



### What can you do to help yourself?

- There are 3,900 brands of insecticide, herbicide and fungicide which are approved for use in the UK and some fruit and vegetables are sprayed as many as ten times before they reach the supermarket shelves. What's the answer? Buy as much organic as you can afford. If not then wash and peel non-organic fruit and vegetables before using.
- Avoid, as far as possible, food and drinks in plastic containers or wrapped in plastic. Don't store any fatty foods (such as cheese or meat) in plastic wrap. Because xenoestrogens are lipophilic (fat-loving) they will tend to migrate into foods with a high fat content. Remove food from plastic packaging as soon as possible.
- Reduce your intake of saturated fats. There are two reasons for this. First of all, you will lay down fat stores that will present a welcome home for xenoestrogens, and secondly, the fat you take in is likely to contain xenoestrogens from the animal's environment.
- Do not heat food in plastic especially in a microwave oven.
- Increase your intake of fibre, which helps to prevent the absorption of oestrogenic chemicals into your bloodstream.
- Eat more cruciferous vegetables, such as broccoli, Brussels sprouts, cabbage and cauliflower. These are high in a substance called 'indole-3-carbinol', which helps to prevent toxic oestrogen from being absorbed in your body, while at the same time encouraging its elimination.
- It is especially important to make sure you are getting enough antioxidants in your diet, and the best way to do this is to eat lots of antioxidant rich fruits and vegetables. Antioxidants are protective substances that patrol your body, mopping up toxins. Research has shown how powerful they can be in the removal of toxins from the body. For instance, the antioxidants vitamin A, E, and C and zinc and selenium all have powerful detoxifying effects.
- Eat a wide variety of fruits and vegetables as specific pesticides are used for specific crops and you'll avoid eating too much of a given pesticide.
- Eat phytoestrogens, such as soya, chickpeas and lentils, which can reduce the toxic forms of oestrogen in your body.
- Avoid using pesticides in the garden and flea sprays
- Buy 'natural' cleaning products for your home, to re-

duce the number of potentially xenoestrogenic chemicals in your household.

- Use natural toiletries e.g. organic sanitary products, deodorants and skin creams – in particular, anything that is rubbed into your skin especially around your breast
- Other research has raised questions about the safety of cling film made of a type of plastic called polyvinyl chloride (PVC). Use cling film made of polyethylene or use paper instead.

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