

IS YOUR BODY TOXIC? CHANCES ARE IT IS

By Lian Monley



Are you aware of what you are putting into your body or on your body? Do you know what most pesticides, herbicides and fungicides contain? Are you aware of what is in your drinking water or what is leached into your water?

We are talking about xenobiotics, usually synthetic chemicals often derived from petroleum oil, which originate outside the body and produce hormone-like and estrogen-like activity in the body and so have a profound impact on hormone balance.

HOW DOES THIS CONCERN YOU?

Estrogen tends to promote cell division, particularly in hormone-sensitive tissue, such as breast and uterine lining. There are several reasons why women, in particular, suffer from estrogen imbalance, some of them associated with birth control, menopause, pregnancy, increased stress levels etc.

The xenobiotics add to this imbalance and the longer they stay in the body the more opportunity they have to do damage. The bottom line is that the body has to detoxify them daily and this can become a burden.

HOW DO XENOESTROGENS GET INTO OUR BODIES?

Xenoestrogens enter the body via animal fats, particularly red meat and dairy fats. Animals are exposed to estrogenic substances as a means to fatten them for market. They are also exposed to petrochemical pesticides, herbicides and fungicides, all potent xenobiotics, through the grains they eat.

Solvents and adhesive found in nail polish, paint removers and glue are one source. Emulsifiers and waxes found in soaps and cosmetics are another.

Nearly all plastic products, including baby bottles, Tupperware, plastic water bottles, food wrappers or packaging in plastic are other sources of xenobiotics.

Use pyrex glassware and stainless steel water bottles where possible. It is difficult to identify and list the number of plastic products which do contain high levels of xenobiotics, so assume that all do.

HOW TO CHECK ON AND REDUCE EXPOSURE

- Take a saliva lab test to find out the cycle of all your hormones.

- Eat organic fruits and vegetables. Studies show that these contain 50-80 per cent more nutrients than conventionally-raised produce.
- Eat hormone-free, antibiotic-free, free-range meats and dairy products.
- If you are on a birth-control or Rx medication, start to educate yourself on what this does to your gut, immune system and hormonal system.

One common comment seeking to downgrade the harm of xenoestrogens is that they appear to be in such small amounts that they cannot do us harm. The response to that is that we are exposed every day of every year to these small but insidious amounts and so we are overloading our natural, bodily detoxification system.

SYMPTOMS OF XENOESTROGENS

There are many and there can be other causes, of course. Allergies are one symptom, so is depression, fatigue, water retention, infertility, miscarriage, osteoporosis, fat gain around the hips, waist and thighs and early menstruation cycles for girls.



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