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Move well. Live Well.

# A GUIDE TO XENOESTROGENS

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Xenoestrogens are man-made, non biodegradable compounds that mimic estrogen and are found in many everyday products. They can be very disruptive to the delicate balance of estrogen in the body by binding to or blocking estrogen receptors in the body, resulting in an increase in blood estrogen levels. Xenoestrogens often lead to an increase in available estrogen or “estrogen dominance”

Xenoestrogens can be found in the following products:

## Commercial Meats and Dairy Products treated with Bovine Growth Hormone

Ex: Beef, Pork, Chicken, Butter, Cheese, Ice cream

### What to choose instead:

Organically grown, hormones free and humanely raised products

Generally, cutting down on commercially raised meat products to 2-3 servings per week is recommended for a healthy you and a healthy planet

## Products containing Parabens

Ex: Shampoos, Soaps, Lotions, Sunscreen, Toothpaste and Cosmetics

These products are particularly troublesome because they are 100% absorbed and integrated by the body, bypassing normal detoxification by the liver

### What to choose instead:

Paraben-free, Cruelty- free

## Phthalates

Ex: Plastic wrap (especially when heated in the microwave), Plastic bottles, Styrofoam

### What to choose instead:

Use your own BPA-free bottles and food storage containers, don't microwave food in plastic containers or plastic wrap, Purchase and use organic detergents, soaps

## Certain Food Additives

Ex: Artificial sweeteners, MSG and FD&C Red No3 and some food preservatives

### What to choose instead:

Eat more whole foods, less processed foods. Adding pure sugar to your coffee is actually better for you than artificial substitutes (as long as you go easy on it!). Other healthy sweeteners to choose include: monkfruit syrup, agave, local honey

## Dryer sheets (!)

This one threw me... I love my soft yummy smelling clothes fresh out of the dryer! However, most dryer sheets contain a load of xenoestrogens. So choose natural dryer methods such as wool balls and lavender sachets.

## Foods containing Soy isolate and Soy isolate protein

Ex: found in energy / protein bars, protein powders.

### What to choose instead:

Read your labels and choose products that do not contain this ingredient. Organic soy products such as tofu, edamame and tempeh are generally fine