

Topic of the Week

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WE CARE ABOUT YOUR HEALTH

Chemicals Fuel Hormone Overload

Presented by: Mark J. Glesener, DC

Summer brings the delights of barbecues and picnics. And the season delivers a bounty of tasty fruits and vegetables... treats like potato salad, fresh berry pies and corn on the cob.

But lurking inside many foods are dangerous substances: a class of chemicals that imitate hormones. And a surge of these hormone-like chemicals is impacting our health and environment in a profound way.

Hormones: A Balancing Act

Hormones are important chemical messengers that work in chorus to regulate the activities of the body's cells and organs. Many hormones are produced in the glands, such as the thyroid and adrenal glands.

We're most familiar with the sex hormones estrogen and testosterone, which influence the sexual characteristics of males and females. Both sexes have estrogen and testosterone in their bodies, but women have more of the former and men have more of the latter. Throughout the life cycle, the amount of hormones in men and women fluctuate. Certain health conditions can affect hormone production in the body.

The balance of hormones is an important factor in human health. For example, too much estrogen can cause a deficiency in progesterone - an important hormone that counteracts some of the dangerous effects of estrogen, such as contributing to the growth of breast cancer cells.

The Great Estrogen Flood

But a rising problem related to hormones is happening in industrialized countries: estrogen dominance. This situation may be responsible for many serious health issues. Estrogen dominance is largely the result of xenoestrogens - synthetic chemicals that mimic the effects of natural estrogen. In the last 75 years, there has been an explosion of xenoestrogens as a result of industrialization. Many plastics, pesticides, fertilizers, cleaning products and industrial solvents are heavily laced with xenoestrogens. A 2008 report concluded there's strong evidence from lab research and epidemiological studies to show that estrogen-like chemicals can contribute to breast cancer.¹ Our bodies are constantly exposed to these substances through our food and environment.

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Exercise of the Week

Reverse Crunch with Exercise Ball plus Upper Body Crunch

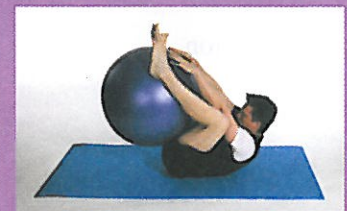
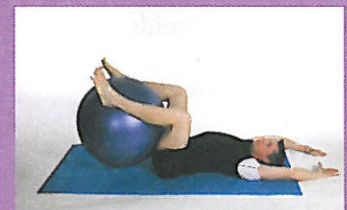
Difficulty: Moderate

(Consult your chiropractor before starting this or any other exercise.)

Start: Lie on back with arms relaxed overhead. Position ball behind legs so it can be lifted off floor with hamstrings/adductors

Exercise: Lift ball just off floor. Pull stomach inward while inhaling. As you exhale, simultaneously bring knees up toward chest and try to reach both hands to top of ball. Pause at top, then slowly return to starting position.

Repeat 10-15 times.



Fruit and vegetables often contain xenoestrogen pesticides. Even when thoroughly washed, produce still may contain particles from these chemicals. To make them develop more quickly, livestock often eat feed that contains estrogenic substances.

Some scientists dispute that xenoestrogens are dangerous to human health. They claim our exposure to them is too low to cause problems. But research on animals shows disturbing changes linked to xenoestrogens. In a study conducted by the University of Sheffield, researchers found defective reproduction systems of male fish. The study's scientists commented "Our findings raise major concerns about the population-level impacts for wildlife of long-term exposure to low concentrations of estrogenic endocrine disruptors."²

Estrogen Dominance and Your Health

Health problems associated with estrogen dominance include...

- Breast, uterine and prostate cancer
- Fertility dysfunction
- Lupus
- Uterine fibroids
- Mood swings
- Accelerated aging
- Asthma
- Depression
- Fatigue
- Osteoporosis
- Increased body fat

Ways to Protect You and Your Family

In the industrialized world, it's unlikely that you can completely escape from estrogenic chemicals. But there are steps you can take to decrease your exposure.

Consume organic dairy, meat and produce. According to research by the Environmental Working Group, here are the top 10 fruits and vegetables with the *highest* amounts of pesticides:

- 1 Peach (worst)
- 2 Apple
- 3 Sweet Bell Pepper
- 4 Celery
- 5 Nectarine
- 6 Strawberries
- 7 Cherries
- 8 Kale
- 9 Lettuce
- 10 Grapes (imported from outside North America)

Produce with the lowest amounts of pesticides include asparagus, mango, sweet corn (frozen), avocado and onion.³ (You may want to view a "Shopper's Guide to Pesticides" at www.foodnews.org).

Switch to organic cosmetics, soaps, toothpaste and household cleaning products. Limit your use of fabric softeners and other goods that use petrochemicals. And don't microwave food in plastic wrap or containers.

Regular exercise can help keep hormones in balance, so ask your chiropractor for fitness advice.

Quote of the Week

"Health is not simply the absence of sickness."

- Hannah Green

Have a friend or family member who might also benefit from this information? Pass along this newsletter.



For more health tips, visit online www.citruspie.com

References and Sources:

[1] Report - Breast cancer and exposure to hormonally active chemicals, a scientific appraisal - A. Kortenkamp, *Centre for Toxicology, School of Pharmacy, University of London, 2008*

[2] Long-term exposure to environmental concentrations of the pharmaceutical ethynylestradiol causes reproductive failure in fish - *Environ Health Perspect.* 2004 Dec;112(17):A1010-1.

[3] Shopper's Guide to Pesticides - *Environmental Working Group, www.foodnews.org.*

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