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## **Environmental Toxins: Everyday Hormones Are Putting Your Health - and That of Your Children - in Peril**

**JACKSONVILLE BEACH, Fla. (August 13, 2010)** – It is widely acknowledged that the use of hormones in beef, poultry, and dairy production puts consumers at risk for potential health effects including early onset of puberty and cancer. However, most consumers are unaware of the health risks concerning environmental hormones of which we inadvertently come in contact with on a weekly, if not daily basis. Chronic exposure to environmental hormones such as estrogen, fuel cell growth and is a precursor for hormone-dependent cancers. C.W. Randolph, Jr., M.D., R.Ph., a nationally-recognized medical pioneer in treating hormone health issues for both men and women, stresses awareness of these inconspicuous forms of foreign estrogens.

“People living in the United States and in Western Europe have been found to have much higher estrogen levels at much younger ages than people living in less industrialized countries,” reports Randolph. “Many experts link these high levels of estrogen to environmental exposure. Although most of our exposure to xenoestrogens, “foreign estrogens,” comes in small amounts, the problem is that most of us are exposed to tiny doses every day, which has a dangerous, cumulative effect.”

A synthetic form of estrogen and controversial chemical, BPA or “bisphenol-A” has garnered recent headlines for being harmful to your health. A new study by the Environmental Working Group found that U.S. consumers are regularly exposed to BPA by handling paper receipts collected from supermarkets, automated tellers machines, gas stations and chain stores. Inadvertent exposure can come from throwing a receipt in a bag of food or in your purse next to a baby pacifier. Recent research suggests that low doses of BPA can cause a range of health effects, including reproductive problems, early puberty, prostate cancer and breast cancer.

“A growing number of researchers are concerned about hormone-disrupting chemicals in the environment,” comments Randolph. “Earlier this year, the FDA expressed concern and lawmakers on the local, state, and federal levels have moved to ban BPA from food and beverage containers made for infants and children.”

Unfortunately simply living in an industrial nation puts you at risk for exposure to environmental hormones. Thus it’s important to be aware of these substances and how they occur throughout our lives from food, air, water, soil, household products, etc.

- Meat and dairy products. In the United States most ranchers inject their cattle with synthetic steroid growth promoting hormones which have been linked to an increased risk for some cancers, as well as premature puberty in children.
- Pesticides. Chemical pesticides, herbicides, etc. are routinely applied to mass-produced fruits and vegetables. In addition to bug sprays, weed killers and pesticides in homes and yards.
- Plastics. Many plastics give off xenoestrogens when heated, whether purposely in a microwave oven or accidentally in a hot car.
- Petrochemicals and solvents. Many general hygiene products – skin cream, lotion, soap, perfume, room deodorizers – contain petrochemicals, acting like estrogen when introduced into

the body. Industrial solvents are another source found in cosmetics, finger nail polish and remover, glue, paint, cleaning products.

- Synthetic hormone replacement drugs and birth control pills. Drugs such as Premarin, Prempro, Femhrt, Menest, Ortho-Est, Activella, and many other brand names, as well as birth control pills are composed of synthetic estrogen or a synthetic estrogen and progestin combination.

Concludes Randolph: "In treating my patient's hormone health issues, I feel it is necessary to distinguish safe and natural hormones from those that are foreign and carcinogenic. Problems arise, however, when foreign estrogens and synthetic hormones are introduced into the body, interfering with natural hormone balance. Maintaining optimal hormone balance, no matter your age, is a critical step in maintaining a healthy future and quality of life.

### **Resources**

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### **About Randolph Medical Enterprises**

Randolph Medical Enterprises is a healthcare company defined by both an unrelenting attention to clinical excellence in the field of gynecology medicine and unparalleled passion and commitment to inform and empower not only our patients, but also women, men and medical professionals across America – about the safety and medically proven health benefits of bioidentical hormone replacement therapies (BHRT), vitamins and other nutritional supplements. Their mission is fulfilled through the company's four business entities; Dr. Randolph's Ageless and Wellness Medical Center, in-house compounding dispensary, Natural Medicine Store and Natural Hormone Institute.

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