

EXOGENOUS ESTROGENS

WHAT ARE EXOGENOUS ESTROGENS

DEFINITION:

Refers to estrogens that originate from outside of the body. This can include contraceptive birth control and other synthetic compounds.

COMPOUNDS INCLUDE:

- Xenoestrogens
- Parabens
- Phthalates
- Benzophenones
- Triclosan
- BPA

In the next couple of pages we will discuss what these compounds are, what products they can be found in and what names you should be looking for on labels!

I'm so excited you found this information! May you feel more in control of your fertility & health.



EXOGENOUS ESTROGENS



WHAT ARE EXOGENOUS ESTROGENS

XENOESTROGENS:

Which includes phthalates, parabens, bisphenol A or BPA, pesticides, butylated hydroxytoluene or BHT, polychlorinated biphenyl or PCB

ASSOCIATED COMPLICATIONS:

- **Endocrine disruptors**
- **Disrupt normal hormone function**
- **Reduced fertility**
- **Testicular toxicity**
- Cancer
- Liver/kidney/lung damage
- Allergic symptoms
- Nervous system toxicity
- Immunotoxicity

FOUND IN FOOD PRODUCTS:

- Pesticides
- Herbicides
- Insecticides
- Artificial food dyes

LEARNING NOTE:

Most food products are sprayed with pesticides, herbicides and insecticides. We can avoid this by purchasing organic products + soaking them in baking soda for 15mins prior to consumption.

EXOGENOUS ESTROGENS



WHAT ARE EXOGENOUS ESTROGENS

XENOESTROGENS:

SKIN CARE AND BEAUTY PRODUCTS:

- Dental sealants
- Hair dye
- Cosmetics
- Deodorants
- Shampoo & Conditioner
- Body wash
- Perfume
- Sunscreen

HOUSEHOLD PRODUCTS:

- Tap water
- Cleaning products
- Plastics
- Canned foods
- Air fresheners
- Laundry products
- Furniture, carpets, mattresses, bedding
- Toys
- Building materials

LEARNING NOTE:

Tap water not only has chemicals, but also has heavy metals and other harmful elements such as chloride and fluoride. You can buy filters that remove and purify your water for under 250. Look for Santevia.

EXOGENOUS ESTROGENS



WHAT ARE EXOGENOUS ESTROGENS

PARABENS:

Any of a group of compounds used as preservatives in pharmaceutical and cosmetic products and in the food industry.

ASSOCIATED COMPLICATIONS:

- **Endocrine disruptors**
- **Reproductive toxicity**
- **Fertility**
- Fetus development
- Allergies
- Immunotoxicity
- Cancers

FOUND IN FOOD PRODUCTS:

- Preservatives
- Beer
- Processed sauces
- Processed desserts
- Soft drinks (pop)
- Jams
- Pickles
- Frozen dairy products
- Flavoring
- Syrups

Parabens are found in many products that need extended shelf life. This is a synthetic preservative.

EXOGENOUS ESTROGENS

WHAT ARE EXOGENOUS ESTROGENS

PARABENS:

SKIN CARE AND BEAUTY PRODUCTS:

- Cosmetics
- Hair products
- Shampoo & Conditioner
- Lotions
- Scrubs
- Tooth paste
- Shaving gel

HOUSEHOLD PRODUCTS:

- Plastics

LABELED AS:

Ethylparaben
Butylparaben
Methylparaben
Propylparaben
Benzylparaben
Isobutylparaben

LEARNING NOTE:

When identifying parabens look for paraben at the ending of the word. Not all compounds are this simple to locate. Thankfully parabens are straight forward.



Parabens

EXOGENOUS ESTROGENS



WHAT ARE EXOGENOUS ESTROGENS

PHTHALATES:

Phthalates, or phthalate esters, are esters of phthalic anhydride. They are mainly used as plasticizers, i.e., substances added to plastics to increase their flexibility, transparency, durability, and longevity. They are used primarily to soften polyvinyl chloride.

ASSOCIATED COMPLICATIONS:

- **Endocrine disruptors**
- **Disrupt normal hormone function**
- **Reduced fertility**
- **Testicular toxicity**
- Cancer
- Liver/kidney/lung damage
- Allergic symptoms
- Nervous system toxicity

SKIN CARE AND BEAUTY PRODUCTS:

- Fragrances
- Baby products (lotions, powders)

LEARNING NOTE:

Fragrances including scented candles, air fresheners, laundry detergents etc. Are neurotoxic chemicals that affect the brain.

EXOGENOUS ESTROGENS



WHAT ARE EXOGENOUS ESTROGENS

PHthalATES:

FOUND IN FOOD PRODUCTS:

- Processed foods
- Food packaging (coffee cups)
- Beverage packaging
- Food packaging materials

HOUSEHOLD PRODUCTS:

- Air fresheners
- Household cleaners
- Plastic food packaging
- Crib mattresses
- Shower curtains
- Enteric coating in pharmaceuticals
- Candles
- Art supplies and paint

LABELED AS:

Butyl Benzyl
Diethyl
Dibutyl
Diethylhexyl
Dimethyl

LEARNING NOTE:

When the body becomes overloaded with toxins. They end up clogging the liver, leading to hormonal imbalance.

EXOGENOUS ESTROGENS

WHAT ARE EXOGENOUS ESTROGENS

BENZOPHENONES:

countable and uncountable, plural benzophenones) (organic chemistry, countable) Any of a class of aromatic ketones based on the parent compound diphenylketone ($C_6H_5)_2CO$; used, amongst other things, as ingredients in sunblock.

ASSOCIATED COMPLICATIONS:

- Endocrine disruptors
- Disrupt normal hormone function

SKIN CARE AND BEAUTY PRODUCTS:

- Soaps and liquid lotions
- Nail polish
- Colouring

FOUND IN FOOD PRODUCTS:

- Food colouring and dyes

LEARNING NOTE:

Moving to organic soaps made with raw ingredients and essential oils can be an amazing shift for hormonal health.



EXOGENOUS ESTROGENS

WHAT ARE EXOGENOUS ESTROGENS

BENZOPHENONES:

LABELED AS:

Oxybenzone
Avobenzone
Diphenylmethanone
Phenyl ketone
Diphenyl ketone
Benzoylbenzene
Benzoylphenyl



EXOGENOUS ESTROGENS

WHAT ARE EXOGENOUS ESTROGENS

TRICLOSAN:

Triclosan is an antibacterial and antifungal agent present in some consumer products, including toothpaste, soaps, detergents, toys, and surgical cleaning treatments. It is similar in its uses and mechanism of action to triclocarban

ASSOCIATED COMPLICATIONS:

- **Endocrine disruptors**
- **Disrupt normal hormone function**
- Breast cancer
- Resistant bacteria
- Bioaccumulation
- Aqua toxicity

SKIN CARE AND BEAUTY PRODUCTS:

- Hand sanitizer
- Antibacterial soaps
- Toothpaste
- Cosmetics

LEARNING NOTE:

Any products that is used on skin goes directly to the blood stream and lymphatic system. This can lead to dirty/toxic blood.



EXOGENOUS ESTROGENS

WHAT ARE EXOGENOUS ESTROGENS

TRICLOSAN:

HOUSEHOLD PRODUCTS:

- Toys (children)
- School supplies
- Furniture
- Mattresses

LABELED AS:

Triclosan

Irgasan DP-300

Lexol 300

Ster-Zac

Cloxifenolum.

Triclocarban is a cousin used in plastics and clothing, look for triclosan and its alternative name Microban



LEARNING NOTE:

Triclosan is a harmful chemical that stores in the liver and creates long term scarring and dama

EXOGENOUS ESTROGENS

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BISPHENOL A (BPA):

Bisphenol A is an organic synthetic compound with the chemical formula $(\text{CH}_3)_2\text{C}(\text{C}_6\text{H}_4\text{OH})_2$ belonging to the group of diphenylmethane derivatives and bisphenols, with two hydroxyphenyl groups. It is a colorless solid that is soluble in organic solvents, but poorly soluble in water

ASSOCIATED COMPLICATIONS:

- Infertility
- Breast cancer
- Early puberty
- Childhood neurological disorder

HOUSEHOLD PRODUCTS:

- Plastic materials
- Baby items like teethers, bottles, nookies and toys
- Plastic water bottles

LEARNING NOTE:

Alot of baby products still have BPA. We see it in bottle, toys and teether. It is also found in women hygiene productst like tampons.



EXOGENOUS ESTROGENS

WHAT ARE EXOGENOUS ESTROGENS

BISPHENOL A (BPA):

FOOD PRODUCTS:

- Plastic materials
- Plastic food storage packaging
- Canned food liners

LABELED AS:

4,4'-(propane-2,2-diyl) diphenol
p,p-Isopropylidenebisphenol
2,2-Bis(4-hydroxyphenyl)propane

A regrettable substitution:

"BPA FREE"

While a "BPA-free" label does say the BPA has been removed, it says nothing about what the BPA has been replaced with. In many cases, this will be a substance that has not been as thoroughly studied as BPA. It might turn out that the substitute chemical is safer, in which case this choice indeed reduces risk.

However, because substitute chemicals have not been studied as much, they may present a greater health risk than BPA – a problem often referred to as the "regrettable substitution" problem.



EXOGENOUS ESTROGENS

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BISPHENOL A (BPA):

ARTICLE:

<https://theconversation.com/what-that-bpa-free-label-isnt-telling-you-34725>

"This is not a trivial issue. Consumer reaction to "BPA-free" and similar labels may in some cases cause people to make riskier decisions, decisions that feel safer but actually expose them to agents which may ultimately be more toxic."



EXOGENOUS ESTROGENS

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EXOGENOUS ESTROGENS

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EXOGENOUS ESTROGENS



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