

Xenoestrogens

Xeno = foreign, + Estrogen= “foreign estrogens”.

Xenoestrogens have been introduced into the environment by industrial, agricultural and chemical companies and consumers only in the last 70 years or so.

They are concentrated endocrine disrupting chemicals, which are found in our food, soil and air.

Xenoestrogens are capable of mimicking our body's estrogen hormone, attaching to estrogen receptors in our bodies.



These products **are not** biodegradable and remain in our environment for long periods of time.

Animals have been suffering reproductive problems for years, and problems are the worst in areas where pollution is the highest.

Known Xenoestrogens

- ✓ Dioxins,
- ✓ PCB's (polychlorinated biphenyls), and
- ✓ DDT (dichlordophenyltrichloroethane),
- ✓ All chlorinated products,
- ✓ Chemicals present in pesticides and fertilizers,
- ✓ Plastics,
- ✓ Electrical equipment,
- ✓ Waste incineration,
- ✓ Bleach and cleaning solutions

A WORD ON **ORGANOCHLORIDES**

Organochlorines, a family of organic chemicals are used throughout the world as insecticides, such as

- DDT
- Industrial chemicals like PCB's and found in PVC and
- Spermicidal contraceptives and lubricants.

Organichlorines do not break down once they are released into the environment and

eventually make their way up the food chain to be found in both human and animal fats; they are extremely toxic and potentially carcinogenic.

Organichlorines are also estrogen mimickers, attaching to estrogen receptors in the body; they are implicated in

- endometriosis,
 - estrogen dependent health disorders,
 - lowered sperm counts,
 - ovarian failure
 - and affect the function of the liver. Liver damage can also increase estrogen levels by inhibiting excess hormones from being eliminated from the body.
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WAYS TO DECREASE THE IMPACT OF ENVIRONMENTAL ESTROGENS, ON YOUR HEALTH:

- Whenever possible store leftovers in glass or ceramic containers instead of plastic.
- Avoid the use of the microwave to reheat food and especially do not microwave foods after being stored in Tupperware or covered with saran wrap, instead reheat in a pot on the stove.
- Choose biodegradable cleaning and laundry detergents or pick up a book on making your own non-toxic cleaning products at home.
- Do not use products containing chlorine bleach in cleaning.
- Avoid the use of fabric softeners, which place petrochemicals directly in contact with the skin.



WAYS TO DECREASE THE IMPACT OF ENVIRONMENTAL ESTROGENS, ON YOUR HEALTH:

- Buy hormone free/ non-medicated meats or wild game (which is not treated with chemicals or antibiotics). Avoid eating farmed fish.
- Purchase "organic" locally grown produce, free from pesticides, herbicides, chemical sprays or synthetic fertilizers or soak produce in a biodegradable vegetable wash for 10-15 minutes before consuming which may remove small amounts of chemicals from the produce.
- Educate yourself about forms of natural pest control; remove all pesticides, herbicides, fungicides from your home, including insect repellants and weed killers for the lawn.
- Select unbleached recycled paper to use at the office or in your home.
- Purchase unbleached tampons and menstrual pads made with organic cotton and ensure they are free from surfactants, rayon and fragrance. (The FDA detected dioxins and dozens of other substances in conventional tampons).



WAYS TO DECREASE THE IMPACT OF ENVIRONMENTAL ESTROGENS, ON YOUR HEALTH:

- Avoid condoms that contain the spermicide **nonoxyl-9** that breaks down into nonylphenol, a xenoestrogen.
- Avoid drinking tap water containing chlorine and other chemicals. Instead drink reverse osmosis bottled water. Consider investing in a filter for the shower to remove the chlorine, which is readily absorbed through the skin.
- Don't let your child chew on plastic toys.
- Choose non-bleached paper products including: coffee filters, paper, napkins and toilet tissue. The EPA has determined that using bleached coffee filters alone can result in a lifetime exposure to dioxins that exceed acceptable risks.

