

# How Estrogenics Are Making You Fat, Sick, and Infertile: A Chagrin Tonic

**Estrogenation: Hc  
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by Anthony G. Jay

★★★★★ 4.7 out of 5

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Estrogenics are a class of chemicals that mimic the effects of estrogen in the body. They are found in many common products, including plastics, pesticides, and personal care products.

Exposure to estrogenics can lead to a number of health problems, including:

- Weight gain
- Infertility
- Cancer

## How Estrogenics Work

Estrogenics bind to estrogen receptors in the body, which are located in a variety of tissues, including the brain, breasts, and uterus. When estrogenics bind to these receptors, they can activate the same genes that are activated by estrogen.

This can lead to a number of health problems, including:

- Weight gain: Estrogenics can cause weight gain by increasing the production of fat cells and by decreasing the breakdown of fat.
- Infertility: Estrogenics can interfere with ovulation and implantation.
- Cancer: Estrogenics have been linked to an increased risk of breast, ovarian, and endometrial cancer.

## Sources of Exposure to Estrogens

Estrogens are found in a variety of common products, including:

- **Plastics:** Estrogens are used in the production of many types of plastics, including polycarbonate, polystyrene, and polyethylene.
- **Pesticides:** Estrogens are used in some pesticides, such as DDT and atrazine.
- **Personal care products:** Estrogens are found in some personal care products, such as shampoo, conditioner, and lotion.

Exposure to estrogens can occur through a variety of routes, including:

- **Ingestion:** Estrogens can be ingested through food or water that has been contaminated with estrogens.
- **Inhalation:** Estrogens can be inhaled through the air, particularly in areas where there is a lot of industrial activity.
- **Skin contact:** Estrogens can be absorbed through the skin through contact with contaminated products.

## Tips for Avoiding Exposure to Estrogens

There are a number of things you can do to avoid exposure to estrogens, including:

- **Reduce your intake of plastics:** Choose glass, metal, or ceramic containers over plastic containers.
- **Avoid using pesticides:** Choose organic produce whenever possible.
- **Read the labels of personal care products:** Choose products that are free of estrogens.
- **Wash your hands thoroughly after handling plastics or pesticides.**
- **Avoid contact with contaminated water.**

Estrogens are a serious threat to our health. They can cause a number of health problems, including weight gain, infertility, and cancer. By taking steps to avoid exposure to estrogens, you can protect your health and the health of your family.

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