



HORMONE DISRUPTORS

Where they are found and tips to avoid them

Endocrine disruptors are chemicals that can interfere with the body's endocrine (hormone) system, disrupting normal hormone function. These chemicals can mimic natural hormones like estrogen or interfere with hormone production, metabolism, and signaling.

Endocrine disruptors can be found in various everyday products such as plastics, personal care items, pesticides, and food additives.

When exposed to these substances, they can potentially lead to a range of health issues including reproductive problems, developmental disorders, hormonal imbalances, and increased risk of certain cancers.

It's important to be aware of these chemicals and take steps to minimize exposure to reduce health risks.

Learn More:

Check out the Environmental Working Group's Website EWG.ORG

Sources of Endocrine Disruptors:

- **Bisphenol A (BPA):** Found in plastic bottles, can linings, and food containers.
- **Phthalates:** Commonly found in baby lotions, powders, and plastic products.
- **Organic chlorides, Perchlorate:** Used in pesticides, manufacturing of plastics, and bleaching for feminine hygiene products. Commonly found in water supply due to ground runoff. Alters thyroid hormone
- **Butylated hydroxyanisole (BHA):** Common food preservative.
- **Pesticides:** Used on fruits, vegetables, coffee, and tea.
- **Fire Retardants (PBDEs):** Disrupt thyroid hormone, found in carpets, furniture, curtains, etc.
- **Phenoxyethanol:** Found in cosmetics, shampoos, conditioners, and personal care products.
- **Benzophenone-3, 4-methylbenzylidene camphor, octyl-methoxycinnamate, octyl-dimethyl-PABA:** Found in sunscreens.
- **Perfumes:** Artificial scents in perfumes, deodorizers, air fresheners, etc.
- **Nail polishes and removers**
- **Synthetic estrogens:** Found in birth control pills and hormone replacement therapy.
- **Petrochemicals:** Found in detergents, dryer sheets, and fabric softeners.



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Tips to avoid common sources of Endocrine Disruptors:

Industrial products & plastics:

- Use glass or stainless steel for food and drink.
- Avoid canned foods.
- Don't microwave plastics.
- Replace plastic baggies with reusable lunch bags.
- Use beeswax-coated cloth wraps.
- Avoid plastic toys, baby bottles, or pacifiers

Skincare:

- Check EWG Skin Deep Database (www.ewg.org/skindeep).
- Avoid nail polishes and removers.
- Use chemical-free toothpaste.

Foods:

- Choose organic fruits and vegetables.
- Refer to EWG's Dirty Dozen and Clean 15 lists.
- Buy local organic meat and dairy.

Household products:

- Use chemical-free, biodegradable laundry and household cleaning products.
- Choose chlorine-free and unbleached paper products.
- Install chlorine filters on shower heads and filter drinking water.

Other sources of exposure:

- Limit exposure to commercial meat and dairy.
- Avoid microwaving plastics.
- Use glass or stainless steel baby bottles.
- Opt for hardwood cutting boards instead of plastic.