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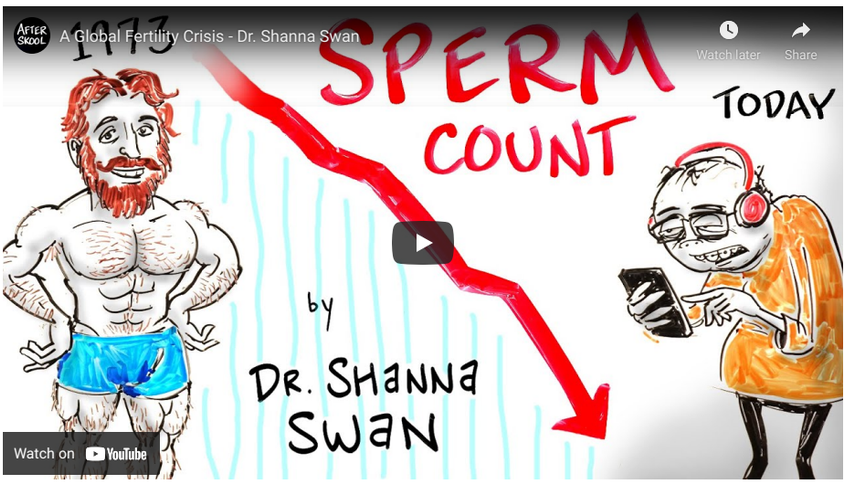
The Phthalate Syndrome Is Causing Mass Sterility

Analysis by Dr. Joseph Mercola Fact Checked

November 03, 2021



STORY AT-A-GLANCE

- Sperm counts dropped by 59.3% from 1973 to 2011, possibly in large part due to exposure to environmental chemicals like phthalates
- Sperm count, testosterone and fertility are dropping, and testicular cancer and miscarriage are rising, all at about 1% per year
- Phthalate syndrome refers to a number of disturbances to male reproductive development that have been observed after exposure to phthalates in utero
- Women's exposure to phthalates during pregnancy is linked to male babies' anogenital distance (AGD) — the distance from the anus to the base of the penis — with higher exposure associated with shortened AGD
- Later in life, shorter AGD is linked with a smaller penis and poorer semen quality, such that Swan believes AGD at birth is predictive of adult reproductive function
- Swan believes that humans, as a species, satisfy several of the criteria for endangerment and our species is threatened due to phthalates and other chemicals' effects on fertility

It was 1992 when Shanna Swan, Ph.D., a reproductive epidemiologist and professor of environmental medicine and public health at the Icahn School of Medicine at Mount Sinai in New York City, first heard about a potential decline in fertility among humans. A study published in the BMJ that year had found evidence for decreasing quality of semen over the past 50 years.[1]

She thought it sounded pretty extreme, and maybe it wasn't true, so she spent six months looking into it and evaluating the 61 studies included in the review. It turned out the decline was real and Swan directed her studies over the next two decades to unraveling this disturbing trend.

Over years of careful research, Swan revealed a smoking gun that is disrupting human development and reproduction to the point that she feels we're threatened as a species.

The culprit is a class of chemicals called phthalates, which are so ubiquitous that the U.S. Centers for Disease Control and Prevention has stated "phthalate exposure is widespread in the U.S. population."[2] An estimated 8.4 million metric tons of plasticizers, including phthalates, are used worldwide each year,[3] with phthalate production amounting to about 4.9 million metric tons annually.[4]

Sperm Counts Dropped by 59.3%

Swan's book "Count Down," is based on a 2017 study she co-wrote, which found sperm counts dropped by 59.3% from 1973 to 2011.[5] The most significant declines were found in samples from men in North America, Europe, Australia and New Zealand, where many had sperm concentrations below 40 million/ml, which is considered the cutoff point at which a man will have trouble fertilizing an egg.

Overall, men in these countries had a 52.4% decline in sperm concentration and a 59.3% decline in total sperm count (sperm concentration multiplied by the total volume of an ejaculate).

There appears to be a synergy occurring as well, which Swan dubs "the 1% effect," because sperm count, testosterone and fertility are dropping, and testicular cancer and miscarriage are rising, all at about 1% per year.[6] In an interview with Mark W. of After Skool, which you can view in its entirety above, Swan said:[7]

> *"The 1% effect is a change of 1% per year over a lot of years, so if sperm count declined 50% in 50 years that would be 1% per year … a 50% decline means cutting it in half. Cut your sperm count in half? I don't think anyone wants to do that, right? It's the same thing*

with testosterone.

> *It's also been going down at that same rate — 1% per year. Miscarriage or pregnancy loss has gone up in women at that same rate … Everything seems to be progressing at about the same rate of deterioration of reproductive function."*

Global fertility rates are also falling, reaching 2.4 births per woman in 2018, down from 5.06 in 1964. Fertility rates in about 50% of countries worldwide are at 2.1, which is below population replacement level, The Guardian reported.[8]

Both men and women are being affected, and so are species other than humans. According to Swan, many species are experiencing significant genital disturbances and decreases in liver size. Species are being endangered by their declining fertility and reproductive function, and the declines are being caused by the same things that are affecting us.

Chemicals to Blame for Declining Fertility

There are two primary causes that could be behind the fertility declines, Swan said — genetics or environment. The changes, however, are too rapid to be evolutionary, which crosses out a genetic factor. Moving to environment, both lifestyle and chemical factors can contribute.

Obesity, smoking, consuming excessive amounts of alcohol or binge drinking — even stress — are examples of factors you can control that are linked to lower sperm count and fertility.[9] Chemicals, however, and phthalates specifically, appear to be the major problem. Swan explained:[10]

> *"Reproductive function, sperm production, pregnancy and so on are controlled by the hormones … now, if you mess that up you can imagine that you're messing up the end product — the sperm, the eggs, the pregnancy — and that's what happens.*
>
> *… A huge class of chemicals are called endocrine, meaning hormone, disrupting (messing up) chemicals, or EDCs. I like to call them hormone hackers because they sometimes pretend to be hacker hormones. They get in there, they hack the hormone system, they mess with it and it turns out that they're in our daily lives in huge numbers."*

Phthalates are used to make plastic soft and flexible, so any time you see rubber tubing, you can assume there are phthalates. They're hidden in foods like milk, too, due to the milking machines used by conventional dairies, which use extensive plastic tubing. A 2013 study published in Environment International found that milk was contaminated with phthalates at "several stages in the milk chain."[11]

In addition to the mechanical milking process, the milk may be contaminated due to phthalate-containing feed consumed by the cattle as well as packaging material.

Beyond milk, items such as vinyl rain coats, boots and shower curtains are high in phthalates, Swan said, and they're also found in cosmetics, personal care and household products such as lipstick, nail polish, perfume, scented laundry soap and air fresheners because they help them retain scent and color.

They also enhance absorption, which is why they're often added to lotions as well as to pesticides — to help them get absorbed into plants. "It's hard to find things that don't have these chemicals in them," she said.[12]

Evidence for Phthalate Syndrome

Phthalate syndrome refers to a number of disturbances to male reproductive development that have been observed after exposure to phthalates in utero.[13] According to Swan:[14]

> *"After conception, in utero is the most sensitive time for the development of almost everything … the building blocks of what's going to be the reproductive system are really laid down early in the first trimester … what the fetus is exposed to, which really means what the mother is exposed to, because there's no barrier protecting that fetus from what the mother is exposed to. It gets into her bloodstream, goes into the fetus, goes in and does its damage in the fetus."*

In studies on rats, it's been found that when a male rat that's been gestating in a mother rat fed phthalates during the sensitive periods of reproduction, his genitals end up smaller and less developed, his testicles might not be fully descended, his penis may be smaller, and the whole size of the genital area is smaller.[15,16]

Research by Swan and colleagues found that women's exposure to phthalates during pregnancy is also linked to male babies' anogenital distance (AGD) — the distance from the anus to the base of the penis — with higher exposure associated with shortened AGD.[17] Later in life, shorter AGD is linked with a smaller penis[18] and poorer semen quality, such that Swan believes AGD at birth is predictive of adult reproductive function.[19]

"We found that when the mother had higher levels of certain phthalates — those that lower testosterone — in her early urine samples that her male child would have genitals that were less completely masculinized," she said.[20]

The first study on phthalates and AGD was conducted in 2005. They replicated the study in 2015[21] and found the same result. "So now it's well established that this is going on."[22] Swan added:[23]

> *"The bottom line, the arc of this whole 20 years that I've been working on this, is that these chemicals, when the mother's exposed to them in early pregnancy, result in failures or limitations of reproductive function in adulthood and are undoubtedly part of the explanation of the decrease in sperm count and fertility."*

What's more, phthalates represent only one class of endocrine disrupting chemicals. There are many more, including bisphenol-A (BPA), flame retardants, pesticides and PFAS chemicals. "They act together and, often, the whole is worse than the sum of its parts," Swan said.[24]

Humans Are Threatened

Changes in sexual development pose a threat to human survival, according to Swan, who also notes that human beings already meet three of the five criteria for what makes a species endangered.[25] "I think we do already satisfy several of the criteria for endangerment, which is a step way before extinction, but we are threatened." This put's one of your most basic rights — reproduction — at risk:[26]

> *"Remember, if you … and a partner want to get pregnant that's a basic human right … you should be able to reproduce if you want to … you should have that opportunity and that right and to have that taken away from you from causes that are not within your control is what I'm most concerned about."*

For those interested in protecting their own fertility — and that of future generations — as much as possible, avoiding hormone-disrupting chemicals is essential. Toward this end, Swan recommends some simple solutions like eating unprocessed foods that you cook yourself as much as possible to reduce your exposure to plastic food packaging, and using only simple, nonscented personal care and household products.

One silver lining is that phthalates leave your body quickly, in a matter of four to six hours, after exposure. They're non-persistent chemicals — unlike other toxins like dioxin, PCBs or lead, so if you stop taking them in, "you're done with them."

If humans would take steps to eliminate the use of phthalates, the damage done to fertility would stop — at least from this class of chemicals — and could eventually be recovered after several generations. Swan said:[27]

> *"We can start in that direction if we would stop re-exposing kids that were exposed in utero, during their childhood and during their adulthood, then we would be on the road to cleaning up our reproductive health."*

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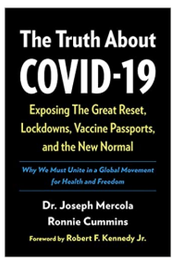

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As Dr. Mercola reports in this interesting article, phthalates represent just one class of endocrine disrupting chemicals. There are many more, including bisphenol-A (BPA), flame retardants, pesticides, and PFAS chemicals. "They act together, and often the whole is worse than the sum of its parts," Swan said. We are subjected to a toxic soup of disease-causing contaminants and as reported by Dr. Mercola they act as enhancers in spike protein multiplication. Dangerous contaminants in cosmetics that are added to others with endocrine health risks, allergies, etc., and carcinogens, to which we must add environmental damage. Phthalates, like other endocrine disrupting chemicals, can alter homeostasis and the action of hormones and signaling molecules, causing adverse health outcomes. This is especially true for babies, who are more exposed and more sensitive to its effects.

Phthalates are particularly harmful when exposure occurs during certain critical developmental time windows, such as the prenatal and early postnatal phases. Phthalates can also interfere with neuroendocrine systems (eg, thyroid hormone signaling or metabolism), causing disruption of neuronal differentiation and maturation, increasing the risk of behavioral and cognitive disorders (ADHD and autistic behaviors, reduced mental, psychomotor and IQ development, and emotional problems) www.mdpi.com/.../htm (2021) In a nationally representative sample, phthalate exposures were associated with all-cause and cardiovascular mortality, with societal costs approximating $39 billion/year or more. www.sciencedirect.com/science/article/abs/pii/S0269749121016031 (2021) PHTHALATES EXPOSURE IS ASSOCIATED WITH NON-ALCOHOLIC FATTY LIVER DISEASE AMONG US ADULTS www.sciencedirect.com/.../S0147651321007776 (2021)

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EXPOSURE TO PHTHALATES AND ENVIRONMENTAL PHENOLS IN ASSOCIATION WITH CHRONIC KIDNEY DISEASE (CKD) AMONG THE GENERAL US www.sciencedirect.com/science/article/abs/pii/S0048969721034148 (2021) EXPOSURE TO PHTHALATES AND CARDIOVASCULAR DISEASES WITH TYPE 2 DIABETES assets.researchsquare.com/files/rs-226068/v1/79169a93-b171-404b-b5a9-a.. (2021) RESEARCH PROGRESS ON ASSOCIATION BETWEEN EARLY-LIFE EXPOSURE TO PHTHALATES AND CHILDHOOD ASTHMA www.jelsciences.com/.../jbres1298.pdf (2021)

As reported by Dr. Mercola Research confirms that perfluoroalkyl and polyfluoroalkyl substances (PFAS) are persistent, bioaccumulative, and a health concern. PFAS compounds have been used in many applications including non-stick cookware, stain repellent clothing, food contact materials, detergents, cleaning products, and fire fighting foams. PFAS compounds have been used in many applications including non-stick cookware, stain repellent clothing, food contact materials, detergents, cleaning products, and fire fighting foams.

"PFAS are a new style of pollutants that do not follow the 'rules' of traditional organic pollutants," says Bradley Clarke, Senior Lecturer in Analytical Chemistry and Environmental Sciences at the University of Melbourne in Australia and an Agilent contributor. "This is why regulators and scientists, unfortunately, could not predict how these chemicals would move through the environment, and why we now have a serious problem of such widespread PFAS contamination of drinking water, farmland. and the domestic environment".

Perfluorocarbons are among the most powerful and long-lasting types of greenhouse gases emitted by human activities; the main impact of environmental concern is global climate change. Some Clean Air Act regulations apply to perfluorocarbons. www.agilent.com/about/features/en/combating-pfas-contamination.html (2021) ~ connect.springerpub.com/.../159.abstract (2021)

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This systematic review (SR) aims to synthesize the evidence of indoor pathways exposure that can explain the variability in serum PFAS levels in the general population from sources other than drinking water and diet. Each PFAS chemical in a subset of well-studied substances: perfluorooctanoic acid (PFOA), perfluorooctanesulfonate sulfonate (PFOS), perfluorobutanoic acid (PFBA), perfluorobutane sulfonate (PFBS), perfluorodecanoic acid (PFDA), perfluorodecanoic acid (PFDA sulfonate) and perfluorononanoic acid (PFNA) are reviewed. www.sciencedirect.com/.../S0160412020322637 (2021)

Studies evaluating environmental concentrations of PFAS have indicated that, in addition to point sources of contamination, there is generally a low entry of PFAS into terrestrial agricultural food chains. However, livestock and game species may be exposed to PFAS through contaminated water, soil, substrate, air, or food, and the contribution of these exposures to PFAS concentrations in food products is less studied. www.sciencedirect.com/science/article/abs/pii/S0048969720383285 (2021)

Food can also absorb PFAS. studies on the uptake and accumulation of PFAS by plants have increased rapidly; consequently, a review is needed to summarize current knowledge and highlight future research. Analysis of publications indicates that a wide variety of plant species can absorb PFAS from the environment. Vegetables and cereals are the most commonly investigated crops, with perfluorooctanoic acid (PFOA) and perfluorooctanesulfonic acid (PFOS) as the most studied PFAS. www.sciencedirect.com/science/article/abs/pii/S0045653520317793 (2020)

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Intake of red meat, root vegetables, sugary drinks, fish and shellfish, and eggs contributed to higher concentrations of PFAA, while frequent ingestion of poultry and soy milk was associated with lower concentrations of PFAA. PFBS and PFOS. Intake of red meat, root vegetables, sugary drinks, fish and shellfish, and eggs contributed to higher concentrations of PFAA, while frequent ingestion of poultry and soy milk was associated with lower concentrations of PFAA. link.springer.com/.../s11356-020-12293-8 (2021)

In this review the underlying evidence on the primary and in vitro / vivo toxic effects of PFCs and their interactions and relationships with thyroid dysfunction and cancer induction in exposed groups, including the general population, occupationally exposed groups, highly exposed individuals, and prone subjects (pregnant women and newborns). The possible mechanism of endocrine disruption of PFCs may include multiple processes of thyroid malfunction or hormonal imbalance. www.tandfonline.com/.../10643389.2020.1795052 (2021)

Various types of carpets can present different exposures to PFAS for humans. Short-pile carpet is associated with increased serum PFHxS and MeFOSAA concentrations. www.sciencedirect.com/science/article/abs/pii/S0013935121000529 (2021) In this review several advanced processes such as physical adsorption, membrane filtration and various redox processes showed promising potential towards PFOS removal efficiency. The future challenge is to minimize the cost and increase the efficiency of these methods. link.springer.com/.../978-981-15-4599-3_18 (2021)

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Several PFAS have been identified as endocrine disrupting chemicals based on their ability to interfere with normal reproductive function and hormonal signaling. Experimental models and epidemiological studies suggest that exposures to PFAS are directed to the ovary and pose significant risks to women's health. academic.oup.com/.../5848465 (2021) This study suggests that certain serum PFAS concentrations are associated with earlier natural menopause, a risk factor for adverse health outcomes in later life. academic.oup.com/.../5848088 (2020)

Perfluoroalkyl and polyfluoroalkyl substances and women's health: a possible etiology of early menopause and accelerated reproductive aging. Overall, this dissertation provides evidence that PFAS exposure can accelerate ovarian aging, possibly through endocrinological mechanisms associated with changing serum FSH concentrations. deepblue.lib.umich.edu/.../155094 (2020) Using a random forest algorithm, we discovered the characteristics of the metabolites associated with the individual PFAS and PFAS exposure groups that were subsequently investigated for associations with type 2 Diabetes risk. www.sciencedirect.com/.../S0160412020321358 (2021)

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Increasing evidence suggests that elevated body mass index (BMI) is not only associated with a high-calorie diet and sedentary lifestyle, but is also combined with extensive environmental exposure to obesogens such as perfluoroalkyl substances (PFAS). . Various studies in animals have suggested that exposure to PFAS can alter lipid and carbohydrate homeostasis, change fatty acid composition, and alter adipocyte differentiation, although the results have been contradictory. Several epidemiological investigations reported links between a high level of perfluorooctanesulfonic acid or perfluorooctanoic acid (PFOA) in maternal serum and an improved BMI of the offspring, the possibility of being obese, and a low level of serum leptin in children or adults.

In particular, females are more pronounced for these purposes. PFAS possess properties that aid in long-distance transport by allowing sufficient residence time in the atmosphere and, at the same time, are so reactive that they can easily be converted to carboxylic acids and other compounds such as fluorotelomer species by undergoing oxidative reactions. link.springer.com/.../978-3-030-45923-9_18 (2021) Decrease in total triiodothyronine hormone levels after chronic exposure to PFOS and PFHxS through contaminated drinking water. europepmc.org/backend/ptpmcrender.fcgi?accid=PMC7341959&blobtype=p.. (2020)

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We report biological plausibility and epidemiological evidence that PFAS dysregulation of maternal thyroid hormones and thyrotropin (TSH) can alter glucose homeostasis, increasing the risk of GDM. In general, epidemiological studies show that PFAS was positively associated with TSH and negatively associated with triiodothyronine (T3) and thyroxine (T4). PFAS were generally positively associated with glucose and insulin levels during pregnancy. We propose that dysregulation of thyroid function and glucose metabolism may be a critical and missing component in the accurate estimation of PFAS on the risk of GDM. link.springer.com/.../s12940-021-00740-z (2021)

Available data have suggested that human exposure to PFAS can occur during different stages of development and may cause short-term or long-term health effects. This article synthesizes reports from the current literature on the presence, bioaccumulation and, in particular, endocrine toxicity of selected long and short chain PFAS, with special emphasis on the mechanisms underlying their endocrine actions. www.mdpi.com/.../htm (2021)

Today's manufactured cosmetics are added with a load of chemicals to increase shelf life, improve quality, for selective and varied colors, or any other desired property. But no one could have thought about how they would affect humans and the environment as well. Cosmetics lead to prolonged exposure to chemicals and indirect ingestion leading to health-related problems such as allergy, hypersensitivity, and some are even reported to have carcinogenic effects. Many experimental tests have supported the presence of substances such as phthalates, coal tar, heavy metals, parabens, etc. in cosmetics. They have been reported to have dangerous impacts on biological things. www.annalsofrscb.ro/.../1623 (2021)

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TheOrage

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Hi Gui, thanks for all your links. I am building a new home so was glad to read about some of those toxic products (short pile carpet was a surprise). We don't have a chance to live normally do we? Then after all the polluted products, the flouridated water, they gave us chemtrails and now the vaccines. They are the last straw that "broke the camel's back". Everything points to de-population. My physiotherapist told me this week that 3 of her patients who are doctors at the local hospital have all had still born children after being double vaxxed. Tragic. She has 3 other patients, one in an induced coma and the other two are seriously ill. I wonder how many people have to die before everyone is going to wake up.

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juststeve

Joined On 1/5/2012 11:13:54 AM

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It's the 99% under the threat of extinction, the Master Race must believe it is insulated in their bunker bubbles. Depopulation of the great unwashed, unvaxed, born to the wrong clan & not of Blue Blood. It's not just plastic mini-continents in the oceans, it's plastic & it's chemicals from soup to nuts including plasticizing our bodies. The Chinese won't have to plasticize cadavers anymore, they/we can just wait for the dead to dry out.

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Thank you very much TheOrage is terrible but not surprising what you say about vaccine damage. Families broken by "vaccines" and now they want to poison the children. With his extensive knowledge, his new home is sure to be free of contaminants.

Mark as Spam | Posted On 11/3/2021 11:55:17 AM

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Very true, JUST. An authentic toxic soup, which surely reaches those who are causing it, even if they live on islands bought by the blood of those who suffer. The government dependency on the oil and natural gas industry, and especially in the US, is responsible for the preservation of products made from plastics. Fossil fuels are the leading cause of climate change "The US natural gas boom has made plastic feedstocks really cheap and readily available. An estimated $50 billion will be invested into new and expanded US plastic production facilities, increasing production by roughly 50% in the next 10 years, and tripling the amount of plastic exports by 2030!" www.surfrider.org/coastal-blog/entry/the-link-between-fossil-fuels-sin..

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In this study, 29 products, including 20 with high concentrations of total fluoride, were analyzed using LC-MS / MS and GC-MS. PFAS concentrations ranged from 22 to 10,500 ng / g of product weight, with an average and median of 264 and 1050 ng / g of product weight, respectively. Here, 6: 2 and 8: 2 fluorotelomeric compounds, including alcohols, methacrylates, and phosphate esters, were the most commonly detected. These compounds are precursors to PFCAs that are known to be harmful. Ingredient lists for most of the products tested did not reveal the presence of fluorinated compounds that expose a breach in US and Canadian labeling laws. The manufacture, use and disposal of cosmetics containing PFAS are potential opportunities to harm health and the ecosystem. Given its routes of direct exposure to people. pubs.acs.org/.../acs.estlett.1c00240 (2021)

The vast majority of makeup products, such as sponges, mascara and lip gloss, are contaminated with life-threatening superbugs, according to new research from Aston University published in the Journal of Applied Microbiology. Millions of people use products. of makeup every day and are contaminated with life-threatening microorganisms, such as E. coli and staph, because most are not cleaned and are used well beyond their expiration dates, reveals this research led by Dr. Amreen Bashir and the Professor Peter Lambert, Aston University School of Life and Health Sciences (UK).

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The EU guide requires makeup brands to adhere to strict manufacturing hygiene standards and states that 'E. coli 'in particular should not be found in any concentration in new cosmetic products. However, there is currently limited consumer protection around the risks of contaminating products while in use. In addition, the study warns that, specifically in the United Kingdom, after Brexit, consumers could run an even greater risk since they will no longer be protected by EU regulations, and could start buying

more beauty products from the States.

States, for example, where there are no regulatory requirements to set expiration dates in packaged manufacturing at all, the authors warn. http://www.safecosmetics.org/ (2021) The Skin Deep website of the Environmental Working Group (EWG) to search for cosmetic products. Products receive an EWG rating for their degree of danger based on ingredients linked to cancer, allergies and other disorders. The EWG is a United States environmental health advocacy organization. https://www.ewg.org/skindeep/ (2021) ~ www.breastcancer.org/.../cosmetics (2021)

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Two chemicals used in cosmetics and sunscreen can promote the development of breast cancer, according to a team of researchers from the University of Massachusetts, in the United States, in a study published in the journal 'Environmental Health Perspectives'. where there are reports of the dangers of cosmetics.
ehp.niehs.nih.gov/action/doSearch?AllField=cosmetics&startPage=0&a.. (2021)

The work identifies a mechanism in which environmental chemicals known as estrogens and xenoestrogens can promote the development of breast cancer. "The new research offers more sensitive tools to detect the possible harmful effects of environmental chemicals, which would be ignored by currently used methods," the researchers have noted.

The two compounds tested in cells grown in the laboratory and in the mammary glands of mice were benzophenone-3 (BP-3) ultraviolet filter, also known as oxybenzone, and propylparaben (PP), an antimicrobial preservative found in cosmetics. and other personal care products. "Benzophenone-3 is a sunscreen can present a significant danger, for example, women at high risk of breast cancer or those with a history of this tumor with positive estrogen receptor," have stressed the scientists.

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They have shown that DNA damage in estrogen receptor-bearing mammary cells occurs at concentrations that are 1/10 to 1/30 of those required to stimulate proliferation or gene expression. “It is not toxic unless the cells have estrogen receptors. Therefore, it is acting through the estrogen receptor to create this damage. There are no consequences if you test it in other cells ”, they have settled. www.sciencedaily.com/.../200115090957.htm (2020). ehp.niehs.nih.gov/.../EHP5221 (2020)

Sunlight has different wavelengths of light, including UV-A, UV-B, UV-C, and other radiation. Most cosmetic products have absorption maxima (λmax) in the UV-R and visible light range. Effect of light-induced photosensitization of cosmetic products, which results in the production of free radicals through type I and type II photosensitization mechanisms. Free radical mediated DNA damage and oxidative stress are common consequences of cosmetic phototoxicity.

Cosmetic phototoxicity can include percutaneous absorption, skin irritation, eye irritation, photosensitization, mutagenicity, and genotoxicity. Oxidative stress induces membrane lipid peroxidation, glycoxidation, and covalent modifications of proteins, resulting in their dysfunction. More focused and dedicated research is warranted to explore the effects of cosmetics on oxidative stress, glucoxidation of biomolecules and accumulation of photoproducts for their total human safety. agriculture, sports, etc.
www.mdpi.com/.../htm (2021)

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The association between the duration of cosmetic use and the serum level of lead and cadmium can cause serious health problems for women at an early age and their fetus or children through the placenta and breast milk.
link.springer.com/.../s11356-020-11618-x (2021) Considering the use of face masks and coverings becomes standard practice in public spaces, during the current pandemic and possibly extended into the post-pandemic era, the aggravated risk of inhaling breathable hazards from non-rinsing facial beauty products warrants further studies and safety evaluations
papers.ssrn.com/.../papers.cfm (2021)

Mark as Spam | Posted On 11/3/2021 12:02:52 PM

Like Dislike

Robert from Alberta Canada

Joined On 1/6/2007 6:51:17 AM

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Final Solution: Australian Military Training For Door To Door Forced Vaccinations – 5 hours ago
www.bitchute.com/.../zgsW2s4bEINY KILLOLOGY, (n): The scholarly study of the destructive act, just as sexology is the scholarly study of the procreative act [and engineered full spectrum including EDC warfare – there are no accidents or permanent multi-coincidence(s) in critical I.Q. theory]. In particular, killology focuses on the reactions of healthy people in killing circumstances (such as police and military and civilians/insurgents/belligerents in combat) and the factors that enable and restrain killing in these situations. https://www.killology.com/ ~ www.henrymakow.com/.../Dees-forced-vacs.jpg

Dr. Naomi Wolf – JEN PSAKI ! – ITS ABOUT TO GET NASTY THEY ARE COMING TO YOUR DOOR ! [the NWO will look different in different parts of the world as it’s being implemented] www.bitchute.com/.../7CeUG8CJhHJE When They Knock on Your Door… | NC Renegades ncrenegade.com/98073-2 Bill Gates' Decade of Vaccines [Corbett]
www.howestreet.com/.../bill-gates-decade-of-vaccines The Chekist (1992) – YouTube www.youtube.com/watch

They just re-introduced Fluoride [EDC] back into the Calgary water for a reason… [there are no accidents or permanent multi-coincidence(s) in critical I.Q. theory] en.wikipedia.org/.../Insurgency ~ en.wikipedia.org/.../Belligerent ~ dailyclout.io/our-story ~ dailyclout.io/five-freedoms-world-wide-walk-outs-will-be-live-streamed.. [Today Nov. 3] ~ https://electroverse.net

Mark as Spam | Posted On 11/3/2021 2:32:00 PM

Like Dislike

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danceswthwords

Joined On 7/16/2012 7:19:40 PM

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This is the first time I'm reading about phthalate syndrome coverage on a popular site. It's long been known in environmental circles that phthalates are affecting sexual development in human offspring. I personally believe it's connected to the explosion we're seeing in gender identity issues. "Phthalates block the male hormone testosterone that baby boys in utero need to be able to fully develop as male. Studies have also shown that prenatal exposure to phthalates can also harm the healthy development of female reproductive systems and the behaviors, IQs and learning abilities of both boys and girls." Source: hbbf.org/blog/2017-03/phthalates-and-your-babys-brain-and-gender-devel..

I think nobody wants to touch the issue of gender identity disruptions as pathology because this could be used to reduce the rights of those affected. However, the same is true of the Autism community (my son is afflicted). Recognizing the condition as a result of patholigy does not mean the person isn't just as deserving of equal rights and participation, nor that they should feel less than or be forced to conform to something they are not. Normalizing the disrupted health of human offspring, however, seems very dangerous to me.

I hope there are others who might contribute more to this conversation going forward. It's such an emotionally charged issue. Thank you for another exceptional article, Dr. Mercola! My name is Nonie De Long and I work in orthomolecular nutrition. I specialize in holistic mental healthcare. I offer sliding scale services and barter. Find me online at hopenotdope.ca if you know someone who needs help. We need to take care of one another during these difficult times! Namaste!

Reply | Mark as Spam | Posted On 11/3/2021 9:00:33 AM

Like Dislike

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kanajelly

Joined On 5/21/2018 10:29:35 AM

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I agree Nonie, years ago I read somewhere that exact info that perfume is partly responsible for gender dysphoria occurring today

Mark as Spam | Posted On 11/3/2021 12:30:31 PM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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Thanks danceswthwords. Some articles on the Phthalates. Other endocrine disrupting chemicals, can alter homeostasis and the action of hormones and signaling molecules, causing adverse health outcomes. This is especially true for babies, who are more exposed and more sensitive to its effects. Phthalates are particularly harmful when exposure occurs during certain critical developmental time windows, such as the prenatal and early postnatal phases. Phthalates can also interfere with neuroendocrine systems (eg, thyroid hormone signaling or metabolism), causing disruption of neuronal differentiation and maturation, increasing the risk of behavioral and cognitive disorders (ADHD and autistic behaviors, reduced mental, psychomotor and IQ development, and emotional problems) www.mdpi.com/.../htm (2021)

In a nationally representative sample, phthalate exposures were associated with all-cause and cardiovascular mortality, with societal costs approximating $39 billion/year or more. www.sciencedirect.com/science/article/abs/pii/S0269749121016031 (2021) PHTHALATES EXPOSURE IS ASSOCIATED WITH NON-ALCOHOLIC FATTY LIVER DISEASE AMONG US ADULTS www.sciencedirect.com/.../S0147651321007776 (2021)

Mark as Spam | Posted On 11/3/2021 1:05:10 PM

Like Dislike

Guillermou

Joined On 4/7/2015 8:47:48 AM

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EXPOSURE TO PHTHALATES AND ENVIRONMENTAL PHENOLS IN ASSOCIATION WITH CHRONIC KIDNEY DISEASE (CKD) AMONG THE GENERAL US . https://www.sciencedirect.com/science/article/abs/pii/S004896972103414.. (2021) EXPOSURE TO PHTHALATES AND CARDIOVASCULAR DISEASES WITH TYPE 2 DIABETE assets.researchsquare.com/files/rs-226068/v1/79169a93-b171-404b-b5a9-a.. (2021) RESEARCH PROGRESS ON ASSOCIATION BETWEEN EARLY-LIFE EXPOSURE TO PHTHALATES AND CHILDHOOD ASTHMA. www.jelsciences.com/.../jbres1298.pdf (2021)

EXPOSURE TO PHTHALATES AND ENVIRONMENTAL PHENOLS IN ASSOCIATION WITH CHRONIC KIDNEY DISEASE (CKD) AMONG THE GENERAL US . www.sciencedirect.com/science/article/abs/pii/S0048969721034148 (2021) EXPOSURE TO PHTHALATES AND CARDIOVASCULAR DISEASES WITH TYPE 2 DIABETES assets.researchsquare.com/files/rs-226068/v1/79169a93-b171-404b-b5a9-a.. (2021) RESEARCH PROGRESS ON ASSOCIATION BETWEEN EARLY-LIFE EXPOSURE TO PHTHALATES AND CHILDHOOD ASTHMA. www.jelsciences.com/.../jbres1298.pdf (2021)

Mark as Spam | Posted On 11/3/2021 1:05:31 PM

Like Dislike

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junieb

Joined On 9/22/2009 9:22:04 PM

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Thank you Nonie. hopenotdope.ca Got it! I did notice you don't mention parasite issues in your blog. That can be the cause of bloating. But I will check it out more. Thank you!

Mark as Spam | Posted On 11/3/2021 1:28:02 PM

Like Dislike

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kanajelly

Joined On 5/21/2018 10:29:35 AM

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I don't like going for a walk in the evening in my neighbourhood because the air is full of disgusting perfume smells from everyone's dryer vent. It's disgusting, not to mention the chemicals left in their clothes they wear daily. How unhealthy.

Reply | Mark as Spam | Posted On 11/3/2021 12:10:21 PM

Like Dislike

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forbiddenhealing

Joined On 2/21/2011 9:51:43 AM

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And eunuchs are more docile and obedient, so plastics are a bonus to the general emasculation narrative and dis-empowerment of virile men and the profitability of fertility clinics. I'm shocked by the amt of plastics I throw out, the heat-gathering effects on oceans and feminized fish, yet I can't imagine a world without em.

Reply | Mark as Spam | Posted On 11/3/2021 8:41:52 AM

Like Dislike

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grulla

Joined On 1/17/2012 8:03:55 AM

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"I'm shocked by the amt of plastics I throw out..." What, no recycle center closeby? Up until a couple years ago, our county landfill had separate recycle bins for plastics, glass, metal cans, and corrugated. Then recently, they gave up collecting plastics and glass, so this past year, a non-profit recycle outfit sprung into action collecting only #1,2,&5 plastics, (as well as corrugated, glass, and tin and aluminum cans), as they could not find a buyer for the other four plastics; #s 3,4,6,&7. Then this past summer, things changed for the better, and now they will accept all plastics provided they are numbered 1-7. It will be interesting to see how Dutch engineer, Boyan Slat, succeeds in gathering up all that plastic ocean pollution.
recyclinginternational.com/plastics/boyan-slats-ocean-clean-up-ready-t..

Mark as Spam | Posted On 11/3/2021 3:04:18 PM

Like Dislike

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junieb

Joined On 9/22/2009 9:22:04 PM

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So is anyone going to offer solutions? As in day to day?

Reply | Mark as Spam | Posted On 11/3/2021 1:33:06 PM

Like Dislike

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jdistefano

Joined On 7/21/2021 11:41:57 AM

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Add know the possible side effects of the GT injections.

Reply | Mark as Spam | Posted On 11/3/2021 1:31:22 PM

Like Dislike

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junieb

Joined On 9/22/2009 9:22:04 PM

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But what to do about it? A YT video I saw, the doctor said avoid scented items, plastic items in microwave, use glass whenever possible in anything. Don't microwave in plastic.

Reply | Mark as Spam | Posted On 11/3/2021 12:48:30 PM

Like Dislike

Horsea

Joined On 5/7/2007 4:05:34 PM

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It is obvious (at least to me) that we can't avoid even a fraction of these hormone disrupting poisons. What we can do, however, is eat as pure a diet as possible and use herbs and other methods to detoxify. I know, I know, SOME say not to use essential oil of lavender internally, but have a look at what Paul Pitchford, author of Healing With Whole Foods: Asian Traditions and Modern Nutrition, has to say about its careful use. It began the turnaround for me with certain health issues.

Reply | Mark as Spam | Posted On 11/3/2021 12:48:11 PM

Like Dislike

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junieb

Joined On 9/22/2009 9:22:04 PM

Add as Friend | Send Message

What began the turnaround for you?

Mark as Spam | Posted On 11/3/2021 12:49:10 PM

Like Dislike

Horsea

Joined On 5/7/2007 4:05:34 PM

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@JunieB. The careful use of organic essential lavender oil brought about a shift in my body. But it is 2 steps forward/1 step back, over time. You give your body a rest between doses. This is one almighty cleanser of old unhealthy oils clogging the liver (that is what Pitchford says, and I believe him.) You don't just mindlessly dose yourself with this stuff. It is very, very strong. Best of health to you, junieB.

Mark as Spam | Posted On 11/3/2021 12:59:08 PM

Like Dislike

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dividingcricker

Joined On 2/25/2012 10:40:20 AM

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Maybe this is why we have no BALLS to stand up against this Vaccine crap....

Reply | Mark as Spam | Posted On 11/3/2021 10:29:49 AM

Like Dislike

Joe_Below

Joined On 3/17/2020 11:04:08 PM

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Vaccines, fluoridation, RF radiation, chemtrails, LGBT agenda.. all of it.. all designed for population reduction.

Reply | Mark as Spam | Posted On 11/3/2021 8:27:16 AM

Like Dislike

Horsea

Joined On 5/7/2007 4:05:34 PM

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@Joe-Below. Well, even our evil manipulators use, or are exposed to, those things.

Mark as Spam | Posted On 11/3/2021 12:49:28 PM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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Another share of important tidbits, this time from Wendy Myers about cheap shampoo - 3 Bad Ingredients Hiding In Shampoo: WORST Toxic Shampoo Ingredients to Avoid! www.youtube.com/watch

Reply | Mark as Spam | Posted On 11/3/2021 8:18:01 AM

Like Dislike

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kanajelly

Joined On 5/21/2018 10:29:35 AM

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I remember before entering junior high all the commercials and propaganda pushing the need for deodorant and to start shaving. Every year the drug stores used to sell a back to school kit promoting the use of this garbage. Making a young person feel that in order to be a grown up we must issue these items daily. Well I don't use deodorants and I don't stink, I believe they change our chemical composition and cause the smell factor. And shampoo well the best thing for your hair is an apple cider vinegar rinse and maybe a clay wash now and then and guess what I have long hair and it's not greasy or dirty. A little Argan oil to moisten dry ends when needed. My mom on the other hand used shampoo daily and her hair was on the greasy side all the time almost like shampooing made it worse.

Mark as Spam | Posted On 11/3/2021 12:52:14 PM

Like Dislike

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rrealrose

Joined On 11/10/2011 8:59:01 AM

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kana, Wendy Meyers is one of the best teachers about toxicity, because she has experienced it personally, and had to do a major amount of work to turn it around in her own body...Too bad you failed to pay attention.

Mark as Spam | Posted On 11/3/2021 4:18:19 PM

Like Dislike

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chi49397

Joined On 1/7/2016 5:11:27 AM

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Just another aspect of the eugenics program

Reply | Mark as Spam | Posted On 11/3/2021 6:30:05 AM

Like Dislike

Stephjask

Joined On 10/23/2015 8:00:54 AM

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All is grist to the Big Pharma mill.

Reply | Mark as Spam | Posted On 11/3/2021 3:30:54 AM

Like Dislike

BlueQuasilica

Joined On 1/9/2016 9:34:17 AM

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Good day to all. The 25-minute video embedded above is really worth watching even if this is both an animated and/or discussion between Dr. Swan and After Skool. You could get an idea and a glimpse of the prevalent pollution posed by phthalates and BPAs in our environment and food supplies that ultimately led to the long-term effects it had on our bodies over the past decades.

Reply | Mark as Spam | Posted On 11/3/2021 3:17:59 AM

Like Dislike

Horsea

Joined On 5/7/2007 4:05:34 PM

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Thank you for this article. Disturbing, but it is necessary information. PS. The cartoon at the top of the page is hilarious.

Reply | Mark as Spam | Posted On 11/3/2021 3:11:57 AM

Like Dislike

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