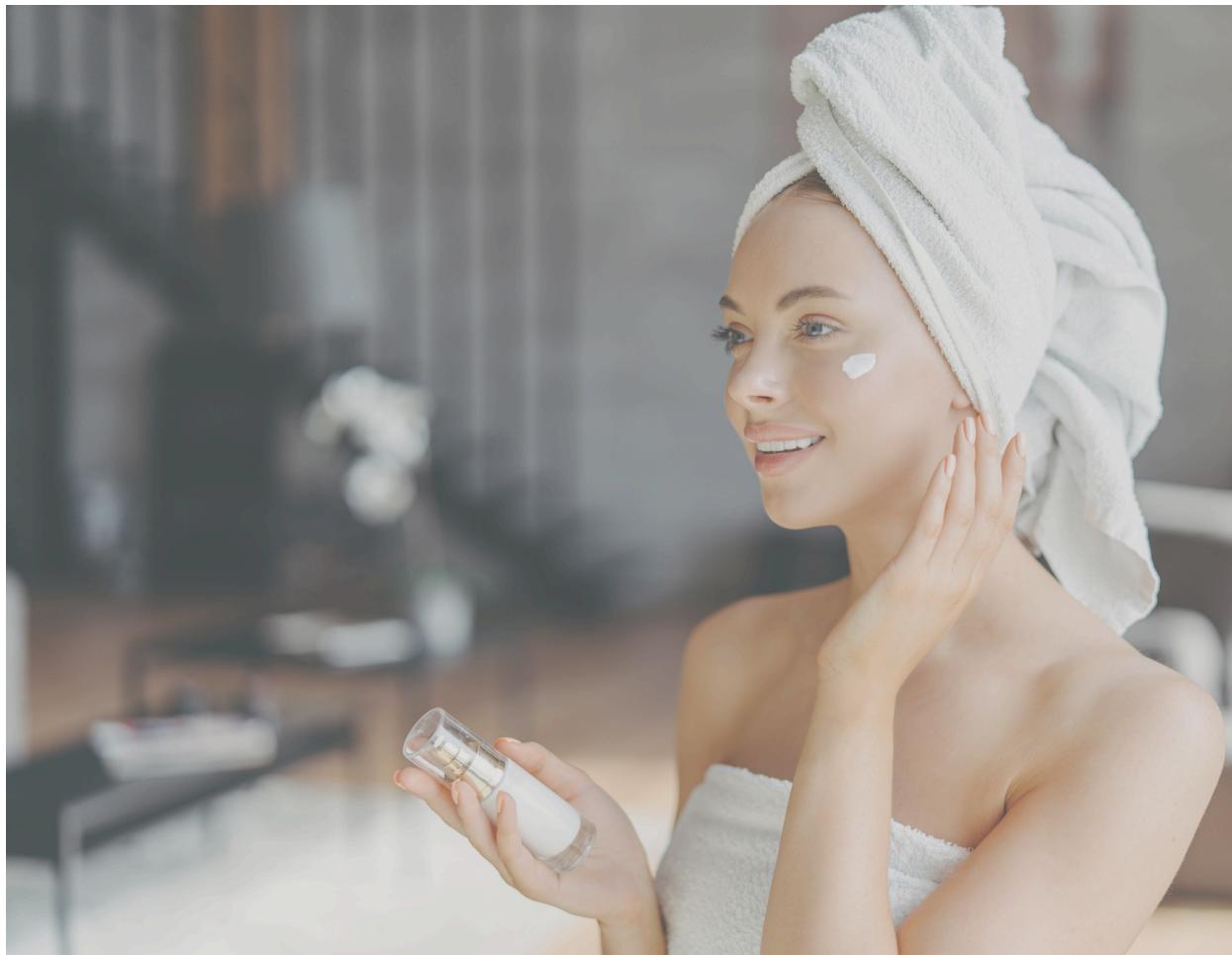




DO YOU KNOW YOUR DISRUPTORS?



Understanding endocrine disruptors and their relationship to our overall health, particularly hormone health, is crucial. Learn about these health-impacting chemicals and the ways you can protect yourself, and your family.

Hey Gorgeous



At GAYA WELLNESS, we recognize the importance of addressing endocrine disruptors as part of a holistic approach to hormone health and wellness.

Endocrine disruptors are ubiquitous in our environment, lurking in places from our daily-use products to the food we consume, impacting our body's hormonal balance in profound ways. Let's dive deeper into understanding these chemicals, exploring not only their widespread presence and the mechanisms by which they influence our endocrine system but also identifying actionable steps we can take to minimize their impact on our health.

Managing exposure to endocrine disruptors is not just an addendum to health; it's a critical element in safeguarding our hormonal equilibrium, vitality, and overall quality of life. As a clinician, my mission is to bridge the gap between extensive research and compassionate, practical care, empowering you to make informed decisions and take a proactive stance on your health and well-being.

ENDOCRINE DISRUPTORS

Shweta Patel, MD FACOG





Understanding Endocrine Disruptors and the Impact on Your Health

Endocrine disruptors are chemicals that interfere with the body's endocrine system, the complex network of glands and hormones that regulate vital functions such as metabolism, reproduction, and mood.

These substances can mimic or block hormones in our bodies, leading to imbalances and a wide range of health issues. Found in various consumer products like plastics, cosmetics, pesticides, and even in the water supply, endocrine disruptors are pervasive in our environment. Their ability to mimic natural hormones, such as estrogen and thyroid hormones, means they can disrupt the normal signaling that these critical molecules provide, leading to potential health risks.

The impact of endocrine disruptors on health is profound and far-reaching. By interfering with hormone functions, these chemicals can contribute to serious conditions including reproductive health problems, obesity, diabetes, developmental disorders in children, and even cancers of hormone-sensitive tissues such as the breast and prostate. Women are particularly vulnerable to the effects of endocrine disruptors due to their influence on reproductive health, potentially leading to fertility issues, menstrual irregularities, and conditions like polycystic ovary syndrome (PCOS).



When thinking about Endocrine Disruptors, Here's what you need to understand...



1

Mechanism of Action

Endocrine disruptors interfere with the body's hormone systems. They can mimic natural hormones, block hormonal signals, or alter the production and breakdown of hormones, thereby disrupting the delicate balance of the endocrine system. This interference can impact various bodily functions regulated by hormones, including growth, development, metabolism, reproductive health, and mood regulation.



2

Sources and Exposure

These chemicals are pervasive in our environment, found in everyday products such as plastics, personal care items, household cleaners, pesticides, and industrial chemicals. Exposure can occur through ingestion, inhalation, or skin contact, making awareness and identification of these sources crucial for reducing exposure.



3

Health Implications

The health effects of endocrine disruptors can be significant and wide-ranging. They have been linked to fertility issues, developmental problems, increased risk of certain cancers, metabolic issues like obesity and diabetes, and thyroid dysfunction.

Understanding these potential health impacts is essential for taking preventive actions, including making informed lifestyle and product choices to minimize exposure and protect overall health.



“I've personally witnessed the profound transformation that can occur in patient's lives when they begin to cut out these toxic endocrine disrupting chemicals. You'd be amazed at what a few small swaps can afford you in your health and longevity.”



Dr. Shweta Patel, MD FACOG

A Holistic Wellness Approach to Endocrine Health



HOLISTIC HEALTH PERSPECTIVES

Knowledge of endocrine disruptors allows individuals to make informed decisions about their environment and lifestyle choices, emphasizing prevention as a key aspect of holistic health. By avoiding certain chemicals found in everyday products, people can prevent potential health issues before they start.

FERTILITY AND REPRODUCTIVE HEALTH

Endocrine disruptors can significantly impact fertility and reproductive health in both men and women, affecting everything from menstrual cycles to sperm quality. Awareness and avoidance of these chemicals are essential for those planning families or experiencing reproductive health issues.

CHRONIC CONDITIONS

There's increasing evidence linking exposure to certain endocrine disruptors with chronic conditions like obesity, diabetes, and thyroid disorders. Understanding these links is crucial for managing or mitigating these conditions through lifestyle and dietary adjustments.

EMPOWERING WELLNESS

Educating oneself and others about the risks associated with endocrine disruptors empowers individuals to make healthier choices, fostering a more informed and proactive approach to health and wellness. This extends to the food we eat, the products we use in our homes and on our bodies.



ENDOCRINE DISRUPTOR AVOID LIST

Bisphenol A (BPA)

Found in: Plastic bottles, food can linings, thermal paper receipts.

Swaps: Opt for BPA-free products, glass, stainless steel, or silicone containers for food and beverages. Choose paperless receipts or handle thermal receipts with care.

Phthalates

Found in: Plastic packaging, cosmetics (such as nail polish, hair spray), and personal care products (shampoo, body wash).

Swaps: Look for phthalate-free labels on cosmetics and personal care items. Use glass or stainless steel for food storage and avoid plastic containers, especially for hot foods and liquids.

Parabens

Found in: Moisturizers, makeup, hair care products, and pharmaceuticals.

Swaps: Choose paraben-free personal care and cosmetic products. Read labels carefully, and consider natural or organic skincare lines that avoid synthetic preservatives.

Perfluoroalkyl substances (PFAS)

Found in: Non-stick cookware, water-repellent clothing, stain-resistant fabrics and carpets, some cosmetics.

Swaps: Use cast iron, stainless steel, or ceramic cookware instead of non-stick. Choose natural fiber clothing and furnishings that haven't been treated for stain resistance.

Fragrances

Found in: Perfumes, air fresheners, cleaning products, laundry detergents, and personal care products like shampoos, soaps, and lotions.

Swaps: Opt for fragrance-free or naturally scented products using essential oils. Choose eco-friendly and transparently labeled cleaning and laundry products to avoid synthetic fragrances.





Should you schedule a consultation?

SYMPTOMS

YES NO

FATIGUE OR EXCESSIVE ENERGY

UNEXPLAINED WEIGHT GAIN OR LOSS

PERSISTENT EMOTIONAL INSTABILITY

IRREGULAR MENSTRUAL CYCLES

FERTILITY ISSUES

CHANGES IN SKIN OR HAIR CONDITION

UNUSUAL SENSITIVITY TO COLD/HEAT

What do I do next?

Four steps to take today to work towards improving your hormonal health.

1

ASSESS LIFESTYLE

Review your daily habits for potential exposure to endocrine disruptors.

2

SWAP YOUR PRODUCTS

Go through products in your home and identify any potential issues, swap products and processes when possible.

3

DITCH THE PLASTIC

For your health and the health of the environment, make the commitment to ditch plastic. Many of the chemicals found in plastic are some of the most destructive to your hormonal health.

4

MAKE AN APPOINTMENT!

Schedule a visit to discuss any symptoms or concerns you have. We can do hormonal testing to identify any key imbalances or issues, and can create a tailored strategy that is suited for you.



WHAT DO

WE OFFER?

- ✓ CONCIERGE ACCESS VIA TEXT AND ZOOM
- ✓ 50+ BIOMARKER WORK UP
- ✓ COMPOUNDED MEDICATIONS
- ✓ NUTRITION AND WEIGHT TRAINING GUIDANCE
- ✓ ONGOING SURVEILANCE
- ✓ REGULAR CHECK INS

... & SO MUCH MORE!)



MAKE AN APPOINTMENT TODAY!