



Drs Jensen
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Hormone Disruptors

One of the underlying issues we see in both men and women today is the overload of toxicity from the environment. Hormones issues such as low libido, PMS, irregular cycles, mood swings, anxiety, and erectile dysfunction, are all influenced by the hormone disrupting products and foods we see in our everyday lives.

When we talk about endocrine disruptors we are referring to the chemicals that mimic hormones. These fake hormones bind to the hormone receptors and create powerful responses that surpass the original hormones responses. These endocrine disruptors are not easily broken down by the body which makes them even worse as they create havoc in our body and hormonal system which in turn affects our whole body.

The most common studied endocrine disruptors are:

- **PCB and dioxins:** found in pesticides
- **Flame retardants:** found in plastics, paint, furniture, electronics and food.
- **Phytoestrogens:** found in soy and other foods
- **Pesticides:** found in water, food and soil.
- **Perfluorinated chemicals:** found in some food packaging and non-stick cookware.
- **Phthalates:** found in plastics, food packaging, cosmetics, cleaning agents, usually represented by the "fragrance" or "perfum" in the ingredients.
- **BPA:** found in plastics, food packaging and lining of many food/beverage containers.
- **UV filters:** found in sunscreens and cosmetics
- **Triclosan:** found in personal care and anti-microbial products.
- **Parabens:** found often in deodorants and a wide range of products.
- **BHA and BHT:** found in foods and gums as preservatives.

As you can see hormone disruptors are everywhere, the first step in being proactive is being aware of the sources and mindful when choosing nourishment for your body and the environments you spend time in.

What can you do?

- **Reduce your exposure:** check your household products and personal care products, start checking labels and look into the Environmental Working Group (EWG) for cleaner product alternatives.
- **Buy organic products:** limit the amount of pesticides and chemicals from your produce (fruits and veggies) better yet grow some of the foods yourself, there are a lot of options for small indoor and outdoor gardens.
- **Avoid processed foods:** in order to have a good shelf life these products have a lot of preservatives and ingredients that can be endocrine disruptors. Check labels the labels and remember packing can also be a source of toxins.
- **DIY:** there are a lot of recipes to make homemade products such as deodorants, toothpastes, cleaning products, etc. Source good quality materials and have fun!
- **Detox:** help your body get rid of toxins, doing it the right way supporting all the detox pathways, preparing the body and using the right binding agents.
- **Use the right materials:** glass, steel, ceramic and aluminum containers when possible.