

Dr. Oz Says That Make-up Could Be Killing Us

What's a girl to do? Celebrity make-up artist and health advocate Rose-Marie Swift has the answers.

Feb. 3, 2010 - [PRLog](#) -- New York, NY (Feb 3, 2010) On his television show broadcast Tuesday, February 2, 2010, Dr. Oz stated without hesitation that the \$35 billion dollar cosmetics industry is making us sick. He reports:

- Mineral dust used to make mineral makeup is ten times smaller than it was a decade ago, leading to particles small enough to be inhaled into the lungs. Over time, this can cause scarring, inflammation and lung disease in girls and women
- Wrinkle creams work by causing skin inflammation that eventually breaks down collagen – leading to more wrinkles down the road
- Petroleum used in many products including lip gloss (which we swallow) is now being studied for its link to cancer

Make-up artist Rose-Marie Swift agrees with Dr.Oz, and has been teaching about the perils lurking in cosmetics for years. Several years ago, Rose-Marie began to experience some health issues, including hair loss, memory loss, anxiety and rollercoaster hormones. After performing an extensive series of tests, she learned that her blood contained toxic levels of heavy metals, including aluminum, barium, cadmium lead and mercury as well as high levels of pesticides and other chemicals. Rose-Marie then discovered she was exposed to these chemicals every day as a result of her work. After years of rebuilding her health, Rose-Marie realized she wanted to help other women claim their right to healthy beauty.

Unfortunately, as Dr.Oz mentioned in his program, the FDA does not regulate what goes into personal care products – so it's important for consumers to learn how to protect themselves. Rose-Marie not only addresses the hidden concerns about chemicals we apply on our bodies, but also provides information about practical, simple and healthy alternatives that will help women look their beautiful best, now and well into the future. She discusses the ingredients to avoid in beauty products as well as what to look for in healthy makeup; the alternatives to what is currently on department store shelves; natural ingredients to promote healthy skin, free from acne and dehydration; and simple beauty tips she uses on celebrities to keep them looking red carpet ready.

Rose-Marie Swift has been a make-up artist for over 20 years, and her work has been featured in Vogue, Harper's Bazaar, I.D., Allure, Numero, Marie Claire, Glamour, 10 and Elle. Her portfolio includes the famous faces of Gisele Bundchen, Zoe Saldana, Jessica Lang, Karolina Kurkova and Celine Dion among many others. She created the website www.beautytruth.com to dispel beauty myths and expose make-up dangers, and contributed natural beauty tips to the book *Living Beauty: Feel Great, Look Fabulous & Live Well* by Lisa Petty. She is frequently interviewed for health and beauty publications, and a popular guest on radio and television programs. Rose-Marie continues to work in the fashion industry. For more information, please contact: Elaine Hojnacki at 1 877-767-1147 or elainehojnacki@gmail.com

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