeling
- Product origin
- Ingredients
- Misleading environmental claims
- Eco-labels
- Bottle image
- Purified proteins (botulinum toxin)



BUILD
or
DESTROY



TRUE
OR
FALSE?

Apps like Yuka are reliable.



TRUE
OR
FALSE?

Silicones



TRUE
OR
FALSE?

I apply my high-quality creams to my face and the lower-quality creams to the rest of my body. It's perfectly fine.

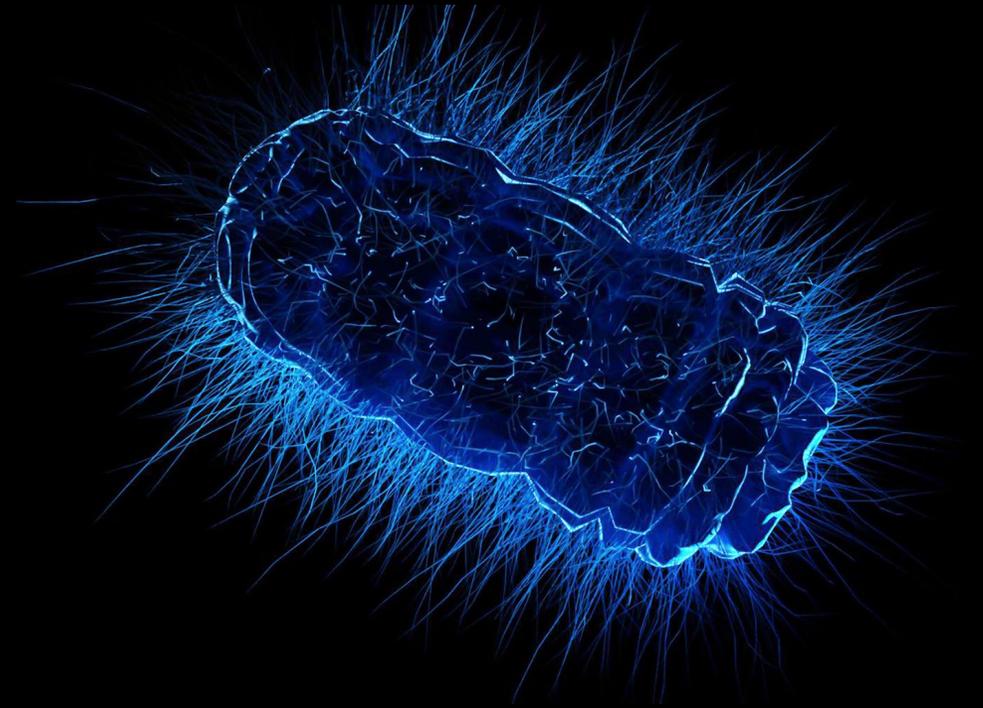


TRUE
OR
FALSE?

If I can eat my skincare cream,
it means it's safe.



THE POWER OF THE INVISIBLE



DEPENDANCES AND REAL-LIFE EXAMPLES





DRY SKIN

OILY CREAMS AND SILICONE
GLAND ATROPHY

"I use this cream because without it, my skin feels tight. But it's precisely this cream that has thrown me off balance."





OILY SKIN

DRYING AGENTS
(ALCOHOL, MATTIFYING POWDERS)





ACNE-PRONE SKIN

ANTIBIOTICS
MAKEUP





DILATED SKIN PORES

MAKEUP DEPENDENCE

Silicones (such as dimethicone and cyclopentasiloxane)





PSORIASIS

CORTISONE
ANTI-HISTAMINE
MOISTURIZER
PAIN RELIEVER
ANALGESIC





ECZEMA

CORTISONE WITHDRAWAL





LUPUS

CORTICOSTEROIDS
IMMUNOSUPPRESSANTS
ANTIMALARIAL MEDICATIONS (Hydroxychloroquine)
MOISTURIZING AND SOOTHING CREAM
SUN PROTECTION
ANTI-INFLAMMATORY
ROUTINE

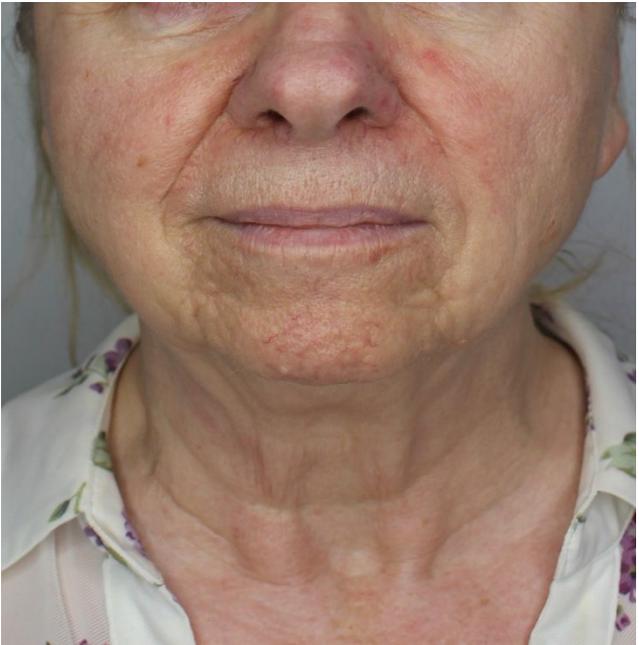




ROSACEA / ACNE ROSACEA

- METRONIDAZOLE (antibiotic and antiparasitic) (Metronidazole works by penetrating the cells of microorganisms and damaging their DNA, which prevents them from multiplying and kills them)
- CORTICOSTEROIDS
- ANTIBIOTICS
- SOOTHING PRODUCTS
- CLEANSERS
- CONCEALER MAKEUP
- ANTI-INFLAMMATORY (azelaic acid creams)
- STRICT SKINCARE ROUTINE (fear based)





ACNE ROSACEA

Internal medication can alter the gut microbiome.

- Digestive disorders (diarrhea, cramps).
- Imbalances that promote other infections, such as yeast infections (candida).

Skin microbiome may affect **skin flora**, which could, in the long term, make the skin more vulnerable to other types of infections or inflammation.





ATOPIIC DERMATITIS

SEPHORA





BLUE



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Pour plus de détails sur chaque maladie et les substances spécifiques responsables, vous pouvez consulter les ressources disponibles sur les sites de l'OMS, de l'ANSES, et de l'EWG.

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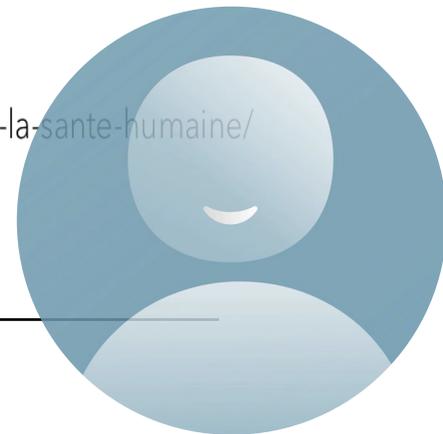
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- Toxicité rénale : [Le Monde.fr](#)
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