

# ***XENOESTROGENS***

- They are defined as a group of chemicals that the body can mistake for estrogens and other hormones

- These chemicals are often called “estrogen mimics” or “endocrine disruptures”. They dock on the hormone receptors on the cell membranes, they boot out the real hormones and they create havoc. ie: abnormal infertility, impotence, cancer, hyper activity, stunted growth and damaged brain function in kids, hypothyroidism coupled with normal thyroid test.

- Xenoestrogens get thru a mothers placenta and can lead to learning disabilities, hyperactivity and cancer in kids.

- It is not a coincidence that these chemicals which are hormone damaging are so prevalent and that breast and prostate cancer are rising and thyroid medication is a top five prescribed drug.

- Humans have been exposed to multiple xenoestrogens

## **How Do We Get Xenoestrogens?**

- Commercially raised meat and poultry can be loaded with estrone. Many animals are give estrogen before they are slaughtered to cause them to retain fluid and store fat.

- High fat dairy products contain estrone.

- Some pesticides have similar molecular structure to estrogen ie: DDT, Atrazine

- Atrazine – is a common weed killer for corn. Corn syrup is the most abundant sweetener in sodas, candies, cereal, jams, condiments, ice cream, bread and other processed foods.

- Cosmetics

- Plastics:

- bottled water

- progressively more foods are packaged in plastics such as sodas, baby formula (do not microwave), milk, fruit juice, peanut butter, condiments, and plastic wraps that cover meats, vegetables and fruit.

- Styrofoam trays outgas pthalates

- Studies have shown that these carcinogenic hormone mimickers leach right through the plastic wrap into the food.

## **Problems With Xenoestrogens:**

- Once they get into the body we don't have the mechanisms to completely metabolize or totally get rid of them: tiny amounts we ingest everyday add up over a lifetime when we reach a place that symptoms and disease begins.