

Phthalates and Fertility = Poor Egg Quality and Early Menopause?

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<https://natural-fertility-prescription.com/phthalates-and-fertility-poor-egg-quality-early-menopause/>

If you've been using the NFP program then you already know about the dangerous link between phthalates and fertility. Recent studies have made the link between phthalates and infertility even more conclusive. Dr. Grindler who conducted the study said that phthalates can speed up menopause by 2.3 and 15 years! That means if menopause on average takes place around 51 some women could experience it already in their late 30s! Phthalates can predispose to poor egg quality, poor implantation rates and early menopause. A study by the European Society of Human Reproduction and Embryology found that phthalates are linked to implantation failure in couples undergoing IVF. If you've been trying to get pregnant naturally for some time and you know you are ovulating, your partner's sperm is healthy and you got the timing right, but no pregnancy takes place phthalates exposure may be to blame, predisposing you to implantation failure.

What are Phthalates?

They are plasticizers used to make plastic flexible. They are also xenoestrogens (substances which behave like estrogen once they get into your body) and endocrine disruptors which disrupt your hormones and predispose men and women to infertility, early menopause in women, low sperm counts in men, testicular atrophy and structural abnormality of the male reproductive system. In addition, they predispose to estrogen-dependent cancers in both men and women, asthma and eczema and rhinitis in children. They are hard to identify as they are often only referred to on the product labels as 'fragrance'.

Some Names Phthalates Go by on the Product Labels:

- BBP (benzyl butyl phthalate)
- DEP (diethyl phthalate)
- DIDP (diisodecyl phthalate)
- DINP (diisononyl phthalate)
- DMP (dimethyl phthalate)
- DEHP (di 2-ethylhexyl phthalate)
- DNOP (di-n-octyl phthalate)
- DBP (dibutyl phthalate)

Where are Phthalates Found?

- Perfume
- Air fresheners
- Eye shadow
- Moisturizers

- Nail polish
 - Liquid soap
 - Detergents
 - Hair spray
 - Makeup
 - Food containers
 - Cans
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- Personal care products
 - Children's toys
 - Pesticides
 - Solvents
 - Floor products
 - Textiles
 - Sex Toys made with 'jelly rubber'
 - Glues
 - Paint
 - Building materials
 - Food wrappers

10 Ways to Stay Away From Phthalates

1. Buy only natural personal care products - we recommend **Miessence**.
2. Avoid bottled water - only water bottled in glass is safe
3. Don't eat canned food and processed food wrapped in plastic
4. Buy phthalate-free makeup - use Miessence instead.
5. Avoid plastic containers to store your food - use glass ones only
6. Don't use plastic flooring and furniture that's been plasticized
7. Avoid commercial perfumes - use Miessence or natural oils
8. Don't buy plastic toys for your children and pets
9. Switch to natural household cleaning products
10. Avoid pesticides and buy organic whenever you can

While it may be difficult or even impossible to completely avoid phthalates, by all means, reduce your exposure to them as much as you can. Drop us a line on your thoughts about phthalates! Which phthalate-free products are you using?

References

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[2]EWG's Skin Deep® Cosmetics Database. (n.d.). Retrieved from: <http://www.ewg.org/skindeep/>

[3]Bornehag, C. G., Sundell, J., Weschler, C. J., Sigsgaard, T., Lundgren, B., Hasselgren, M., & Hägerhed-Engman, L. (2004). The association between asthma and allergic symptoms in children and phthalates in house dust: a nested case-control study. *Environmental health perspectives*, 112(14), 1393-1397. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1247566/>

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