

# Plastics, BPA & Phthalates – What You Should Know

## Understanding Everyday Chemical Exposures and How to Protect Yourself

### We're Surrounded by Plastic

Modern life is filled with plastic—and it's affecting our health more than we think.

- The average person may **consume the equivalent of two recycling bins worth of plastic** over a lifetime.
- **Baby bottles** can release **millions of plastic particles**, especially when heated.
- Plastics shed **micro- and nano-particles** into food, water, and air.

### What Are BPA and Phthalates?

- **BPA (Bisphenol A):** A chemical found in **plastic containers, food cans, receipts, and dental sealants**.
- **Phthalates:** Used to soften plastic—found in **vinyl products, personal care items, air fresheners, and food packaging**.

Both are **hormone-disrupting chemicals** (endocrine disruptors) that interfere with your body's natural hormonal balance.

### Why Are They Harmful?

Exposure has been linked to:

- **Infertility** in both men and women
- **PCOS**, irregular menstrual cycles, and miscarriage
- **Thyroid dysfunction and hormonal imbalance**
- **Obesity, insulin resistance, and diabetes**
- **ADHD, autism, and lower IQ in children**
- **Asthma, eczema, and allergic reactions**
- Increased risk of **breast, prostate, and thyroid cancer**

### Where Are These Chemicals Hiding?

Chemical	Common Sources
BPA	Canned foods, plastic containers, receipts, teething toys
Phthalates	Shampoo, perfume, vinyl flooring, fast food wrappers, IV tubing
Nonylphenols	Paints, detergents, clothes, pesticides

## How Do These Toxins Enter the Body?

- **Touching thermal receipts**
- **Microwaving food in plastic containers**
- **Breathing in dust** (which contains plasticizers)
- **Using scented or fragranced personal care items**
- **Drinking from plastic water bottles**

## How Long Do They Stay in Your Body?

- Some plastics (like BPA and phthalates) are excreted in days—but **daily exposure means constant accumulation.**
- Other chemicals (like **PFAS**) can linger in the body for **years to decades.**
- Studies have found plastic chemicals in **umbilical cord blood, breast milk, and fetal tissue**, showing impact on future generations.

## Avoidance Is Key

Here's how you can reduce your exposure:

- Choose **fresh, organic food**, especially during pregnancy or for children
- **Avoid heating food in plastic** or using plastic wrap
- **Say no to receipts** when possible or wash hands after handling
- Use **fragrance-free** personal care and cleaning products
- **Avoid air fresheners, vinyl flooring, and plastic shower curtains**
- Drink from **glass or stainless steel** instead of plastic bottles
- Filter your water—especially if you live near industrial areas
- Vacuum and dust regularly using a **HEPA filter**

## Can You Detox from Plastic Chemicals?

Yes—but it depends on the chemical.

- **BPA and phthalates** can be eliminated through **sweating (sauna therapy)** and detox support
- Persistent toxins like **PFAS and flame retardants** may require **advanced protocols and binders**

Strategies that can help:

- **Infrared saunas** or regular sweating through exercise
- **Liver support nutrients** (like milk thistle, NAC, and glutathione)
- **Binders** such as **cholestyramine** (prescription) or functional alternatives (like activated charcoal)
- A clean, nutrient-dense diet that supports detox pathways

You don't have to eliminate all plastic overnight—but small changes can lower your toxic burden and protect your long-term health.