

Estrogen Reset **LIVE**

Kitchen Chemicals Blacklist

Chemical Name	Found In	Potential Health Effects
BISPHENOL A (BPA)	Linings of food and drink cans. According to the Environmental Working Group's (EWG) tests, canned chicken soup, infant formula, and ravioli have the highest levels. Certain other plastics like those used for water bottles and plastic flatware. Plastic labeled #7 or "PC".	Reproductive problems, including breast cancer and prostate cancer, as well as infertility and earlier puberty. Damage to chromosomes leading to miscarriage and a variety of birth defects, including Down's Syndrome. Increased risk for Polycystic Ovarian Syndrome (PCOS). Personality problems, including increased aggression and hyperactivity. Decreased levels of antioxidants and negative effects on the immune system. Tendency toward insulin resistance and metabolic syndrome. Cardiovascular disease. Increased production of fat cells, leading to obesity. And much, much more. BPA can impact over 200 different genes in the body, which is why it has so many damaging effects.
PARABENS	Some processed foods like Sara Lee cinnamon rolls, Weight Watchers cakes, and La Banderita Corn Tortillas, but also canned meats and fish, vegetables, dairy products, and beverages. They are also common in food dyes.	Hormone imbalances. Fertility problems in women. Increased risk for estrogen sensitive breast cancer. Also trigger growth of breast cancer cells and increase cancer aggressiveness. Decreased testosterone and sperm counts. Immune system problems and allergic reactions in skin. May strip pigment from skin. *The worst are the long chain parabens – butylparaben, propylparaben, isopropylparaben and isobutylparaben.
PHTHALATES	Added "fragrances" in cleaning products. Flexible & PVC/vinyl plastics, including food packaging and plastic wrap. Building materials (PVC, vinyl) and home decor, including flooring, wall coverings, and upholstery. Some foods, such as cream-based dairy products, poultry, and cooking oils (through manufacturing, processing, or handling)	Hormone imbalances, including thyroid problems in both men and women as well as early puberty in girls. Endometriosis. Reduced sperm concentration and motility in men, plus DNA damage to sperm. Abnormal reproductive system development in baby boys. Disruption of the immune system. Skin issues, such as contact dermatitis. Increased allergies and asthma. Obesity. Changes in the brains and behaviors of infants and children.

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TRICLOSAN	Antibacterial soaps and cleaners including dish soap. Hand sanitizers. Sponges. Countertops and Cutting boards. Tablecloths and napkins. Wallcoverings and curtains. Food containers, water dispensers, and serving utensils.	Hormone imbalance, including developmental, reproductive, and thyroid problems. Increased allergies and immune system problems. Increased risk for cancer. May cause liver and inhalation toxicity. Accumulates in the body. Helps breed antibiotic-resistant bacteria.
ALUMINUM	Cans, foil, pots and pans. Tap water. Baking powder and other foods as an anti-caking agent.	Potentially: neurological problems including behavior problems, learning difficulties, and altered motor response. Increased risk of Alzheimer's Disease.
SODIUM LAURYL/LAURETH SULFATE	Dish soap and other detergents. As a food additive (emulsifier or whipping agent) in dried egg products, some marshmallows, and some powdered beverages.	Potentially irritating to the eyes, lung, and skin. Potential toxicity to organs. It may be contaminated with more dangerous chemicals such as ethylene oxide and 1,4-dioxane which are both linked to cancers.
FORMALDEHYDE	Building materials, such as kitchen cabinets made of wood composites/ pressed wood, laminate flooring, carpeting, paints, and varnishes. Use of unvented gas stoves.	Known carcinogen that is especially associated with myeloid leukemia. Off-gassing of formaldehyde can contribute to cancers of the airway. Drinking water contaminated with formaldehyde can cause stomach cancer, GI cancer, and leukemia. Damaging to the respiratory system. Toxic to the immune system. May cause allergic dermatitis. Also irritating to the eyes and lungs.
PERFLUORINATED CHEMICALS (PFCS)	Non-stick cookware, stain-resistant upholstery and carpets. Some food packaging, including microwave popcorn bags, pizza boxes, and other fast food wrap. May leach into food and water. Building and construction materials, electronics.	Hormone disruption. Lower immune function. Toxic to multiple organs, including the liver (liver cancer) and pancreas. Harmful to developing babies. One report found that exposure to PFCs while still in the womb slowed the development of the mammary glands.
QUATERNARY AMMONIUM COMPOUNDS ("QUATS")	Fabric softeners and most household cleaners that are labeled "antibacterial."	Irritating to the lungs and skin (dermatitis). Promotes the development of asthma, even in healthy people. Helps breed antibiotic-resistant bacteria.

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2-BUTOXYETHANOL	Household cleaners but especially window cleaners. Gives window cleaners their characteristic smell.	Sore throats, drowsiness, pulmonary edema, and severe liver and kidney damage. Fertility problems, skeletal defects in newborns. Potential neurological harm, particularly to coordination and balance.
ALKYLPHENOL ETHOXYLATES (NONYLPHENOL & NONYLPHENOL ETHOXYLATES)	Detergents, cleaners, indoor pest control, pesticides on produce, and food packaging.	Hormone imbalance. Reproductive problems and developmental problems in the womb.
CHLORINE	Disinfectants like bleach. Other cleaners. Tap water.	Reacts with products of "natural organic matter" to form compounds referred to as "disinfection byproducts" (DBPs). These can include trihalomethanes (including chloroform, which is extremely toxic) or haloacetic acids, all of which are linked to adverse health effects like cancer, birth defects, and increased risk of miscarriage.
CARBON MONOXIDE	Gas-fired Kitchen Ranges	Prevents the body from getting oxygen and at high concentrations can lead to loss of consciousness, brain damage, and even death.
NITROGEN DIOXIDE	Gas-fired Kitchen Ranges	Respiratory problems (coughing, difficulty breathing) and increased risk for asthma and respiratory infections.
FLUORIDE	Tap water, toothpaste, some mouthwashes	Can actually cause the breakdown of teeth while preventing the development of cavities. Increased risk of bone cancer. Adverse effects on the brain, including lowered IQs in children, developmental delays, behavioral problems, and degeneration in the brain, sometimes leading to dementia in older people. Hormone imbalances, particularly impacting the thyroid and parathyroid. Up until the 1970s, fluoride was used to suppress the thyroid function in hyperactive patients. May accumulate in the pineal gland, impacting your circadian rhythm (causing sleep issues) by lowering melatonin production.

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SYNTHETIC COLORS	Lots of processed foods... including baked goods, beverages, dessert powders, candies, cereal, sausages, maraschino cherries, ice cream & sorbets, gelatin desserts, other processed foods, dietary supplements, and pharmaceutical drugs. Skins of non-organic Florida oranges (Citrus Red #2).	Blue #1 (Brilliant Blue): Kidney tumors. Potential negative effects on nerve cells. May cause hypersensitivity reactions. Blue #2 (Indigo Carmine): Linked to tumors -- particularly brain gliomas. Citrus Red #2: Toxicity concerns. Linked to tumors in the bladder and potentially other organs. Green #3 (Fast Green): Linked to tumors in the bladder and testes. Banned in Europe. Red #3 (Erythrosine): Linked to thyroid cancer. Red #40 (Allura Red): May trigger hypersensitivity/allergic type reactions (mast cell/histamine disorders) or hyperactivity in children. May promote tumors relating to the immune system. Yellow #5 (Tartrazine): May be contaminated with several chemicals known to cause cancer. May trigger severe hypersensitivity/allergic type reactions in some individuals (mast cell/histamine disorders) or hyperactivity in children. Yellow #6 (Sunset Yellow): Linked to adrenal tumors. May also be contaminated with chemicals known to cause cancer. May trigger severe hypersensitivity/allergic type reactions in some individuals (mast cell/histamine disorders). *Combining these dyes may produce a synergistic effect that is worse than each on its own. *Red 40, Yellow 5, and Yellow make up 90% of the dyes used in foods

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MICROWAVE OVENS	On the other side, here's a study that showed microwave cooking to actually lower the amount of harmful nitrosamines in bacon. And then there's this study which shows that microwave heating of human milk doesn't seem to cause a loss of immunoglobulins and nutrients, as long as the temperature doesn't go above 140 degrees F (the ideal steaming temp at the local coffee shop). And there are other studies that support the safety of microwaves, both in terms of EMF output and in terms of nutrient retention. The Paleo Mom, Sarah Ballantyne, PhD., further breaks down the studies claiming dangers behind microwave cooking and points out its for using them as well as potential benefits. My stance on it is: NEVER microwave food in plastics. Any kind of heat applied to plastic can cause BPA and phthalates to leach out into food. But otherwise, just apply your own intuition. For example, if you are a working mom of 3 and need to make a decision of either making a microwaved organic, home cooked meal versus ordering take-out, I recommend the former. I personally only use it to thaw cacao butter or coconut oil but not otherwise.	The safety of microwave ovens is very controversial and there are studies supporting both sides of the argument. A study on cooking broccoli showed a significant loss of nutrients compared to other forms of cooking (steaming was best). A study on proteins found that microwaving did more damage to proteins than ambient heat. Another study exploring the effects of the microwave heating on breast milk found that microwaved breast milk lost its protective, disease-fighting activity. There was a loss of lysozyme activity, antibodies, and more growth of potentially pathogenic bacteria. Martin Pall, PhD., is leading new research into the dangers of microwaves and points to voltage gated calcium channels (VGCCs) in our cell membranes as the way by which microwaves do us harm. Basically, free radicals are produced in tissues that are high in these VGCCs, like the brain, the "pacemaker" nerve tissue in the heart, and the testes. So those tissues are most vulnerable to the effects of microwave radiation.





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