



# Your Home and Your Health FACT SHEET

## HOW THE PRODUCTS IN YOUR HOME AFFECT YOUR Fertility

If you are trying to conceive, are already pregnant, or have small children, you should know about Endocrine Disrupting Chemicals (EDCs). These are found in products around your home and affect your hormones and reproductive system.

### WHAT THE SCIENCE SAYS

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Close to 800 chemicals are known or suspected endocrine disruptors, but only a small fraction of them have been investigated. **Studies show that these EDCs are causing adverse reactions at much lower doses** than other toxic chemicals. A [recent study](#) has linked exposures to flame retardants (i.e. from foam products) to decreased IVF success.

Studies on fertility are preliminary, but they suggest that **EDCs may impair hormone function and sperm production in men**, and **may impair ovulation and egg quality in women**. They may also **make conditions worse for women with PCOS and endometriosis**.

[Prenatal exposure](#) to EDCs can result in endocrine disruption at much lower doses than for a typical adult. Studies also suggest that **exposure to EDCs during pregnancy can affect birth outcomes**.

### WHAT YOU CAN DO

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There are many factors that play a role in reproductive health. Reducing your exposure to EDCs may support fertility treatments, decrease prenatal and birth complications and support the long-term health of your baby.

- **Support** your body's detoxification systems with foods like:
  - broccoli**
  - organic green tea**
  - turmeric**
- **Reduce** your exposure to hormone disrupting chemicals:
  - Avoid** mattresses and other products treated with **flame retardant chemicals**.
  - Avoid synthetic fragrance** in cleaners and body care products.
  - Choose **paraben-free body care** products.
  - Choose **glass or metal** containers over plastic and cans.
  - Choose **organic dairy, meat, and at least the Dirty Dozen** fruits and veggies.
  - Filter your drinking water** if it contains lead, arsenic and/or mercury.
  - Use a **vacuum with a HEPA filter** and **dust** with a damp cloth **regularly**.

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If you want a step-by-step guide to detoxing your home, saving you time and money, 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 – stress-free. Contact me today for a free 15min phone consultation to learn more.

 **Green at Home**  
[hello@greenathome.ca](mailto:hello@greenathome.ca) | [www.greenathome.ca](http://www.greenathome.ca)

The information shared here is not intended to diagnose or cure any conditions.  
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