METABOLIC TERRAIN INSTITUTE OF HEALTH

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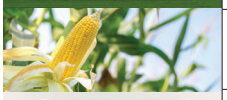
THE TOP 12 ENDOCRINE DISRUPTORS

	ENDOCRINE DISRUPTOR	SOURCES	HOW TO AVOID THEM
	BPA	Plastic baby bottles, epoxy resins found in canned food linings	Eat fresh rather than canned foods, avoid plastics with recycling label #7
	Dioxin	Conventional/CAFO meat, fish, milk, eggs, and butter	Consume organic vegetables and regenerative organically raised animal products
	Atrazine	Corn, public/municipal drinking water	Consume organic produce, use a high-quality water filter
	Phthalates	PVC plastics (plastic food containers and plastic wrap - recycling label #3), cosmetics	Avoid plastic food containers and wraps with recycling #7, use phthalate free cosmetics
	Perchlorate	Rocket fuel, explosives, fireworks, road flares, public/municipal water	Use a high-quality water filter, consume iodine rich foods
	PBDEs (flame retardants)	Consumer products from TVs to mattresses, carpet padding	Wear an industrial mask if replacing old carpet, use a HEPA filter in vacuuming
	Lead	Old paint	Wear a mask if doing home renovations
	Arsenic	Public/municipal water, contaminated soil	Use a high-quality water filter, wash and peel vegetables
	Mercury	Coal burning, contaminated seafood such as king mackerel, shark and swordfish	Eat sustainable, low-mercury seafood like wild salmon and trout
	PFCs (Perfluorinated chemicals)	Non-stick cookware, certain textiles, leather, water-resistant apparel/furniture/carpets, rubber, plastics	Use a cast iron or other non-toxic cookware that is not non-stick, beware of water-resistant coatings on furniture, clothing and carpets
	OPs (Organophosphate Pesticides)	Conventionally raised produce and grains	Consume organic produce
	Glycol Ethers	Degreasers, adhesives, cleaners, dyes, inks, water-based paints, lacquers, perfumes, cosmetics	Avoid products with ingredients such as EGBE (2-butoxyethanol) and DEGME (methoxydiglycol), opt for natural cleaning products

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