



# Endocrine Disruptors

Endocrine disruptors are chemicals—natural or synthetic—that mimic or block your body's hormones. This means that they act like a hormone OR bind to the receptor, preventing your actual hormones from functioning. They have been linked to developmental, hormonal, immune, metabolic, and neurological issues. In our modern world, it is not realistic to completely avoid these chemicals, but it is important to reduce exposure when possible.

## COMMON DISRUPTORS

- BPA (bisphenol A)  
*plastics, store receipts, aluminum can lining*
- DIOXINS & PCBs (polychlorinated biphenyls)  
*new building material, electrical equipment, water supply*
- PARABENS  
*personal care products, cosmetics*
- PERFLUOROCHEMICALS  
*teflon pans, microwave popcorn bags, new clothing*
- PESTICIDES & INDUSTRIAL WASTE  
*exposure in water supply, farming communities*
- PHTHALATES  
*plastics, food packaging, toys, cosmetics, medical tubing*
- PHYTOESTROGENS  
*processed soy foods*
- TRICLOSAN  
*anti-bacterial soap & body wash, Colgate Total toothpaste*
- SOME ESSENTIAL OILS  
*tea tree & lavender*
- STEVIA  
*in large amounts*
- HORMONAL CONTRACEPTIVES  
*designed to alter hormone actions*

## WAYS TO REDUCE EXPOSURE

1. Swap soaps, personal care products, and cosmetics for cleaner versions.
2. Use cast-iron, stainless steel, or ceramic cookware.
3. Use glass water bottles and food storage containers (especially when heating).
4. Drink filtered water (replenish electrolytes if filtered via reverse osmosis).
5. Eat whole foods with minimal packaging.
6. Reduce processed soy protein, milk, and oil.

Beyond reducing exposure, you can support your body's ability to eliminate these chemicals by eating a whole food diet, drinking enough water, managing stress, and getting adequate sleep and movement.

