

Endocrine Disruptors are chemicals that disrupt hormones and negatively impact egg and sperm quality. We are exposed to endocrine disruptors in the environment, through our food, through our cosmetics and they are even in our clothes! It's important to familiarise yourself with these chemicals and avoid them if you are trying to get pregnant.

Pesticides

How to Avoid

- Choose organic where possible and use clean 15 where not. (See list provided)
- Switch to organic pads and tampons. Non organic varieties can potentially contain pesticides, plastics & fragrances.
- Avoid using pesticides in your garden.

Phthalates

How to Avoid

- Avoid chemical fragrances in perfumes, candles, air fresheners, detergents, shampoos and fabric softeners
- Opt for fragrance free when available
- Scan cosmetics on the Yuka app

Parabens

How to Avoid

- These chemicals can mimic oestrogen and are absorbed through the skin so it's important to read labels and scan your cosmetics on the Yuka App.
- Avoid bath foam and instead opt for an epsom salt bath with a couple of drops of essential oil to support detoxification

BPA & Plastics

How to Avoid

- Choose stainless steel and glass water bottles and lunch boxes.
- Never reheat food in plastic, this can leach microplastics into food.
- Invest in a reusable coffee cup as the disposable cups contain plastic
- Avoid touching receipts unless absolutely necessary.
- Choose wooden chopping boards instead of plastic.

Endocrine Disruptors

Quick Guide on how to avoid

Heavy Metals

How to Avoid

- Prepare rice correctly ie. wash and rinse during cooking.
- Avoid larger fish like swordfish, shark, king mackerel and bigeye tuna which contain higher heavy metal levels.
- Eat tuna in moderation, increase fish like sardines, Irish mackerel and salmon instead.
- Avoid produce from post war countries like Vietnam where risk of soil contamination is much higher.
- Speak with a holistic dentist about switching to white fillings if you are worried.

PFAs

How to Avoid

- Stay clear of non stick cookware
- Soak sports gear, yoga pants or any clothes that have a strong "new smell" on them - in water with bicarbonate soda over night and wash before wearing.
- Always wash new clothes before you wear them. This is especially important for baby clothes! Washing alone can help reduce PFAs levels.

Non-Stick Pans

How to Avoid

- Choose cast iron or stainless steel cooking utensils and avoid non stick varieties.

Oxybenzone

How to Avoid

- Study ingredients on your sunscreen and better yet scan them on the Yuka App!