

# Lifestyle

Intervention	Instruction	Intent
Work toward a <b>lower tox lifestyle</b> with Endocrine Disrupting Chemicals (EDCs) awareness.	<p>There are simple steps we can take to reduce our personal and community exposure:</p> <p><b>Soak and wash produce:</b> Use a baking soda solution to help remove pesticide residues from fruits and vegetables before eating.</p> <p><b>Upgrade cookware:</b> Swap out old non-stick pans for ceramic-coated or stainless-steel alternatives.</p> <p><b>Choose safer food storage:</b> Opt for glass or stainless-steel containers instead of plastic, especially for reheating.</p> <p><b>Check product labels:</b> Look out for common EDCs</p> <ul style="list-style-type: none"><li>• Parabens:</li><li>• Phthalates: Often found in fragrances</li><li>• Triclosan:</li><li>• Benzophenones: UV filters used in sunscreens and cosmetics.</li><li>• MEA, DEA, TEA: pH stabilizers that may irritate the skin.</li></ul>	<p>A high toxic burden will add more work for the liver making it hard to do its job effectively.</p> <p>Many skincare and beauty products contain chemicals known as endocrine-disrupting chemicals (EDCs), which can subtly interfere with the body's hormonal balance and increase the liver's detoxification workload. Understanding these effects can empower you to make informed choices without unnecessary alarm.</p> <p><b>How Skincare Chemicals Affect Hormonal Balance</b></p> <p>EDCs can mimic or block natural hormones, leading to imbalances. Common EDCs in personal care products include:</p> <p><b>Parabens:</b> Used as preservatives, parabens can mimic estrogen, potentially disrupting hormonal functions.</p> <p><b>Phthalates:</b> Found in fragrances, phthalates may interfere with hormone activity.</p> <p><b>Triclosan:</b> An antimicrobial agent that may disrupt thyroid function.</p>

# More information

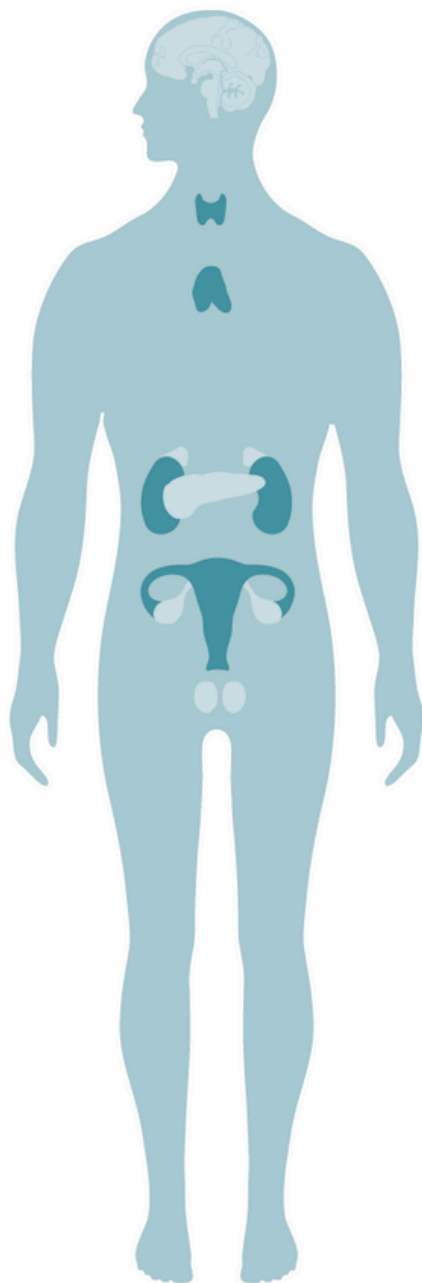
## WHAT ARE EDCS

EDCs, a broad category of compounds used in consumer products, electronics and agriculture, have been associated with a diverse array of health issues. These non-natural chemicals or mixtures of chemicals can mimic, block, or interfere with the way the body's hormones work.

They have been linked to human health issues related to **sperm quality**, **fertility**, **abnormalities in sex organs**, **endometriosis**, **early puberty**, **nervous system function**, **immune function**, **cancers**, **breathing problems**, **metabolic issues**, **obesity**, **heart health**, **growth**, **neurological and learning disabilities**, and more.

Exposure to EDCs can happen anywhere and come from the air we breathe, the food we eat, and the water we drink. EDCs can also enter the body through the skin and by transfer from mother to fetus (across the placenta) or mother to infant (via breast feeding) if a woman has EDCs in her body.

Examples of EDCs include **bisphenol A (BPA)**, **phthalates**, **pesticides**, and pollutants such as **dioxin** and **polychlorinated biphenyls (PCBs)**.



## COMMON EDCS

Some common EDCs and their uses include the following:



### PESTICIDES

Example EDCs: DDT, Chlorpyrifos, Atrazine, 2,4-D, Glyphosate



### CHILDREN'S PRODUCTS

Example EDCs: Lead, Phthalates, Cadmium



### INDUSTRIAL SOLVENTS OR LUBRICANTS AND THEIR BYPRODUCTS

Example EDCs: PCBs and Dioxins



### PLASTICS AND FOOD STORAGE MATERIALS

Example EDCs: BPA, Phthalates, Phenol



### ELECTRONICS AND BUILDING MATERIALS

Example EDCs: Brominated Flame Retardants, PCBs



### PERSONAL CARE PRODUCTS, MEDICAL TUBING

Example EDCs: Phthalates, Parabens, UV Filters



### ANTI-BACTERIALS

Example EDCs: Triclosan



### TEXTILES, CLOTHING

Example EDCs: Perfluorochemicals

More information can be found:

[Hormones-Australia](http://Hormones-Australia)

[Endocrine.org](http://Endocrine.org)

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Magnesium Epsom Salt Baths	<p>Use 1–2 cups of Epsom salt in a standard bathtub filled with warm (not too hot) water.</p> <p>Soak Time: Aim for 20–30 minutes to allow absorption and relaxation.</p> <p>Enhancements: Add a few drops of essential oils like lavender (for relaxation) or eucalyptus (for muscle relief).</p> <p>Hydration: Drink plenty of water before and after to support detoxification.</p>	<p>Epsom salt baths can be a fantastic, simple addition to a wellness routine, providing benefits for muscle relaxation, detoxification, and nervous system support.</p> <p><u>Benefits of Epsom Salt Baths:</u></p> <p><b>Magnesium Absorption</b> – Epsom salt (magnesium sulfate) is thought to be absorbed through the skin, supporting muscle relaxation, reducing cramping, and aiding nervous system function. Magnesium is essential for over 300 enzymatic reactions in the body, including stress regulation and energy production.</p> <p><b>Stress Reduction &amp; Nervous System Support</b> – Magnesium plays a key role in regulating neurotransmitters that affect mood. A warm Epsom salt bath can promote relaxation, improve sleep quality, and help the body shift into a parasympathetic (rest and digest) state.</p> <p><b>Detoxification Support</b> – Sulfate in Epsom salt may assist with liver detox pathways, supporting the body's ability to process toxins. Warm water also promotes sweating, another natural detoxification method.</p>

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Continuous Glucose Monitor (CGM)  <u>FreeStyle Libre 2 Sensor</u>	<p>Use the CGM for 14 days (1 pack) and monitor your blood glucose spikes and range.</p> <p>How It Works</p> <ul style="list-style-type: none"><li>• A small sensor is placed just under the skin (usually on the upper arm or abdomen) to measure glucose levels in interstitial fluid.</li><li>• The sensor sends data to an app, displaying trends throughout the day.</li></ul>	<p>A Continuous Glucose Monitor (CGM) is a wearable device that tracks blood glucose (sugar) levels in real-time throughout the day and night. Unlike finger-prick tests, which give a single reading, a CGM provides continuous data to help understand how food, exercise, stress, and sleep affect blood sugar levels.</p> <p>Benefits of Using a CGM:</p> <p>Identifying Blood Sugar Dysregulation</p> <ul style="list-style-type: none"><li>• Helps detect blood sugar spikes after meals, crashes between meals, and how your body handles carbohydrates.</li><li>• Can reveal hidden dysregulation even if fasting glucose or HbA1c levels seem "normal."</li></ul> <p>Assessing Insulin Resistance</p> <ul style="list-style-type: none"><li>• If blood sugar stays elevated for long periods, it suggests that insulin is struggling to move glucose into cells efficiently.</li><li>• Post-meal glucose levels that stay high (instead of returning to baseline within 2-3 hours) may indicate insulin resistance.</li></ul> <p>Understanding Energy Levels</p> <ul style="list-style-type: none"><li>• Blood sugar highs and lows can contribute to energy crashes, brain fog, and cravings.</li><li>• A CGM helps identify which foods and habits support stable energy throughout the day.</li></ul>

Glucose Range	Target Values
Fasting Glucose (upon waking, before eating)	4.0–5.3 mmol/L (72–95 mg/dL)
Post-Meal Glucose (1 hour after eating)	Ideally <7.8 mmol/L (140 mg/dL), but optimally <7.0 mmol/L (126 mg/dL)
Post-Meal Glucose (2 hours after eating)	Returns to <6.7 mmol/L (120 mg/dL), but optimally <5.5 mmol/L (99 mg/dL)
Glucose Levels Between Meals	Typically between 4.0–6.0 mmol/L (72–108 mg/dL)
Overnight Glucose	Stable between 4.0–5.5 mmol/L (72–99 mg/dL)
Glucose Variability (Swings Throughout the Day)	Should remain <1.7 mmol/L (30 mg/dL) swings, with minimal sharp spikes or crashes