

Xenoestrogens

HEALTH WATCH-2020-7



focus

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Our bodies are not designed for exposure to the many endocrine disruptors in our environment, among them the family of chemicals known as xenoestrogens. Mainstream medicine is finally paying attention because xenoestrogens not only affect the cells of women, but those of men and children. Many of these xenoestrogens are proven carcinogens. They are also well known for their ability to damage the immune system and interrupt hormonal balance. Our cells can't always distinguish fully between our own estrogen and xenoestrogens. Every cell has estrogen receptors that recognize and open to the shape of an estrogen molecular chain, regardless of where it comes from.

The human body is being bombarded with these harmful chemicals every day creating an over burdened liver, weakening the immune system and disrupting the delicate hormonal balance. More and more evidence exposes xenoestrogens to be dangerous chemicals that need to be avoided whenever possible. Avoiding these synthetic chemicals and supporting the body through proper liver detoxification, hormone balancing and immune support, will work towards protecting our bodies. Dioxins are environmental pollutants. They have the dubious distinction of belonging to the "dirty dozen" - a group of dangerous chemicals known as persistent organic pollutants. Dioxins are of concern because of their highly toxic potential.

Greatest Exposure to Dioxin Found in Food. However, more than 95% of the human exposure to dioxin is from food, especially from commercially raised and/or farmed meat, fish, shellfish, poultry and dairy products and in levels that exceed government standards by more than 200%. (*International Press Services, 1997*) Studies show that dioxin levels found in fish are more than 100,000 times that of the environment it lives in. Farmed fish was rated by the World Health Organization with the highest dioxin concentration levels over dairy and beef.

Dioxin both mimics and "blocks" estrogen and progesterone, causing lowered sperm counts, decreased fertility, inability to maintain pregnancies, birth defects, low testosterone levels, endometriosis, diabetes, suppressed immune system, skin disorders and learning disabilities.

Second major source of xenoestrogens is the many growth hormones given to livestock and poultry, most of which contain fat-soluble estrogens. When we consume those animals or their milk, we ingest that estrogen. The main function of endocrine glands is to secrete hormones directly into the bloodstream. Hormones are chemical substances that affect the activity of another part of the body (target site). In essence, hormones serve as messengers, controlling and coordinating activities throughout the body. Be aware of the xenoestrogens and take control of your health.

List of Xenoestrogens

- Organ chlorines, are one of the largest sources. They are used in pesticides, dry cleaning, bleaching of feminine-hygiene products and the manufacture of plastics.
- Bisphenol-A, a breakdown of polycarbonate, is used in many plastic bottles. It's found in the lining of many food cans and juice containers.
- Avoid heated plastics, plastic lined items and Styrofoam (microwave, oven, sun), as the polycarbonate escapes
- Use glass, ceramics or steel to store/consume foods and liquids.
- Choose organic produce. Always go organic with thin skinned fruits and vegetables.
- Buy hormone-free animal products (eggs, poultry, meats, dairy). To avoid xenoestrogen injections, supplements, bovine growth hormone.
- A common food preservative in processed foods (BHS: butylated hydroxyanisole).
- Avoid non-organic coffee and tea.
- Use reverse-osmosis filter water or purchase your own filter (drinking and bathing).
- Many creams and cosmetics contain parabens and stearyl konium chloride. Choose natural brands (preservatives made with minerals or grapefruit seed extract).
- Most skin lotions, creams, soaps, shampoo, cosmetics use parabens and phenoxyethanol as a preservative. Substances are 100% absorbed into the body. Go natural or organic.
- Phthalates are commonly found in baby lotions and powders.
- Sunscreen can contain benzophenone-3, homosalate, 4-methyl-benzylidene camphor, octal-methoxycinnamate, octal-dimethyl-PABA. Go organic.
- Many perfumes, deodorizers, air fresheners have artificial scents and contain phthalates.
- Most perfumes are petrochemically based.
- Nail polish and removers contain harsh chemicals.
- The birth control pill contains high concentration of synthetic estrogen.
- Hormone replacement therapy (contains synthetic estrogens) - opt for paraben-free progesterone cream.
- Dryer sheets, fabric softeners and detergents put petrochemicals right on your skin. Use laundry detergent with less chemicals or use white vinegar and baking soda.