

A top-down view of a light-colored ceramic bowl filled with a vibrant pink smoothie. The smoothie is garnished with several slices of watermelon, showing their red flesh and green rinds. Interspersed among the watermelon are fresh raspberries and small, delicate pink flowers. The background is a soft, out-of-focus blue-grey surface.

21-DAY *Hormone Detox* — GUIDE —

**Endocrine Disrupting Chemicals
and Women's Health**



HOW ENDOCRINE SYSTEM DISRUPTING CHEMICALS AFFECT WOMEN'S HORMONES

Did you know that the average woman is exposed to hundreds of chemicals every single day? And that's only within her own home. Our makeup products, personal care products, and the cleaners we use on our clothes and our countertops can all contain harmful endocrine disrupting chemicals that cause hormone imbalances in the body. In fact, some sources have reported that we are exposed to over 500 synthetic chemicals every day in our homes. Yikes!

WHAT ARE ENDOCRINE DISRUPTING CHEMICALS?

Endocrine disrupting chemicals are the chemicals in our environment that interfere with the production and interaction of hormones. As a result, they disrupt the balance of the entire endocrine system. Chemicals that have the ability to wreak havoc on your hormones and your endocrine system (i.e. your hormone system) are called xenoestrogens. These hormonal imbalances lead to many diseases and health problems, such as cancer and autoimmune disease.

WHY ARE ENDOCRINE DISRUPTERS DANGEROUS?

Xenoestrogens are Endocrine Disrupting Chemicals (EDCs) that mimic your natural hormones but give you none of the same benefits. They affect glands such as your adrenals, your thyroid, as well as your ovaries and the hormones that they produce (such as estrogen and progesterone, and testosterone). This can lead to an overall imbalance in your hormones. They've also been linked to cancer, thyroid disease, birth defects, infertility, and lowered IQ.



ENDOCRINE DISRUPTERS AND ESTROGEN DOMINANCE

Xenoestrogens mimic the estrogen hormone, and it's one of the ways that environmental toxins can lead to excess estrogen, or what's known as estrogen dominance. Progesterone drops about 75% around age 35, estrogen declines a lot less (about 30%) several years later when we hit perimenopause. During peri, estrogen can fluctuate wildly so our bodies can sometimes become estrogen-dominant. And because our environment is filled with xenoestrogens (both inside and outside our home), our bodies are constantly inundated with and exposed to these chemicals.

Every day, women come into my practice complaining of estrogen dominance symptoms during perimenopause (painful periods, heavy periods, tender breasts, and more). Additionally, they experience symptoms like acne that just won't go away, and digestive problems (such as gallbladder issues, gas, bloating, and constipation). These symptoms can all be tied into what an imbalance in our hormones can do to our body.

MAKE TOXIC-FREE CLEANING PRODUCTS

Gradually, you might want to begin replacing the toxic cleaning products in your home that contain EDC with natural products or homemade solutions. Your hormones will thank you for it!

To clean most surfaces, you can make a solution of white vinegar and water as a multi-purpose spray cleaner and add lemon or any citrus essential oil and/or thyme for fragrance. It smells heavenly.

You can also make a blend of essential oils and pure castile soap as another great option that can replace dish soap and hand soap. It's made of plant-based fats and oils, such as coconut oil and olive oil. This is not only great for the environment and for your hormones, but also for your wallet as you can use castile soap for many different purposes.

I've done my homework and tried to get some links with Australasian companies but so far the best deals I can get for both you and me are with [Amazon](#) and [iHerb](#). [iHerb](#) ends up working out very cost effective with shipping. (I'm not sure with the new GST tax on international orders in New Zealand yet.) My affiliate link with iHerb gives you 10% off. I've linked it to the products and it's also here if you need it: JEN4038.



I RECOMMEND:

- Dr Woods Castile Soap from [iHerb](#). It comes in a variety of fragrances. Click [here](#).

- Dr Bronner Castile Soap is something of a classic too and I get that from Amazon [here](#).

As for essential oils I get mine from several places. DoTerra are popular so ask me if you wish to buy some from me.

A NOTE ON ESSENTIAL OILS

Essential oils are wonderful for cleaning as I said before but can also be soothing during peri/menopause. Clary Sage and geranium are helpful. Peppermint can help with hot flushes, And lavender (famously) helps with sleep and relaxation.

As a former magazine beauty editor I used to have hundreds of bottles of fragrance. I love the artistry of the bottles and the science of fragrance making. However, fragrance also happens to be one of the biggest allergens in the world. So these days I mix a few drops of essential oil and sweet almond or coconut oil and that's my perfume.

Sing out if you want more info. ☺