

# Exposure to Xenoestrogens

**Xenoestrogens are estrogens that are produced outside of the body.**

Here is a list of significant sources of xenoestrogens:

- Birth control pills
- Hormone replacement drugs
- Condom spermicides
- Conventional personal care products, particularly cosmetics
- Plastic cookware (PVC, PCB's biphenyl, nonylphenyl, octaphenyl, lunch wraps etc)
- Growth hormones found in factory-farmed animal products
- Pesticides and herbicides Pesticides (DDT, DDE, 2,4,T, Dioxin, Dieldrin, endosulfan, methoxychlor, kepone, toxaphene, chloropicrin etc)
- DDT
- PCBs - polychlorinated biphenyls
- Foaming agents in soaps and detergents

## **Synthetic chemicals shown to have unintended estrogenic effects**

- [4-Methylbenzylidene camphor](#) (4-MBC) (sunscreen lotions)
- [butylated hydroxyanisole](#) / BHA (food preservative)
- [atrazine](#) (weedkiller)
- [bisphenol A](#) (monomer for polycarbonate plastic and epoxy resin; antioxidant in plasticizers)
- [dieldrin](#) (insecticide)
- [DDT](#) (insecticide)
- [endosulfan](#) (insecticide)
- [erythrosine](#) / FD&C Red No. 3
- [heptachlor](#) (insecticide)
- [lindane](#) / hexachlorocyclohexane (insecticide)
- [methoxychlor](#) (insecticide)
- [nonylphenol](#) and derivatives (industrial surfactants; emulsifiers for emulsion polymerization; laboratory detergents; pesticides)
- [polychlorinated biphenyls](#) / PCBs (in electrical oils, lubricants, adhesives, paints)
- [parabens](#) (lotions)
- phenosulfothiazine (a red dye)
- [phthalates](#) ([plasticizers](#))
- [DEHP](#) (plasticizer for PVC)

**In general, the hormones taken orally are first pass metabolized by the liver 80%-90%. However, when these hormones are applied to the skin, the hormones are directly absorbed by the body. Thus, any skin dose is 10 times that of an oral dose. The vast majority of skin lotions and creams use the parabens as a preservative. Avoid them at all costs. Instead apply a vegetable oil right after a shower to hydrate the skin and lock in the moisture.**