

Clean Living Nutrition & Wellness



Heal. Balance. Thrive

Xenoestrogens: The Hormone Disruptors

Xenoestrogens are essentially toxins that we encounter in our food or in our environment that mimic bad estrogen in the body.

Think about all of the artificial ingredients in processed food, chemicals in skin-care products, make-up and household cleaning products and chemicals in our water and in the air we breathe.

When our body is overloaded with xenoestrogens our bad estrogen levels rise leading to estrogen dominance. Unfortunately estrogen dominance is linked to a number of serious female hormonal conditions such as fibroids, PCOS, irregular and painful periods, endometriosis, fibrocystic breasts and even cancer.

Although it isn't always possible to avoid exposure to xenoestrogens, there is a lot you can do to minimize your exposure. Below are some important tips that you want to start to consider and implement as much as possible to help keep your hormone levels balanced.



Tips to Avoid Xenoestrogens

- Avoid all pesticides, herbicides, and fungicides. Wash your food well to rid the pesticides. Bathe the washed food in a produce wash or ozonated water for 20 minutes before cooking.
- Have a good water filter for your source of water.
- Use only organic based whole foods when you can. Buy hormone free meats and dairy products where possible.
- Avoid plastic goods - they leach into the environment.
- Do not microwave food in plastic containers, and especially avoid the use of plastic wrap to cover food for microwaving.
- Use glass or ceramics whenever possible to store food.
- Do not leave plastic containers, especially your drinking water, in the sun.
- If a plastic water container has heated up significantly, throw it away - do not drink the water either.

- Don't use fabric softeners as it puts petrochemicals right on your skin.
- Use a simple laundry and dish detergent with less chemicals.
- Use organic soaps and toothpastes. Avoid fluoride.
- Avoid creams and cosmetics that have toxic chemicals and estrogenic ingredients such as parabens and stearyl konium chloride. Use natural products. Cheap products usually have more toxic ingredients.
- Avoid nail polish and nail polish removers.
- Use only naturally based perfumes. Most perfumes are petrochemically based.
- Avoid surfactants found in many condoms and diaphragm gels.
- Avoid new carpet - it can give off noxious fumes.
- Avoid X-rays as much as possible.
- Be aware of noxious gas such as that from copiers and printers, carpets, fiberboards, etc. Computer monitors can emit a high level of electromagnetic force (EMF).

When attempting to transition over to organic foods, consider starting with the “Dirty Dozen” (see the list below). This is a list of the most common foods with a high toxic exposure. Start by transitioning to an organic source of these foods first.

1. **Strawberries**
2. **Spinach**
3. **Kale**
4. **Nectarines**
5. **Apples**
6. **Grapes**
7. **Peaches**
8. **Cherries**
9. **Pears**
10. **Tomatoes**
11. **Celery**
12. **Potatoes**