

A Lifetime of Toxic Buildup



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Did you know that common hygiene and beauty products can manipulate hormones and the immune response? Phthalates found in nail polish, cosmetics, plastic storage containers for food, and plastic blinds can all leach into the air we breathe, wearing our immune systems down and inhibiting brain growth. We have never been exposed to the number of toxins that exist in the world today. According to the EPA there are over 100,000 toxic chemicals in our environment. Additives in food, heavy metals in fish, mercury in fillings, and toxins from plastic can all cross the blood-brain barrier entering into our central nervous system. These toxins stay within our cells and accumulate in the fatty tissues to produce negative side effects such as gut problems, brain fog, inflammation, chronic fatigue, thyroid issues,

increased susceptibility to infectious diseases, and many more. Due to the toxins accumulated throughout the lifetime of mothers, even babies are born with hundreds of chemicals circulating in their bloodstream decreasing longevity and quality of life. Significant associations are seen with perceptual reasoning, working memory, and processing speed.

In order to support the body's removal of these harmful toxins and rebalance hormone levels, it is important to first consider the food and beverages we consume and cosmetic products we apply to our bodies.

- Eliminate products with high levels of toxic chemicals such as BPA, phthalates, and parabens.
- Consider the quality of the water and air we breathe. Water filtration systems aid in the removal of toxic chemicals from our water supply.
- Stay well hydrated to flush out as many toxins as possible.
- “Sweating it out” through exercise, saunas, and steam rooms can also stimulate the release of built-up toxins.
- Medicinal herbs and spices such as ginger root, garlic, cilantro, oregano, bitter greens, turmeric, curcumin, and milk thistle have shown

natural detoxification, anti-inflammatory, anti-microbial, and anti-fungal properties.

Sources:

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