



Your Home and Your Health FACT SHEET

WHAT YOU NEED TO KNOW ABOUT Hormone Disrupting Chemicals

If you are **trying to conceive**, are **pregnant**, have **small children**, or **unexplained health issues**, you should know about Hormone Disrupting Chemicals (HDCs). These are chemicals in everyday products that are known, or suspected, to **change the way our hormones function**.

WHAT THE SCIENCE SAYS

Each one of us carries a *body burden of chemicals*. They are in our food, our water, and our homes. We can't avoid them, nor do we have to. But we can help our bodies deal with the toxic ones that affect our health.

Studies show that there's a link between our exposure to chemicals in our homes and hormone disruption. Since our hormones are responsible for controlling all of our body's glands, from our thyroid to reproductive system to part of our brain, this disruption can contribute to a range of **symptoms**:

- Weight-gain
- Fatigue
- Headaches
- Auto-immune disease
- Diabetes
- Thyroid irregularities
- Reproductive issues
- Developmental issues
- Neurological issues

Hormone disrupting chemicals affect the body at much lower concentrations than other toxics, making them an important focus for reducing household exposures.

WHAT YOU CAN DO

- **Reduce** your exposure to hormone disrupting chemicals:
 - Reduce high fat-content meat and dairy** products.
 - Avoid synthetic fragrance** in cleaners and body care products.
 - Choose **paraben-free body care** products.
 - Reduce **plastic and cans** as food containers.
 - Choose **organic foods** when possible.
 - Filter your drinking water** if it contains lead, arsenic and/or mercury.
 - Boost housekeeping** to reduce dust.

Want to see what these actions look like in a helpful room-by-room guide to reducing hormone disruptors at home?

[Click here](#) to receive your free download, or visit my website at greenathome.ca/resources.

If you want to save time and money while detoxing your home, let's chat. My name is Emma Rohmann, and I am an environmental engineer, mom, and founder of Green at Home. I offer science- and performance-based consultations to help you detox your home according to your health goals and your lifestyle. Contact me today for a free 15min phone consultation to learn more.