

The "Dirty Dozen" List of Hormone-Disrupting Chemicals

by Dr. Briana Sinatra, Naturopathic Physician specializing in Women's Health

Our hormonal systems are especially vulnerable to the negative impact of pesticides and chemicals. According to the **Environmental Working Group (EWG)**, chemicals that disrupt hormones can: increase or decrease hormone production, tell cells to die prematurely, compete with essential nutrients, and accumulate in hormone-producing organs where they don't belong.

1 BPA, or Bisphenol A

A known estrogen-mimicking ingredient used in clear plastics such as water bottles, food storage containers, and the lining of food cans.

2 Dioxin

An industrial chemical that has contaminated our food supply; it's found in meat, fish, milk, eggs, and butter.

3 Atrazine

An herbicide that's sprayed on most corn crops in the US; it contaminates our drinking water.

4 Phthalates

Chemicals found in plastics; studies have linked phthalates to hormone changes, lower sperm count, obesity, diabetes, and thyroid irregularities.

5 Perchlorate

A component in rocket fuel, falls from the sky and contaminates our food supply; it has been found in our produce and milk.

6 Fire Retardants

Applied to materials to slow the start or growth of fires; sources include home furnishings, electronics, building supplies, and components of cars, planes, and trains.

To read the full article, visit www.healthydirections.com/articles/womens-health/hormone-disrupters

Information provided by The Environmental Working Group: www.EWG.org



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Lead

It harms almost every organ in your body; research shows it also disrupts the hormone signaling that regulates your body's stress system. Beware of old chipping paint, and be sure to filter your tap water.

8

Arsenic

It is present in our food and drinking water; it can interfere with normal hormone function in the glucocorticoid system, which regulates how our bodies process sugars and carbohydrates.

9

Mercury

It is a naturally occurring but toxic metal that contaminates our air and ocean through the burning of coal. Be mindful of how often you eat seafood, and choose smaller fish when you do.

10

Perfluorinated Chemicals (PFC)

They are popular in non-stick cookware; they're chemicals that never break down and are found in our bodies decades later.

11

Organophosphate Pesticides

They are used in commercial agriculture to control pests on fruit and vegetable crops. It's best to purchase organic produce when possible to avoid these chemicals.

12

Glycol Ethers

They are solvents found in paints, cleaning products, brake fluid, and cosmetics; they're mostly skin irritants and harmful if inhaled. You can find easy online instructions to make your own natural cleaning products.

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