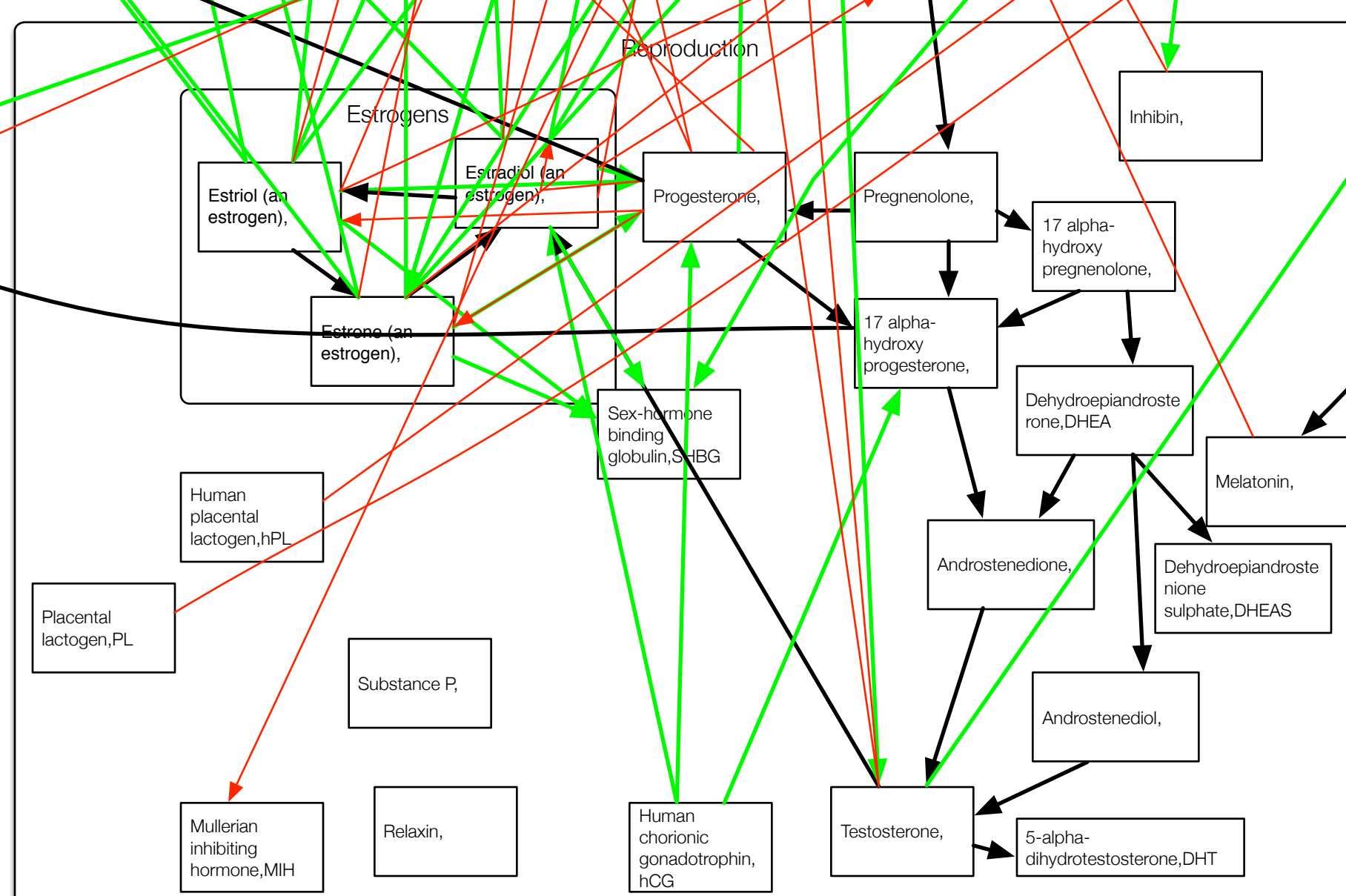
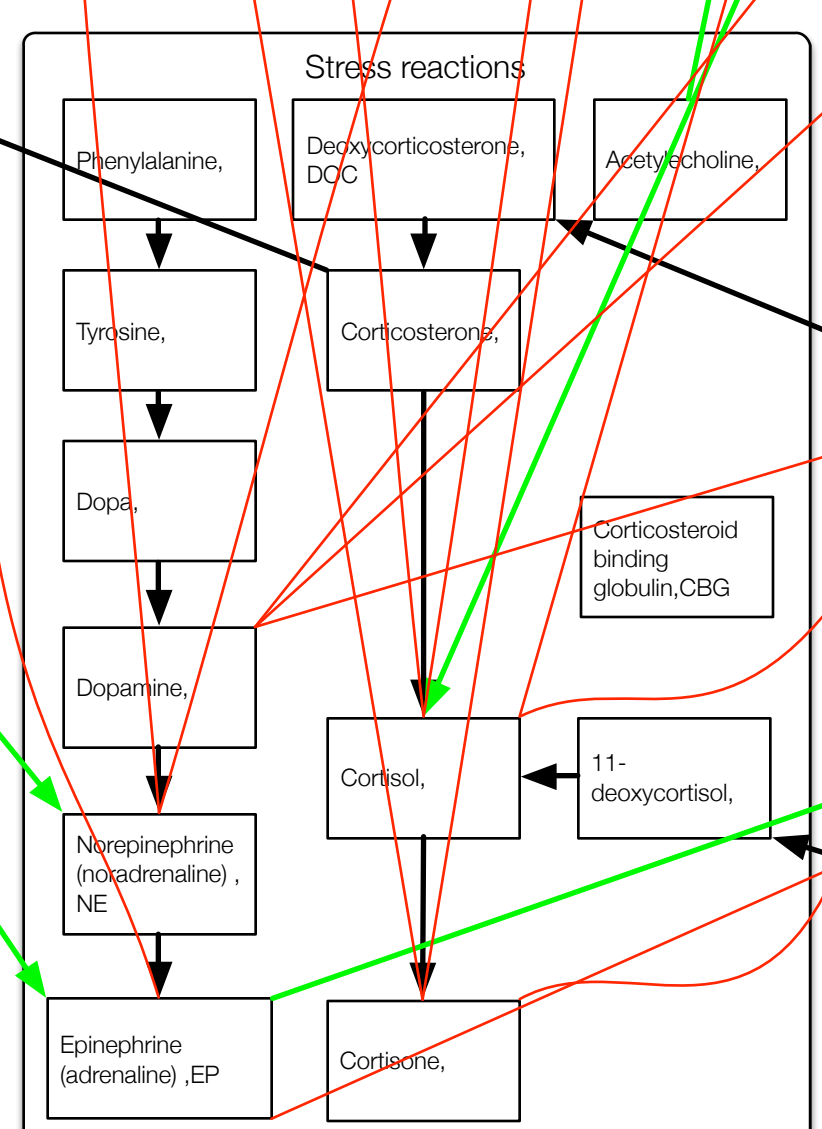
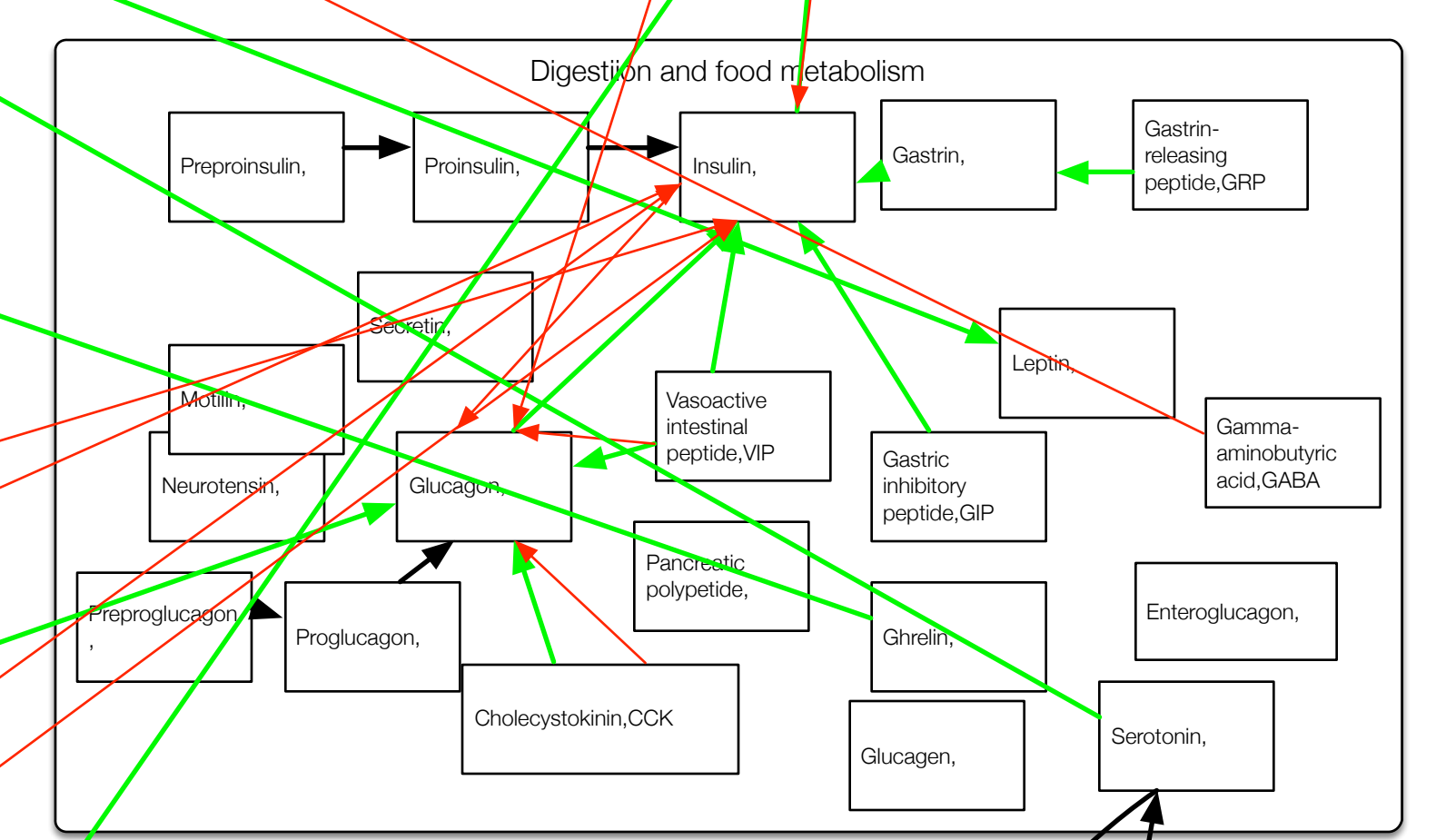
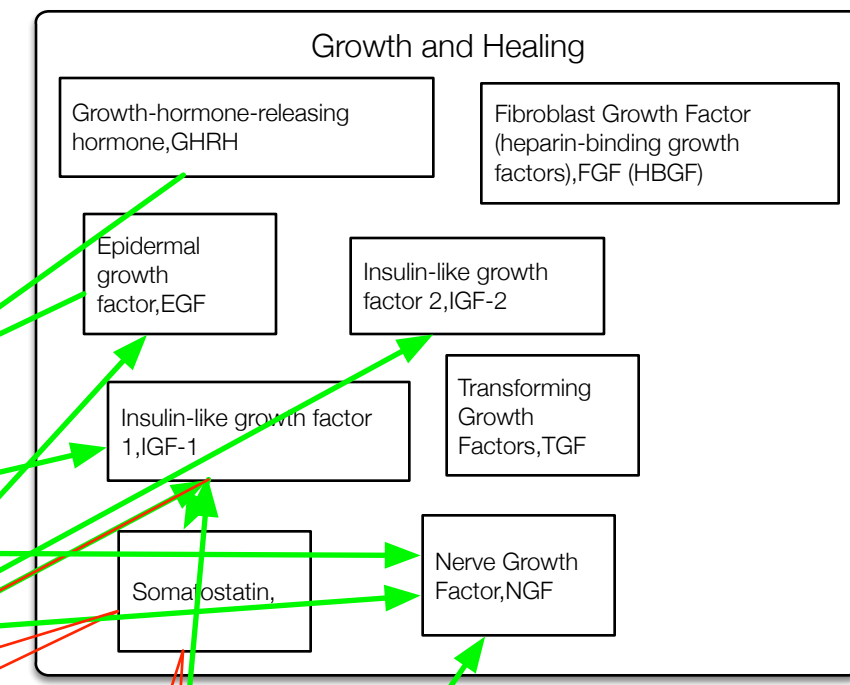
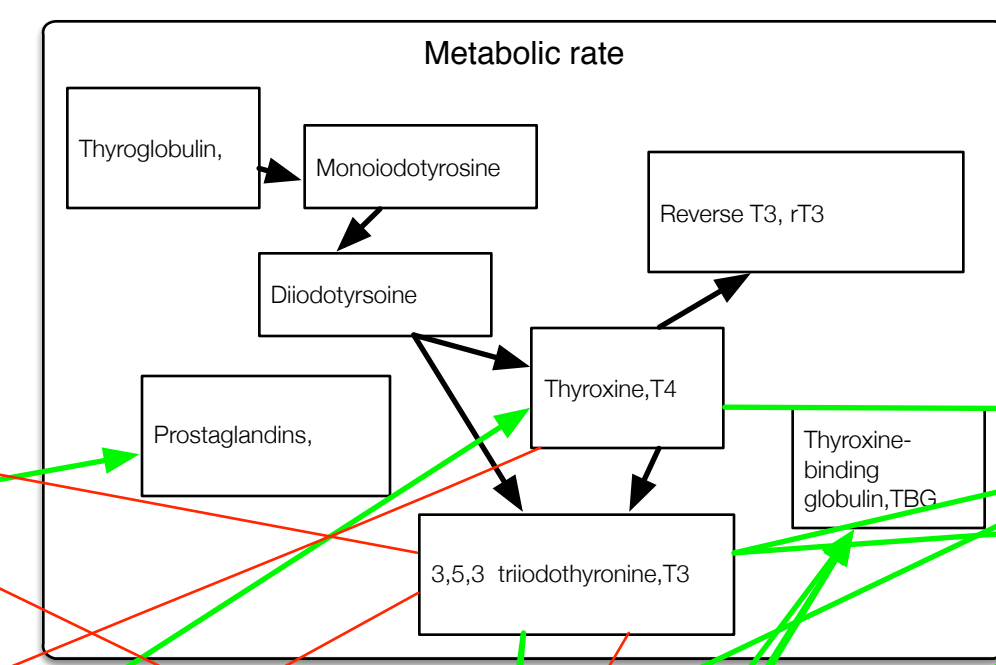
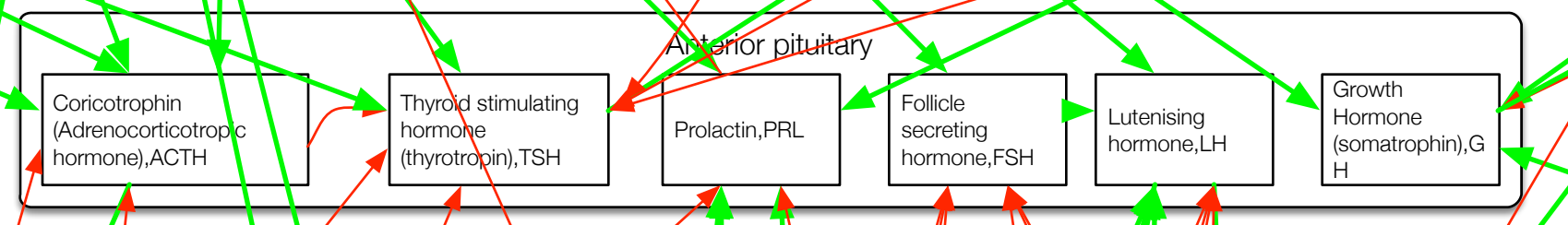
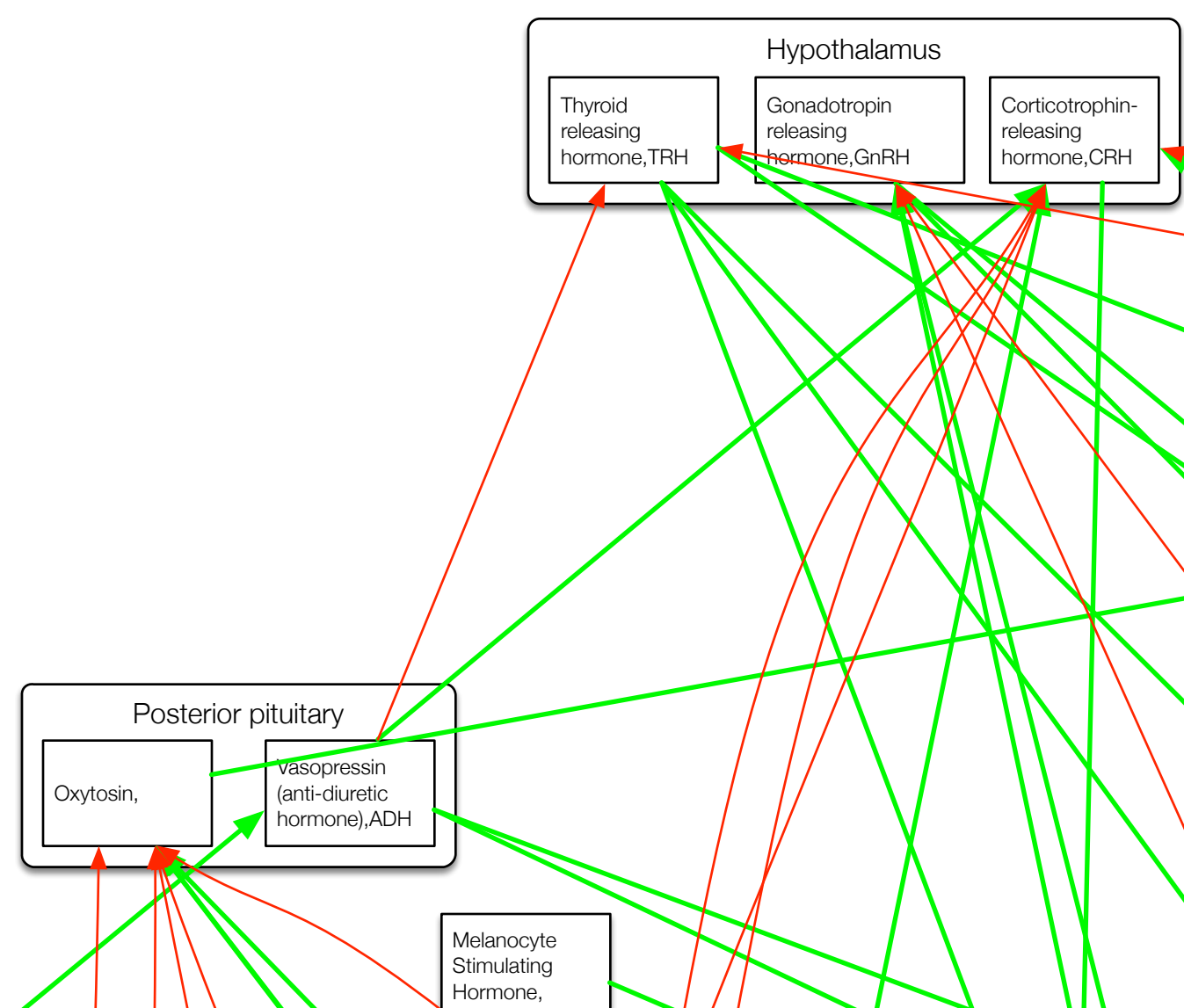
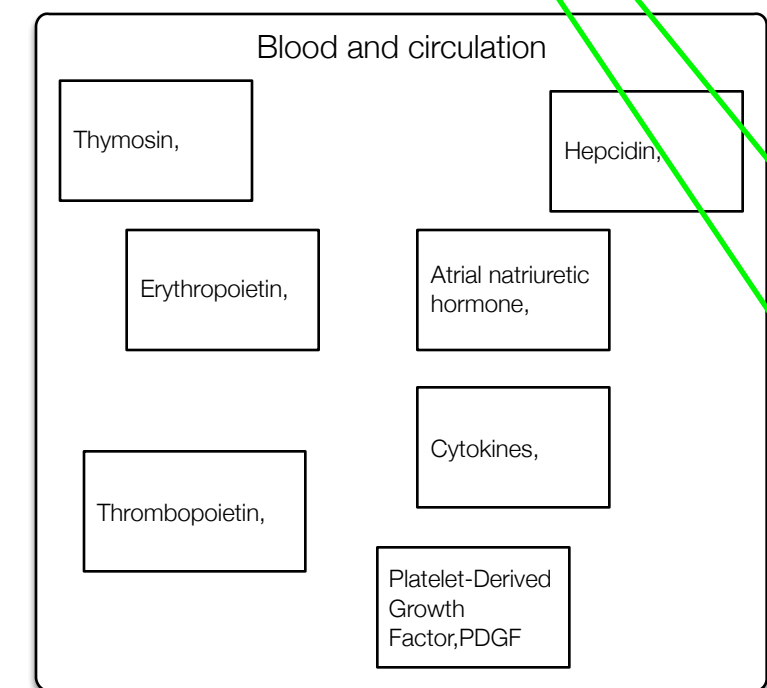
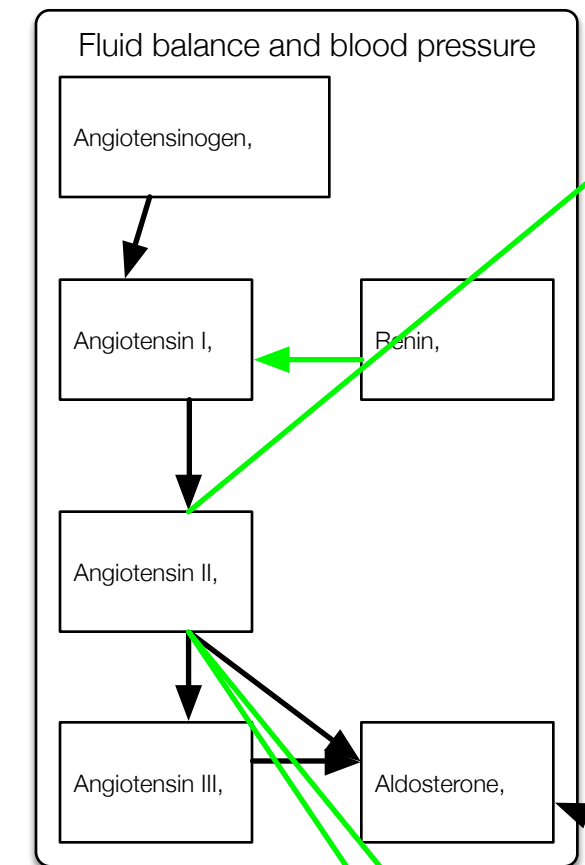
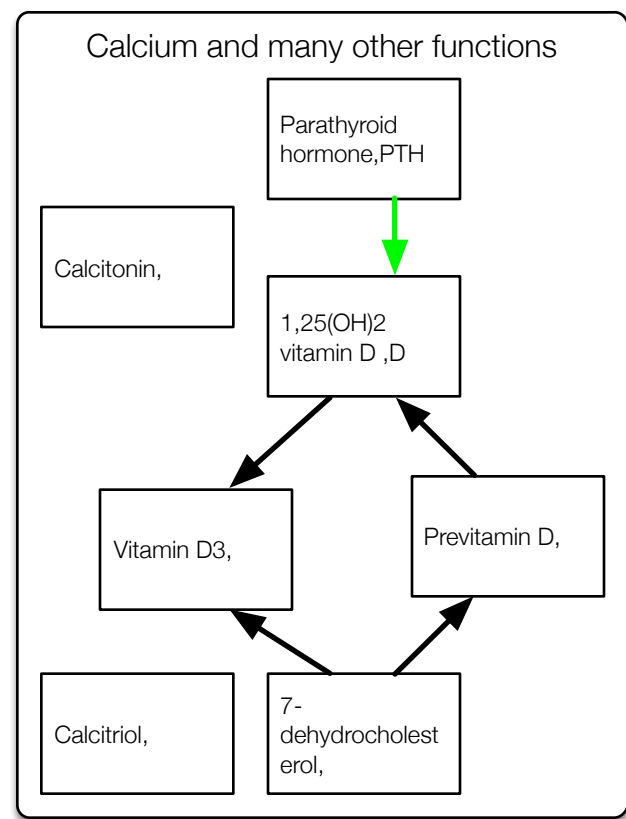


# Hormone Interactions (simplified version)

Key:   
 → Is chemically converted   
 → Stimulates production or usage   
 → Inhibits



- Some hormone disruptors you are almost certainly exposed to:
- Bisphenol A (BPA) (plastics, can linings, polystyrene resins, dental sealants)
  - Polychlorinated biphenyls (PCBs) and dioxin (used to be used as pesticides; still persistent in the environment)
  - Other pesticides (organochlorines, vinyl chloride)
  - Triclosan (anti-bacterial additive in toothpaste, anti-bacterial soaps, mouthwash, cosmetics, deodorant, some sportswear)
  - Parabens and phthalates (food and cosmetic additives: (dimethyl phthalate (DMP), diethyl phthalate (DEP), benzylbutyl phthalate (BBP), dibutyl phthalate (DBP) and diethylhexyl phthalate (DEHP))

- The best way to treat an endocrine (hormonal) problem:
- 1) Sleep well, think well, eat well, exercise well ("well" doesn't mean "too much")
  - 2) Have osteopathic treatment to help your system talk to itself properly, to minimize inflammation, to improve digestion, to relax more, and to identify glands that are acting suspiciously.
  - 3) Get diagnostic imaging of any suspect gland.
  - 4) If that doesn't work, use functional pathology to test your nutritional status, your digestion, and your liver's ability to get rid of things that disrupt hormones. Respond accordingly.
  - 5) If that doesn't work, measure hormone levels properly (which is usually more than a single blood test), and start with small doses of whatever bio-identical hormones or hormone-influencing supplements are needed. Then monitor and retest frequently.