



ENDOCRINE DISRUPTORS REVEALED:

Exploring the

TOP 3 THREATS

to Your Hormonal
Health and Fertility



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CONTENT

Table of

3	The endocrine system
4	Endocrine disruptors: What are they?
5	Getting ready to be a mother: Reasons to be concerned
6	A close look at BPA
9	Glyphosate: a detailed introduction
12	Parabens: an overview
18	Environmental working Group overview
22	Conclusion
23	Biography
24	References



The Endocrine System:

The human body is a complex network where each component plays a vital role, with the endocrine system standing out for its critical importance. This system's role in synthesizing and regulating hormones makes it a cornerstone of women's health, influencing everything from menstrual cycles and stress response to bone health and pregnancy

Imagine an industrial assembly line operating efficiently. A single-machine failure could have an impact on the entire process. Similarly, any endocrine system disturbances may domino affect a woman's general health. Ensuring this system is healthy is essential for women eager to become mothers. An imbalance in this area may make it difficult to conceive, cause problems during pregnancy, impact weight loss, increase risk of cancer and much more.



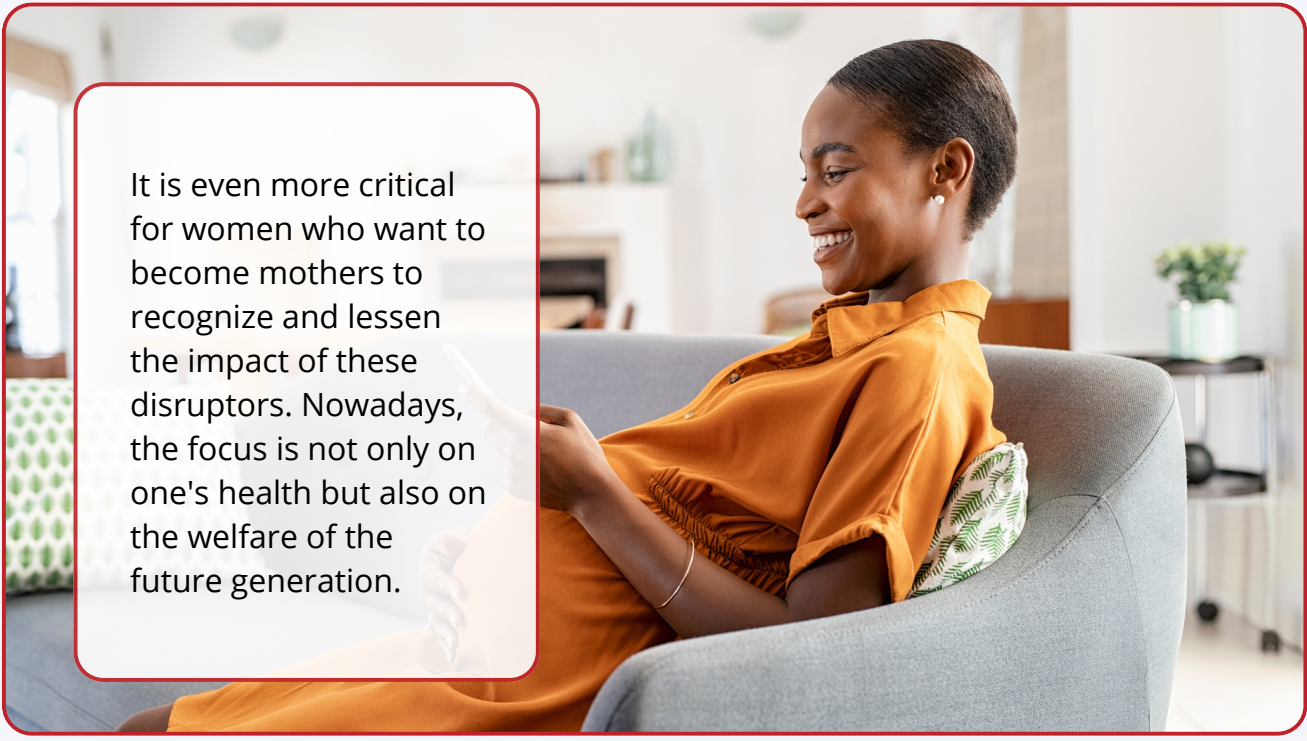
ENDOCRINE DISRUPTORS:

What Are They?

What are these substances that can throw our well-functioning endocrine system off balance? Known as endocrine disruptors, these compounds can interfere with our hormonal functions, even in minute doses, acting as a 'wrench in the works' of an otherwise smooth-running machine.

Endocrine disruptors can be created by humans or naturally occurring. They are present in many things we use daily and are common in our surroundings. These disruptors are found in many products, including cosmetics, food storage containers made of plastic, and pesticides used on food products.

These chemicals capacity to imitate or inhibit our natural hormones is the leading cause for concern. Some, for example, can mimic the essential female hormone estrogen, causing the body to react improperly. The possibility of hormonal abnormalities, problems with reproduction, and an elevated risk of specific diseases can result from such interference.

A woman with dark hair, wearing an orange short-sleeved shirt, is sitting on a grey sofa. She is smiling and looking down at a book she is holding in her hands. The background is a bright, modern living room with a white wall, a small table with a plant, and a patterned cushion on the sofa.

It is even more critical for women who want to become mothers to recognize and lessen the impact of these disruptors. Nowadays, the focus is not only on one's health but also on the welfare of the future generation.

GETTING READY TO BE A MOTHER:

Reasons to Be Concerned

Women's bodies alter dramatically as they prepare for or experience parenthood. During this time, the endocrine system is crucial in ensuring the body can sustain the growing infant and the mother.

Women, especially those considering a pregnancy, must be aware of endocrine disruptors' impact on hormonal balance. While it might be difficult to obliterate exposure, knowing their origins and taking preventative action can greatly lessen their effects.

The three most important endocrine disruptors for women will be highlighted in this guide. The first line of defense for one's health is knowledge. You'll know to make wiser decisions as we delve deeper into each disruptor, setting the way for a healthier future for you and your child.



Comprehensive Analysis of the **TOP 3 ENDOCRINE DISRUPTORS:**



A CLOSE LOOK AT BPA



Observing a 'BPA-free' label on water bottles raises important questions about the substance's absence and its implications for our health. Why is the absence of BPA noteworthy, and how does it affect the safety and quality of the products we use daily?

The History and Manufacturing of BPA

BPA, or Bisphenol A, is more than just a component that may be absent in 'BPA-free' water bottles; it's a pervasive chemical with a history dating back to the 1890s. Its widespread use in plastics and other products raises significant concerns for our endocrine health, particularly in sensitive periods such as pregnancy.

BPA and Endocrine Disruption:

Our bodies' endocrine system controls various biological functions, including reproduction. Regrettably, BPA can affect normal system activities since it is an endocrine disruptor. Hormone levels, cardiovascular health, obesity, reproductive processes, and even the neurobehavioral development of young children can all be impacted. Endocrine disruptors such as BPA can interfere with our natural hormonal balance, impacting our behavior, general health, and the delicate equilibrium our body tries to maintain.

BPA During Pregnancy:

Prenatal exposure to BPA represents a critical period of vulnerability. BPA and its potential substitutes can cross the placental barrier with ease, posing a significant risk to fetal development. This underscores the importance of vigilance during pregnancy to protect against such exposures.

BPA Exposure:

Dietary intake is a primary pathway for BPA exposure, with packaging materials being a significant source of BPA in our food and beverages. However, BPA's presence extends beyond what we consume; it's also found in products like eyewear, water supply pipes, and shatterproof windows. The release of BPA from plastics can be accelerated by heat, contributing to its widespread detection; indeed, it's estimated that more than 90% of people have measurable levels of BPA in their urine.

The Long-Term Effects of BPA in the Human Body:

Despite common assumptions that BPA is quickly eliminated after ingestion, emerging research indicates it can linger in the body and accumulate. Astonishingly, this could explain why up to 93% of Americans show detectable BPA levels. Yet, even as evidence mounts, entities like the U.S. Food and Drug Administration and the Environmental Protection Agency continue to deem BPA as safe.

Advancements in our comprehension of prenatal brain development reveal its reliance on both internal and external stimuli to forge vital neural connections. However, exposure to harmful agents like BPA can interfere with this delicate process, potentially leading to the formation of dysfunctional brain signaling pathways.

As our understanding of chemicals like BPA deepens, the risks of ignorance become starkly apparent, especially during vulnerable phases such as pregnancy. By embracing informed decision-making and prioritizing education, we empower ourselves to minimize exposure and safeguard the health of future generations and our own.



Lowering BPA Exposure: Towards a Healthier House

BPA, or Bisphenol A, pervades modern life, present in items ranging from metal food cans to plastic containers. While completely avoiding BPA may pose a challenge, taking proactive measures can significantly mitigate its presence in our homes. This is especially crucial for protecting those most vulnerable, like newborns and fetuses, from its potential harm.

1

Prioritize newborns and Babies: Compared to other age groups, newborns and developing fetuses have higher rates of exposure to BPA, making them especially vulnerable to its effects. The fact that BPA is included in the linings of metal cans used to store liquid infant formula is a severe cause for concern. To maintain security:

- When buying feeding accessories and infant bottles, use BPA-free substitutes.
- Opt for powdered formulations wherever feasible, as they are typically BPA-free.

2

Rethink Your Canned Goods: In the United States, almost all canned goods have an epoxy BPA lining, allowing BPA to contaminate the food. It is imperative to exercise caution while selecting canned foods:

- Reduce the amount of canned food you eat, especially if you're pregnant or a child.
- When you consume canned foods, washing them carefully might lessen BPA traces.
- Please take note of companies like Eden Foods that use alternative technologies, ensuring some of their products are BPA-free.

3

Be Aware of Plastics: Although plastics are practical, they pose a serious risk of BPA exposure. To decrease risks:

- Polycarbonate plastics should be avoided wherever feasible, especially with young children. These polymers may be identified by the initials "PC" or recycling code #7.
- Choose plastics bearing recycling labels #1, #2, and #4, typically free of BPA.
- Food containers should not be microwaved. They should be washed by hand or on the top rack of the dishwasher.
- Avoid using outdated, damaged plastic bottles since they may release more BPA.

4

Be Aware of Hidden BPA Sources: BPA can be discovered in unexpected areas in addition to the obvious ones. These include:

- Some metal water bottles have an enamel lining made of epoxy that may contain BPA. Safer options are stainless steel bottles without a lining.
- Additionally, thermal receipt papers, a growing number of medical devices, and certain dental fillings contain BPA.

You may drastically lower your family's exposure to BPA and make your home safer by learning about the typical chemical sources and implementing these doable actions.



02 GLYPHOSATE: A DETAILED INTRODUCTION



Glyphosate stands as one of the most prevalent herbicides globally, a staple among farmers and gardeners for its unparalleled efficiency in weed control. However, recent health concerns have sparked debates about its safety and environmental impact.

But what exactly is glyphosate? Recognized for its systemic action, glyphosate serves both as a potent herbicide and a crop desiccant. It operates by targeting the plant enzyme 5-enolpyruvyl-3-shikimate phosphate synthase (EPSPS), essential for synthesizing the amino acids tryptophan, phenylalanine, and tyrosine. By inhibiting this enzyme, glyphosate effectively halts plant growth, leading to their demise.

Historical Context

The chemist Henry Martin from Switzerland created glyphosate for the first time in 1950. But Monsanto chemist John E. Franz just realized in 1970 that it might also be used as a pesticide.

In 1974, Monsanto introduced glyphosate to the market under Roundup.

2.6 billion pounds of glyphosate were sprayed on American farmlands between 1992 and 2012.

Use and Implementation

Glyphosate is a broad-spectrum pesticide that kills all kinds of weeds. It thereby destroys the majority of plants in its application area.

- Less absorbable material enters through the roots, most of which goes through the leaves.
- In addition to agriculture, glyphosate suppresses weed growth in public areas like parks.
- Some farmers also use it as a crop desiccant to ensure crops dry evenly and speed up harvest.

Health-related Issues and Debates

In March 2015, the World Health Organization classified glyphosate as "probably carcinogenic to humans."

Nonetheless, the EPA concluded in 2016 that glyphosate is not carcinogenic, and by August 2019, labeling glyphosate as a carcinogen was forbidden. Due to internal correspondence, conjecture and suspicion suggest a potential close link between EPA officials and Monsanto. Additional possible dangers linked to exposure to glyphosate consist of:

- ✓ Plants and birds are in danger.
- ✓ Possible damage to honey bees.
- ✓ Digestive problems such as increased gluten sensitivity and leaky gut syndrome.
- ✓ Disturbance of neurotransmitter pathways may result in a variety of neurological conditions.
- ✓ Negative impacts on the mitochondria, resulting in exhaustion and impaired adrenal function.

Studies and views

A senior research scientist at MIT, Dr. Stephanie Seneff, investigates the effects of glyphosate on human biology in great detail. She refers to glyphosate as a "monster molecule" that negatively affects everything from cholesterol management to intestinal health.

Dr. Nancy Swanson has discovered links between the spread of glyphosate, the emergence of GMOs, and organ disorders. She also highlights how glyphosate disrupts hormones, which may cause various neurological and reproductive issues.

Despite revolutionizing agriculture with its potent weed-controlling abilities, glyphosate's safety is still debatable. Additional research and longitudinal studies will be essential in the upcoming years to determine its long-term impacts and direct agricultural practices worldwide.

How Can We Protect Ourselves from Glyphosates? ---

Given the pervasive use of glyphosate, avoiding exposure entirely may be challenging, yet feasible strategies exist to minimize consumption.

Opting for organic foods is a prime strategy. These products are cultivated without synthetic herbicides and pesticides, including glyphosate, with the "USDA Organic" label ensuring their authenticity. However, note that "non-GMO" labels do not guarantee glyphosate absence, as it's used on crops like oats and wheat too.

For meat and dairy, consider grass-fed and grass finished options. Traditional livestock diets often include glyphosate-treated GMO grains, so selecting pasture-raised products can lessen residue risks in your food.

Dining out poses its challenges, as many restaurants may not prioritize organic ingredients. Choosing establishments known for their commitment to organic and non-GMO ingredients and inquiring about their sourcing practices can make a difference.

Growing your own organic produce offers the most control over avoiding glyphosate, enriching your diet and providing satisfaction from tending a garden. For lawn and garden care, eschew glyphosate-based products in favor of natural weed management methods.

Daily practices, like using filtered water, can also mitigate exposure, as glyphosate residues can contaminate water supplies. A quality filter can help. Dietary additions such as organic apple cider vinegar, garlic, and cruciferous vegetables may help counteract glyphosate's effects. Notably, apple cider vinegar contains acetobacter, believed to aid in breaking down glyphosate residues.

Research regularly evolves on glyphosate and its consequences, so staying current and supporting brands and policies that encourage safer farming methods can make a major difference.

03 **PARABENS: AN OVERVIEW**

Parabens are synthetic chemicals utilized as preservatives in a variety of cosmetics, personal care products, and medications, prized for their ability to significantly extend shelf life. They achieve this by inhibiting the growth of bacteria, mold, and yeast, preventing product contamination and ensuring consumer safety.

The following parabens are most frequently utilized in the cosmetics industry:

- ✓ Ethylparaben
- ✓ Isobutyl Paraben
- ✓ Propylparaben
- ✓ Phthalaparaben
- ✓ Benzoylparaben
- ✓ Butylparaben

It makes sense for cosmetics to contain them because many components in goods tend to biodegrade over time, particularly when exposed to bacteria. Parabens can prolong a product's usability, hence increasing customer safety.



In recent years, concerns over paraben safety have escalated, especially with frequent use and in combination with other products. Studies suggest that when absorbed through the skin, parabens can mimic estrogen, potentially promoting the growth of breast cancer cells. There's also worry about their impact on male fertility. Furthermore, paraben-containing products might trigger skin irritation or allergies in some individuals.

A startling revelation is the widespread presence of parabens in human bodies, with research indicating that most people in the United States have detectable levels of these substances in their urine. This pervasive exposure has led some experts to advocate for a reevaluation of paraben use, citing potential health risks.

In response to growing consumer concern and the demand for safer alternatives, many companies are now offering "paraben-free" products. These alternatives either do not require preservatives or utilize different ones. It is essential to carefully read labels, weigh the pros and cons, and choose products that align with your health and safety priorities.



The Pervasiveness of Parabens in **COMMON PRODUCTS**

Parabens are prevalent in many everyday products, valued by manufacturers for their ability to inhibit fungi and bacteria, especially in water-rich items. This makes them popular in rinse-off products like shampoos and conditioners, as well as in a wide array of personal care items including face cleansers, moisturizers, sunscreens, shaving gels, deodorants, and toothpaste. Their use extends to the cosmetics industry, where they're found in various makeup products, broadening their exposure.

The widespread use of parabens might imply safety, yet research indicates they are absorbed through the skin and metabolized in the body before being excreted in bile and urine. The concern grows with the realization that exposure to parabens is cumulative and constant. Using multiple paraben-containing products daily can significantly increase this exposure, as evidenced by biomonitoring studies that measure chemical substances in human tissues or fluids. Frequent makeup users, particularly teenagers, have shown higher paraben levels in their bodies compared to those who use these products sparingly.

Beyond personal care products, parabens find their way into our bodies through the foods and beverages we consume. This connection might surprise those who associate parabens primarily with skincare and cosmetics. Initially deemed safe for consumption in moderation during the 1970s, chemicals like propylparaben were used as food preservatives. Despite their historical "generally recognized as safe" status, recent research calls for a reevaluation of their safety.

In conclusion, parabens' omnipresence in both food and personal care products underlines the importance of informed consumption. Being aware of the potential impacts of these chemicals, scrutinizing ingredient lists, and making judicious product choices are crucial steps in managing and reducing exposure to parabens.

The Issues Concerning Parabens

Despite their widespread use, parabens have come under scrutiny due to potential health concerns. The key issues associated with paraben exposure can be summarized as follows:

- ✓ **Hormonal Disruption:** The primary concern with parabens stems from their ability to mimic the hormone estrogen in the body. Such chemicals, known as endocrine disruptors, can disturb the normal functioning of the endocrine system. This disruption can lead to reproductive issues in both men and women, potentially impacting fertility, developmental processes, and birth outcomes. Additionally, parabens may disrupt the body's natural hormone production, further complicating these endocrine system disturbances.
- ✓ **Cancer Risk:** Research highlights the link between environmental estrogens, like parabens, and cancer, notably breast cancer. Concerns stem from parabens' estrogen-like effects, with studies indicating propylparaben can change gene expression in breast cancer cells, potentially promoting their growth. This evidence points to the urgent need to assess parabens' role in cancer development.
- ✓ **Skin Sensitivity:** Parabens can cause skin issues and internal health risks. Products containing parabens have the potential to cause skin sensitivity and irritation.
- ✓ **Widespread Exposure:** The detection of parabens in individuals across all age groups, from newborns to adults, underscores the widespread nature of exposure. This issue extends beyond pregnant women, highlighting concerns about fetal exposure during critical developmental periods. With such consistent exposure beginning in early childhood, individuals may face a lifetime of potential interactions with these chemicals, raising significant health concerns.
- ✓ **Bioaccumulation:** The concern that parabens may accumulate in the body over time adds to the unease surrounding these chemicals. Research indicating a correlation between age and the concentration of paraben metabolites in fatty tissues suggests that these substances could persist in our systems, rather than being swiftly eliminated. This potential for accumulation highlights the need for caution in long-term exposure to parabens.

Many people and organizations advise taking a more careful approach to using parabens and, whenever feasible, looking for paraben-free alternatives in light of these worries. To properly comprehend the effects of parabens on human health and well-being, additional studies must be done as people become more aware of these possible concerns.

How to Prevent Parabens in **COSMETICS AND PERSONAL CARE ITEMS**

Due to their preservative properties, parabens are prevalent in numerous personal care products. Yet, with increasing awareness of their potential health impacts, many consumers are seeking strategies to minimize their exposure. Here are several approaches to reduce paraben exposure:



Select Anhydrous items: _____

You can lessen the requirement for antimicrobial preservatives by selecting items that don't contain water. Bar soaps are one example of this, as they usually don't require these preservatives.

Read Labels carefully: _____

Become familiar with the names of common parabens (e.g., methylparaben, ethylparaben, propylparaben, butylparaben) to identify and avoid them.

Avoid Japanese Honeysuckle Extract: _____

Although it has a natural sound, this extract contains parabens and functions similarly to synthetic alternatives. You can make better decisions if you are aware of these elements.

Select Small Batch Products: _____

Items produced in smaller batches usually have shorter shelf life, which may mean fewer preservatives are used. It's important to utilize these goods before they expire and to make sure you're handling them with clean, sterilized hands since, as you may recall, they can spoil more quickly.

Look for Natural Preservative Substitutes: _____

Certain natural materials include antibacterial qualities. To provide a more natural preservation approach, ingredients such as jojoba, honey, grapefruit seed extract, and vitamins A, C, and E can inhibit the growth of microorganisms.

Put Certified Organic Products First: _____

When choosing USDA-certified organic personal care products, you are making a choice that is devoid of artificial preservatives and parabens. Certification as organic frequently denotes compliance with more stringent ingredient requirements.

Look for Paraben-Free Labels: _____

Many producers make paraben-free goods in response to consumer demand. Not only should you always read the label, but you should also make sure there are no parabens buried in the ingredient list.

By adopting these practices, individuals can significantly reduce their paraben exposure and mitigate potential health risks.



Environmental Working Group

The Environmental Working Group (EWG) offers a wealth of information through reports and guides aimed at empowering consumers to make safer purchasing decisions. Their website, www.ewg.org, serves as a rich repository of data and resources, providing insights into the safety of personal care products, foods, and household items. By consulting EWG's tools and databases, consumers can navigate the market with greater awareness and confidence, choosing products that align with their health and safety priorities.



- ✓ **Avoids EWG's ingredients of concern**
- ✓ **Full transparency**
- ✓ **Good manufacturing practices**

DIRTY DOZEN And CLEAN FIFTEEN: ---

The EWG's website has the most recent lists for both categories. These lists are updated yearly with the most recent information on pesticide residues on fruits and vegetables. You can choose organic produce more wisely when you consult these listings.

- ✔ **Safer Product Guidelines:** The Environmental Working Group (EWG) provides a range of free guidelines and databases that help customers select safer items in various areas, in addition to the produce lists. These consist of:
- ✔ **Cosmetics Database:** Thousands of personal care and cosmetic items are rated according to the safety of their ingredients by the EWG's Skin Deep® database. It helps you in finding goods free of allergies and dangerous substances.
- ✔ **Clean Water Guide:** To determine the best water filters for your needs, you can use EWG's Tap Water Database to test the quality of your tap water to find any potential toxins.
- ✔ **Cleaning Supplies:** To help you choose safer substitutes for traditional cleansers, The EWG's Guide to Healthy Cleaning rates more than 2,500 cleaning products and supplies.
- ✔ **Sunscreens:** Make sure you select products that provide sufficient protection without any hazardous substances by using the EWG's Guide to Sunscreens, which rates the safety and effectiveness of SPF-containing sunscreens, lip balms, and moisturizers.
- ✔ **Food Scores:** Over 80,000 foods are rated by the EWG's Food Scores database according to factors including processing level, nutrition, and ingredient problems. This can help you select healthier foods at the grocery shop.

Leveraging the resources offered by the Environmental Working Group (EWG) can significantly empower you to make choices that enhance your health and well-being. Whether it's navigating the aisles of a supermarket, selecting cleaning supplies, or choosing personal care items, the EWG's comprehensive databases and recommendations serve as an invaluable guide. They help direct consumers towards safer, healthier alternatives, ensuring that decisions about everyday products are informed by reliable, research-backed information.

Certified Product Labels

Reading through lengthy and intricate ingredient lists on items might be intimidating. But a few certification badges might direct you toward hassle-free, safer, and cleaner decision-making. The following are some standard labels to be aware of:



For Foods:

- ✓ **USDA Organic:** This label means that the food meets strict government organic growth and processing rules. These products don't contain GMOs, artificial fertilizers, or pesticides.
- ✓ **Non-GMO Project Verified:** This label ensures that genetically modified animals were not used to make the product.
- ✓ **Fair Trade Certified:** Guarantees fair salaries, treatment, and environmental sustainability.
- ✓ **Gluten-Free:** This label guarantees the food is gluten-free and essential for people with celiac disease or gluten sensitivity.
- ✓ **Whole Grain Stamp:** Helps in finding goods that are excellent providers of whole grains.

Personal Care and Beauty Products:

- ✓ **EWG Verified:** This label means that the product meets the Environmental Working Group's highest standards for health and transparency.
- ✓ **Leaping Bunny:** A sign indicating a product is free of animal testing and cruelty.
- ✓ **USDA Certified Organic:** This label guarantees that beauty products are created with organic ingredients, much like it does for food goods.
- ✓ **Certified non-GMO:** Ensures beauty products are GMO-free.

About Cleaning Supplies:

- ✓ **Safer Choice:** Cleaning products with this EPA mark are less harmful to the environment and public health.
- ✓ **Green Seal:** Items carrying this mark have passed high performance and environmental safety criteria after being subjected to independent testing and certification.

About Sunscreens:

- ✓ **Broad Spectrum:** Assures the sunscreen blocks UVA and UVB radiation.
- ✓ **Water-resistant:** indicates the amount of time that sunscreen is effective when swimming or sweating.

By recognizing these labels, you can make quicker, more informed choices about the products in your home. Always delve into the certification standards behind each label to fully understand their claims, enhancing your decision-making process.



CONCLUSION

This guide has offered extensive insights into the realm of endocrine disruptors, emphasizing their significance. Yet, possessing this knowledge is only the beginning. We must integrate what we've learned into our daily lives, scrutinizing the products we buy, consume, and use regularly. Armed with this understanding, we are better equipped to safeguard our families and ourselves, making informed choices that promote health and well-being.

Having absorbed all this information, the next steps are clear: make informed choices and share your knowledge with others. If you're in the Houston area and need guidance, feel free to reach out to me. Even if you're further away, we can connect online.

Looking for further insights and advice? Join the conversation with me on Facebook, Instagram, and YouTube. Whether you seek guidance or have questions, I'm here to assist. Thank you for reading and committing to a healthier lifestyle!

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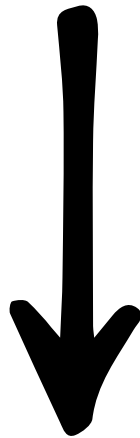
BIO

I began my medical education at Tulane University, followed by a Doctor of Medicine degree from LSU Medical School. After completing my obstetrics and gynecology residency at UTMB, Galveston, TX, in 1991, I dedicated myself to women's health in Houston. Certified by The American Board of Obstetrics and Gynecology in 1994, my career evolved from traditional practice to founding The Women's Health Solution in 2003, where I delved into the business of medicine and later, functional medicine due to increasing patient health challenges.

In 2019, I created "The Health Spot," a sanctuary for holistic health, currently enhancing it with a kitchen to emphasize nutrition's role in health. My educational pursuits continued with a certification in plant-based culinary cuisine in 2022, alongside achievements as a Certified Gluten Practitioner and ongoing studies in nutritional endocrinology and Functional Medicine. Certified by the American Board of Integrative and Holistic Medicine (2013) and the American Board of Integrative Medicine (2017), I am committed to empowering my clients to become the CEOs of their health, leading them to achieve optimal well-being, vitality, and longevity.

I specialize in supporting women and couples before conception to decrease maternal and neonatal health risks. This commitment is fueled by a profound calling to navigate individuals from illness to a state of optimal wellness.

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