



## OPTIMIZING WOMEN'S HORMONES

# Session Five

### Hormones and Detoxification

**Classes featured:** Hormones and Detoxification, How to Reduce Toxins in Your Life

My reflections:

What I want to remember:



## WHAT YOU NEED TO KNOW:

- Excess hormones can become toxic in the body.
- Toxins are in our environment and in the body; we cannot avoid them 100%.
- Chemicals in our food can be hormone-disruptors, which mimic or block the action of human hormones.
- Eat detox-supporting foods, like cruciferous vegetables, and eat plenty of fiber to escort toxins out of the body.

### Tips from the pros to remember:

- Hormone-disruptors are phthalates, bisphenol A, polychlorinated biphenyls, pesticides, and mercury.
- Ditch plastic and replace it with glass.
- Prioritize wild-caught fish, and look for a busy fish counter as a sign of freshness. Aim for two servings per week.
- Add in high-fiber foods slowly. Start with three grams per day, and add three grams every three days until you reach 25–30 grams per day.



## HOMEWORK

### Assignment

Choose one or two of the following to focus on:

- Identify kitchenware to replace with non-toxic options.
- Clean out fridge and pantry of food and beverages with chemicals.
- Consume two servings of cruciferous vegetables per day.
- Eat a food from the high-fiber list at every meal and snack.

Quick notes:



## 4 FOOD-RELATED TOXINS TO AVOID OR LIMIT

### BPA

- BPA (bisphenol A) is a hormone-disrupting chemical.
- Use stainless steel, glass, or aluminum for water bottles and food storage.
- Use alternatives to plastic wrap.
- Choose BPA-free canned goods.
- Brew coffee in a glass French press instead of a percolator.
- Keep plastic out of the dishwasher, freezer, and microwave.

### Chemical additives

- Aspartame and acesulfame potassium (found in products listed as “sugar-free,” “no sugar added,” and “diet”).
- Potassium bromate (found in bread and baked goods).
- Caramel coloring (found in precooked meats, soy sauce, and chocolate-flavored products).
- Carboxymethylcellulose (found in beer, cake icings, jellies, ice cream, and diet foods).

### Food dyes

- Regular intake of food products with dyes have been linked to health problems such as cancer, allergies, headaches, and behavior disorders.
- Some synthetic food dyes are made from petroleum.
- The nutrition label may only say “artificial color,” or it may state the name of the synthetic color, for example “Yellow 5.”
- Look for products with natural dyes like fruit and vegetable extracts.

### Heavy metals

- Even at low levels of exposure, heavy metals are associated with organ damage. Examples include mercury, arsenic, and lead.
- Avoid fish with the highest mercury levels, such as swordfish, bigeye tuna, shark, marlin, orange roughy, and King mackerel.
- Reduce the amount of arsenic in rice by rinsing dry rice multiple times and cooking it in a large water-to-rice ratio.

# TOXINS IN YOUR PHYSICAL ENVIRONMENT

When using products with a label (cosmetics, household products, etc.), pay close attention to what's listed under ingredients.

Toxin	Where they are found
<b>Bisphenol A</b>	Plastic bottles, inner can linings, and chronic xenoestrogen exposure
<b>Dioxin</b>	Meat and surface water
<b>Mercury</b>	Fish and mercury dental fillings
<b>Perfluorinated chemicals</b>	Non-stick cooking and baking pans
<b>Atrazine</b>	Pesticides found in drinking water
<b>Organophosphates</b>	Pesticides found in baby food
<b>Glycol ethers</b>	Cleaning products, liquid soaps, and cosmetics
<b>Phthalates</b>	Plastic containers, cosmetics, toothbrushes, lotions, and cosmetics
<b>Arsenic</b>	Rice and some drinking water
<b>Fire retardants</b>	Furniture, car seats, changing table pads
<b>Lead</b>	Water and lead-based paints
<b>Mold</b>	Damp home or workplace
<b>Glyphosate</b>	Herbicide in farming