



## THE SYSTEMIC HORMONAL DISRUPTION OF WOMEN

### (Alarming) Information:

**At birth** → Babies are born with plastic molecules in their blood that come to them from their mother's exposure to them in her environment, including what she eats, breathes and absorbs, including via the plastic bag that contains any IV fluids the mother receives in labour. ([Source](#))

**In childhood** (and ongoingly) → We are constantly exposed to endocrine disruptor chemical-laden food and the polluted environment. ([Source](#))

**From puberty and Menarche** → there is endemic use of synthetic hormonal contraceptives (The Pill, Depo-Provera injections, the 'rod', the 'ring', mirena IUD, etc) for acne, irregular cycles, pain, contraception, inconvenience...

**At Childbirth** → 'Routine' induction and augmentation (speeding up) of labour and 'active management' of the birth of the placenta (intramuscular injection of syntocinon, which is synthetic oxytocin which has none of the real 'hormone of love' effects) is the norm. Overriding the body's process is standard procedure, altering what works and inviting the 'cascade of intervention.'

Then **after birth** → Potentially another round of hormonal contraceptives (The Pill, Depo-Provera injections, the 'rod', the 'ring', mirena IUD, etc).

Until **Peri-Menopause** → With its hormone 'replacement' therapy, or 'bio-identical' hormone replacement therapy...

A lifetime of hormonal disruption...

### The Effects of Endocrine Disruption

The impact of all this is that these synthetic hormones are endocrine (system) disruptors. That means they **disturb** and **impede** the endocrine system, which "...consists of glands that release hormones.

Once released, hormones act as **chemical messengers**. They travel around the body, bind to target receptors on specific cells, and cause predictable cellular changes.

Endocrine disruptors (EDs) are interesting chemicals because they can mimic hormones. In doing so, they can bind to hormone receptors and:

- create a powerful response, even more powerful than the original hormone;
- create a less powerful response than the original hormone; or
- create a totally different response than the original hormone.

In the end, EDs can change hormone creation (synthesis), transport, binding, and breakdown.

And **even very small amounts can have an influence**. That's why EDs are often measured in ppt (parts per *trillion*).

Also, EDs are very stable. In other words, **they don't break down quickly**. This is why many manufacturers include them in products in the first place. Of course, it also means **they stick around** in water, air, soil, (and our bodies) for a long time.

Since our hormonal systems are critical to body function and health, when they're changed by EDs, potential outcomes include:

- oxidative stress
- altered testicular function and suppression of testosterone synthesis
- early onset of menarche
- sensory impairment and social problems (especially when exposed at early ages)
- altered conversion of cholesterol to steroid hormones
- promotion of obesity (by altering metabolism, fat cell signaling, glucose uptake, inflammation, and appetite)
- EDs stored in fat cells (the more body fat, the more EDs have likely been stored)
- altered onset of puberty
- disrupted immune function
- disrupted bone health, cardiac function, and mental status.

[\(Source\)](#)

Really!?

## **What the fuck are we doing?!**

There are so many hormonal disruptors already in our environment, we need to detox to retox!

Some women in modern Western culture may have never been, or perhaps hardly at all, living their lives and 'running' their body without chemically overriding its natural processes!

These Endocrine Disruptors or 'weapons of mass disruption' are harming women and many don't even realise that.

"Millions of healthy women take a powerful medication every day from their mid-teens to menopause – the Pill – but few know how this drug works or the potential side effects. Contrary to cultural myth, the birth control pill impacts on every organ and function of the body, and yet most women do not even think of it as a drug. Depression, anxiety, paranoia, rage, panic attacks – just a few of the effects of the Pill on half of the over 80% of women who pop these tablets during their lifetimes."

~ Holly Grigg-Spall (Source)

After going off hormonal contraception, many women report that they didn't realise how numb they were.

We can't control some of the sources of these endocrine disruptors, eg. environmental, but many we can. We can make choices regarding what we put in our body – do your research.

## **Dismantling the Cult of the Expert**

We need to personally, and collectively, return to valuing and respecting our body and our body's processes.

**Our bodies are us.**

## **We are our bodies.**

In rejecting our body, we reject ourselves, it's one in the same, even if you don't think that.

You may need medical hormonal support.

You may choose medical hormonal support.

And you owe to yourself to inform yourself of the **side-effects, risks** and **benefits** of medical hormonal support in your situation and then make an informed decision (just like for birth).

It's about taking responsibility for yourself, making your own decisions based on all the information, and by listening to your own body. No one else knows your body like you do.

This is how we dismantle the **Cult of the Expert**.

## **Wise Women Use Herbs**

There are many other ways to reduce symptoms than synthetic hormones. Wise woman ways using herbs is always a good place to start.

Susun Weed has a wonderful process to use as a guide when making these decisions.

She calls it the [\*\*Six Steps of Healing\*\*](#), a hierarchy based on the concept: "First do no harm."

Step 0 - Do Nothing

Step 1 - Collect Information

Step 2 - Engage the Energy (what is this telling me about myself and what I'm doing or not doing?)

Step 3 - Nourish and Tonify (through food, herbs etc)

Step 4 - Stimulate & Sedate (use medicinal herbs)

Step 5 - Use Drugs

Step 6 - Break & Enter (Surgery)

I give thanks for women, men and children reclaiming their health and wellbeing.

Best wishes and love,

xxx Jane