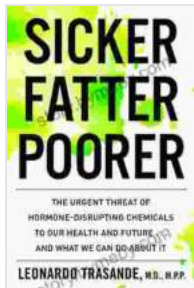


The Urgent Threat of Hormone Disrupting Chemicals to Our Health and Future



Sicker, Fatter, Poorer: The Urgent Threat of Hormone-Disrupting Chemicals to Our Health and Future . . . and What We Can Do About It by Leonardo Trasande

★★★★☆ 4.6 out of 5

Language : English
File size : 1674 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 245 pages



Our modern world is filled with an ever-increasing number of synthetic chemicals, many of which have the potential to disrupt our hormones. These chemicals, known as endocrine-disrupting chemicals (EDCs), can have a wide range of adverse health effects, including reproductive disFree Downloads, developmental problems, cancer, and obesity. Due to their pervasive presence in our environment, EDCs pose a significant threat to our health and our future.

EDCs can mimic the structure and function of natural hormones, such as estrogen, androgen, and thyroid hormones. They can bind to hormone receptors and either activate or block the desired hormonal response. Some EDCs can also interfere with the production, transport, or metabolism of natural hormones.

Exposure to EDCs can occur through various routes, including food, water, air, and skin contact with products like cosmetics and personal care products. Sources of EDCs include:

- **Pesticides:** Many pesticides used in agriculture contain EDCs that can contaminate food.
- **Plastics:** Certain types of plastic, such as PVC and polycarbonate, contain EDCs that can leach into food and beverages.
- **Personal care products:** Cosmetics, shampoos, lotions, and fragrances often contain EDCs.
- **Cleaning products:** Some cleaning products, such as detergents and disinfectants, contain EDCs.

EDCs have been linked to a range of adverse health effects, including:

- **Reproductive disFree Downloads:** Exposure to EDCs has been associated with infertility, menstrual irregularities, endometriosis, and certain types of cancer, such as breast and prostate cancer.

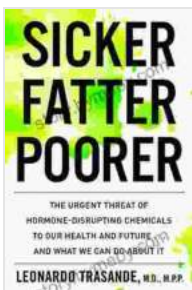
- **Developmental problems:** EDCs can interfere with fetal development, leading to birth defects, cognitive impairment, and behavioral problems.
- **Cancer:** Some EDCs have been linked to an increased risk of cancer, including breast cancer, prostate cancer, and thyroid cancer.
- **Obesity:** Certain EDCs can disrupt metabolism and promote weight gain.
- **Endocrine system disruption:** EDCs can interfere with the normal functioning of the endocrine system, leading to a range of hormonal imbalances.

Due to the widespread exposure to EDCs and their potential for serious health effects, it is crucial to take steps to reduce our exposure. Some ways to minimize exposure include:

- **Choose organic foods:** Organic farming practices prohibit the use of synthetic pesticides, reducing exposure to EDCs.

- **Avoid plastics:** Choose glass, ceramic, or stainless steel containers for food and beverages.
- **Use natural personal care products:** Look for products that are free of EDCs, such as parabens, phthalates, and fragrances.
- **Choose eco-friendly cleaning products:** Opt for cleaning products that are made with natural ingredients and avoid harsh chemicals.
- **Support regulations on EDCs:** Advocate for stricter regulations on the use of EDCs in products.

By taking these steps, we can help to reduce our exposure to EDCs and protect our health and the health of future generations.



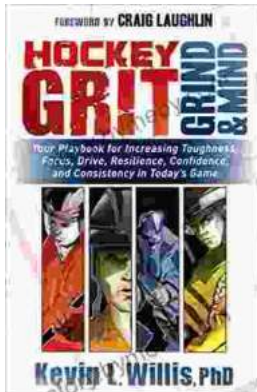
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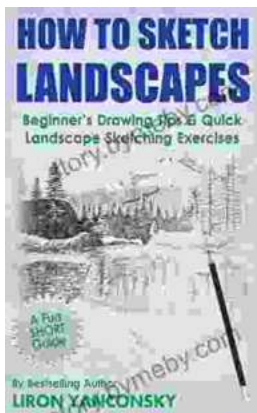
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