



# Xenoestrogens and Endocrine Disruptors



Xenoestrogens are artificial chemicals that act like estrogen, a natural hormone in our bodies. They're found in many things we use daily, like plastics, pesticides, and personal care products. These chemicals can mess with our hormones and cause health problems. Some studies suggest they might be linked to issues like trouble getting pregnant, certain cancers, and developmental disorders. Examples of xenoestrogens include bisphenol A (BPA), phthalates, and pesticides like atrazine.

Discover Chiropractic (408) 985-1111 1305C N. Bascom Ave San Jose, CA 95128  
<https://chiropractor-sanjose.com/>

Xenoestrogens are an example of endocrine disrupting chemicals (EDCs). EDCs work by mimicking, blocking, or interfering with our hormones. Our endocrine system regulates our hormones. When we are exposed to plastics, heavy metals, and petrochemicals we are disrupting the endocrine system.

What can we do to avoid these chemicals? Keep it simple. Stop drinking water directly from a tap (buy filtered water or filter your own water). Look for personal-care products that are free of aluminum and fluoride. Common offenders include deodorant and toothpaste. Find personal care products that are all-natural (dry hands? Coconut oil is a good substitute for petroleum jelly). You can also take it a step further by reducing the amount of plastic that you have in your kitchen.

By taking these simple steps to reduce xenoestrogens and EDCs, we are improving the function of our endocrine system. Improving other areas of your health (proper nutrition, exercise, etc.) will also help to boost your hormonal health. Start small. That could mean eliminating the frozen prepackaged dinners or replacing your Old Spice body wash.

When it comes to your health, simplicity is the superior option. If the ingredients look like they're lab-made concoctions, they're not good for your hormonal health.