

Environmental Toxins and Your Health

What You Need to Know About Everyday Chemical Exposure

What Are Environmental Toxins?

Environmental toxins are **harmful chemicals** that hide in the everyday items we use, such as:

- Plastic food containers and packaging
- Personal care products (like scented shampoo, lotion)
- Household cleaners and disinfectants
- Pesticides on non-organic produce
- Air pollution and car exhaust
- Tap water with contaminants
- Memory foam mattresses and furniture

Why Should You Care?

Even at **low levels**, long-term exposure to these chemicals has been linked to:

- **Hormonal imbalances and thyroid problems**
- **Fertility issues and reproductive disorders**
- **Brain fog, fatigue, and mood changes**
- **Cut dysfunction and immune suppression**
- **Obesity, diabetes, and cancer**
- **Learning and developmental delays in children**

Common Toxins to Watch For

Toxin/Chemical	Found In	Possible Effects
Bisphenols (BPA)	Canned food, receipts	Hormone imbalance, infertility
Phthalates	Plastics, perfumes, air fresheners	Reproductive issues, asthma
Triclosan	Antibacterial soaps, toothpaste	Hormonal disruption, immune suppression
Organophosphate Pesticides (OPs)	Non-organic foods	ADHD, neurological problems
PCBs & Chlorinated Pesticides	Animal fat, old building materials	Diabetes, cancer risk
Solvents (e.g., benzene,	Car exhaust, memory foam	Brain and nervous system

toluene)		toxicity
Mycotoxins	Moldy buildings, contaminated food	Brain fog, immune issues

How Are Toxins Tested?

The right test depends on the type of toxin:

- **Urine Tests** – for BPA, phthalates, pesticides, solvents, mycotoxins
- **Blood Tests** – for persistent pollutants like PCBs and chlorinated pesticides
- **Hair Analysis** – for heavy metals (e.g., mercury, arsenic)
- **Stool Tests** – sometimes used in children or for gut-related toxin evaluation

Note: Some labs offer more accurate testing than others. Ask your provider about functional testing options.

What Happens to Toxins in the Body?

Your body uses natural detox systems to eliminate toxins:

- **Liver** – breaks down chemicals for elimination
- **Kidneys** – flush out toxins through urine
- **Digestive system** – releases toxins via bile and stool
- **Skin** – eliminates through sweat

But if detox pathways are **overloaded or under-functioning** (due to genetics, nutrient deficiencies, or chronic exposure), toxins build up—leading to symptoms and illness.

What You Can Do

- ✓ Choose **organic** foods when possible
- ✓ Avoid plastic containers (especially when heating food)
- ✓ Switch to **non-toxic** personal care and cleaning products
- ✓ **Filter** your drinking water and improve indoor air quality
- ✓ Support detox through:
 - Nutrient-dense foods
 - Hydration and sweating (via saunas or exercise)
 - Targeted supplements (glutathione, binders, etc.)
 - Working with a knowledgeable practitioner

When to Retest

Toxin Type	Suggested Retest Timeline
Short-lived (BPA, phthalates, solvents)	4–6 weeks after lifestyle changes or detox
Long-lived (PCBs, pesticides, heavy metals)	6–12 months after detox program

Environmental toxins are everywhere—but you can take simple, powerful steps to reduce your exposure and support your body’s ability to heal.