Toxins and Xenoestrogens

Xenohormones also spelled xeno-hormones and sometimes called xenoestrogens are a category of EDC's, Endocrine Disrupting Compounds that are industrially made chemical compounds which disrupt communication within the bodies’ endocrine/hormone producing organs. These compounds have a negative estrogenic effect that differs chemically from naturally occurring hormones produced by living organisms.

Xenohormones are a group of man-made laboratory synthesized chemicals.

"Estrogen like" substances from a variety of sources may have a cumulative effect upon living organisms, xenohormones and xenoestrogens may be part of a larger picture of a process of estrogenisation of the environment we live in. The term estrogen dominance is used in some circles today which attribute these research findings to symptoms of estrogenisation displayed by women and men, child and adolescent.

Xenoestrogens and xenohormones have been introduced into the environment by industrial, agricultural and chemical companies in the last several decades.

Here's a list of 10 major sources of xenoestrogens:

1. **Commercially-raised meat and diary products** such as beef, pork, chicken, milk, butter, cheese and ice cream. These products are contaminated with bovine growth hormones and expose us to a significant amount of xenoestrogens.

   How to counter it? Cut down your consumption of commercial meat and diary, and consume hormone-free and natural products whenever you can.

2. **Anything that contains insecticide or pesticide residues** can also have estrogenic effects. This includes everything we eat, from grains, fruits, nuts and legumes, to veggies. So eat local organic foods whenever possible.

3. **Tap water**. Unfortunately much of our water source is contaminated with petroleum derivatives – the primary source of xenoestrogens. So drink filtered water whenever possible.
4. Shampoos, lotions, soaps, toothpastes, cosmetics and other personal care products that contain paraben or phenoxyethanol chemical compounds widely used by cosmetic and pharmaceutical industries as preservatives.

Note that xenoestrogens entering the skin go directly to tissue without passing through the liver for detoxification. So they’re 100% absorbed by the body and can be 10 times more potent than those consumed orally.

5. **Soft plastics** used as packaging materials are often treated with chemical compounds called **phthalates**, a xenoestrogen, to increase its flexibility.

Plastic wrapped foods, heated in the microwave, contain some of the highest xenoestrogen levels. So do not heat food or water with plastic in the microwave. Avoid drinking coffee or other hot liquids in Styrofoam cups. And store your food in glass containers whenever possible!

6. **Artificial food additives, including artificial sweeteners and MSG.** According to a study published in the journal, *Chemical Research in Toxicology*, 31 substances added to food for the purpose of preservation, coloring, texture and flavor have potential estrogenic effects.

**Propyl gallate and 4-hexylresorcinol** are two additives to be especially watchful for. Also avoid canned foods, which are usually lined with a plastic coating that contains **bisphenol-A (BPA)**, a xenoestrogen.

7. **Foods that contain soy protein and soy protein isolate.** These foods are packed with condensed, unnaturally high amounts of plant estrogen, which can also lead to estrogen dominance. Eat organic soybeans, edamame, tofu or tempeh instead.

8. **Dryer sheets** are loaded with xenoestrogens to make your clothes feel soft and fresh. These residual xenoestrogens can permeate your skin and go directly into your cells. So avoid dryer sheets. Use a natural liquid fabric softener or ½ cup of baking soda in the rinse cycle instead.

9. **Birth control pills and conventional hormone replacement therapy (HRT)** contain synthetic hormones that can interrupt our natural hormone balance. There are natural, effective birth control alternatives without the side effects of the pills. Check out my article, *Birth Control Without the Pill*.

10. **Disposable menstrual products.** In conventional tampons, the FDA has detected **dioxins**, a class of chemical contaminants that may increase the risk of cancer, reproductive and developmental problems, heart disease and diabetes.

Avoid tampons and sanitary napkins that contain chlorine, fragrance, wax, surfactants, rayon, etc. Use those made of organic cotton or other natural materials instead.
Disorders and disease related to xenohormone exposure

1. Increase in reproductive-site cancers (breast, uterine, & ovarian)
2. Decreased fertility in both male and females
3. Estrogen dominance
4. Increased incidence of prostate cancers
5. Heart disease
6. Diabetes type 2, adult onset
7. Premature Ovarian Failure
8. Uterine leiomyomas
9. Prostate Cancer
10. Obesity
11. Thyroid Disruption
12. Testicular Dysgenesis Syndrome
13. Endometriosis
14. Uterine Fibroids

Unexplained symptoms your doctor will be chasing with one diagnosis and drug to the next and next.

24 Xenoestrogen–producing chemicals to avoid on labels:

1. Alkylphenol
2. Atrazine (weedkiller)
3. 4-Methylbenzylidene camphor (4-MBC) (sunscreen lotions)
4. Butylated hydroxyanisole / BHA (food preservative)
5. Bisphenol A (BPA-monomer for polycarbonate plastic and epoxy resin; antioxidant in plasticizers)
6. Chlorine and chlorine by-products
7. Dichlorodiphenyldichloroethylene (one of the breakdown products of DDT)
8. Dieldrin (insecticide)
9. DDT (insecticide)
10. Endosulfan (insecticide)
11. Erythrosine / FD&C Red No. 3
12. Ethinylestradiol (combined oral contraceptive pill)
13. Heptachlor (insecticide)
14. Lindane / hexachlorocyclohexane (insecticide)
15. Metalloestrogens (a class of inorganic xenoestrogens)
16. Methoxychlor (insecticide)
17. Nonylphenol and derivatives (industrial surfactants; emulsifiers for emulsion polymerization; laboratory detergents; pesticides)
18. Pentachlorophenol (general biocide and wood preservative)
19. Polychlorinated biphenyls / PCBs (in electrical oils, lubricants, adhesives, paints)
20. Parabens (methylparaben, ethylparaben, propylparaben and butylparaben commonly used as preservatives in personal care products)
21. Phenosulfothiazine (a red dye)
22. Phthalates (plasticizers)
23. DEHP (plasticizer for PVC)
24. Propyl gallate

Some paraben free products: Aveda, Dr. Hauschka, Josie Maran Costetics, and Origin. There are many......