

DANGEROUS HORMONE DISRUPTORS CAUSE **FEMALE INFERTILITY AND CANCER**

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As a practicing OB/GYN and former biochemist, I take a deep interest in helping my patients in the fight against breast cancer and other female diseases such as the unexplained rise in female infertility. Recently it came to my attention that many of our toiletry and make up items contain potent chemicals that can bind to the estrogen receptor in our bodies acting like 'fake estrogens' therefore disrupting our own natural estrogen pathways. This can have profound consequences as young teenage girls who are experimenting with their hygiene and skin care/make up don't realize that they can be affecting their future ability to have children preventing them from reaching full hormone maturity. The number of these dangerous chemicals is impressively long and it is virtually impossible for any young girl out there to avoid them altogether. Fortunately there are some responsible parties out there that are making strides in the correct direction; Europe has widely banned many substances such as the parabens, phthalates, ethanolamines, silicon products and others. By reading further on the ewg website you can find plenty of convincing evidence that it is time to protect our young women from more chemical exposure that can act to disrupt normal hormone growth and

development. These foreign or xeno estrogens are not handled well in the body and can have longer half-lives, turning on more effects than our natural estrogens. As responsible parents we can play an active role in instructing our adolescent girls to look carefully before purchasing any cheap make up products just as we teach them to read a nutrition label. We still have plastics, fertilizers and pesticides to contend with. At least we can avoid putting these same toxins directly on the most sensitive sites on our skin! I recommend any female interested in a better product to visit the wholistic website for a healthier alternative or visit ewg and check their skin deep program which registers and classifies different toiletry and make up brands based on their toxic exposure. Let's not contribute to any more chemicals in our make up and let big cosmetic companies know that we women can empower ourselves for a healthier alternative!