

Endocrine Disrupting Chemicals

What is an endocrine disrupting chemical?

An endocrine disrupting chemical is a chemical that either mimics or blocks hormones, thereby altering the normal hormone levels and endocrine functions of the body. They can either accelerate or delay puberty due to their interruption of normal hormone activity.

What endocrine disrupting chemicals are found in my diet?

- Isoflavones, a natural substance in **soy** (soy formula, soy milk, soy cereals)
- Phthalates, found in **plastics**. Leech into food stored in plastic containers. (warming baby bottles or heating food stored in plastic in the microwave)

What endocrine disrupting chemicals are found in hair and body products?

- **Lavender Oil**, found in lavender scented bath wash, shampoo, lotion, dryer sheets.
- **Tea Tree Oil**, a natural antifungal, antibacterial, antiviral, anti-infection oil. Found in shampoos, conditioners and lotions.
- **Placental Extract**, found in soaps, hair products, lotions

What medications are endocrine disrupting chemicals?

- Hormones; **Estrogen** (birth control pills, patches), **Testosterone** (gel, patches)
- Others; Amiodarone, Norvasc, Procardia, amphetamines, diazepam, methyldopa, phenytoin, tricyclic antidepressants, cimetidine, flutamide,

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isoniazid, ketaconazole, metronidazole, marijuana, D-penicillamine, phenothiazines, spironolactone, theophylline.

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