Obesogens

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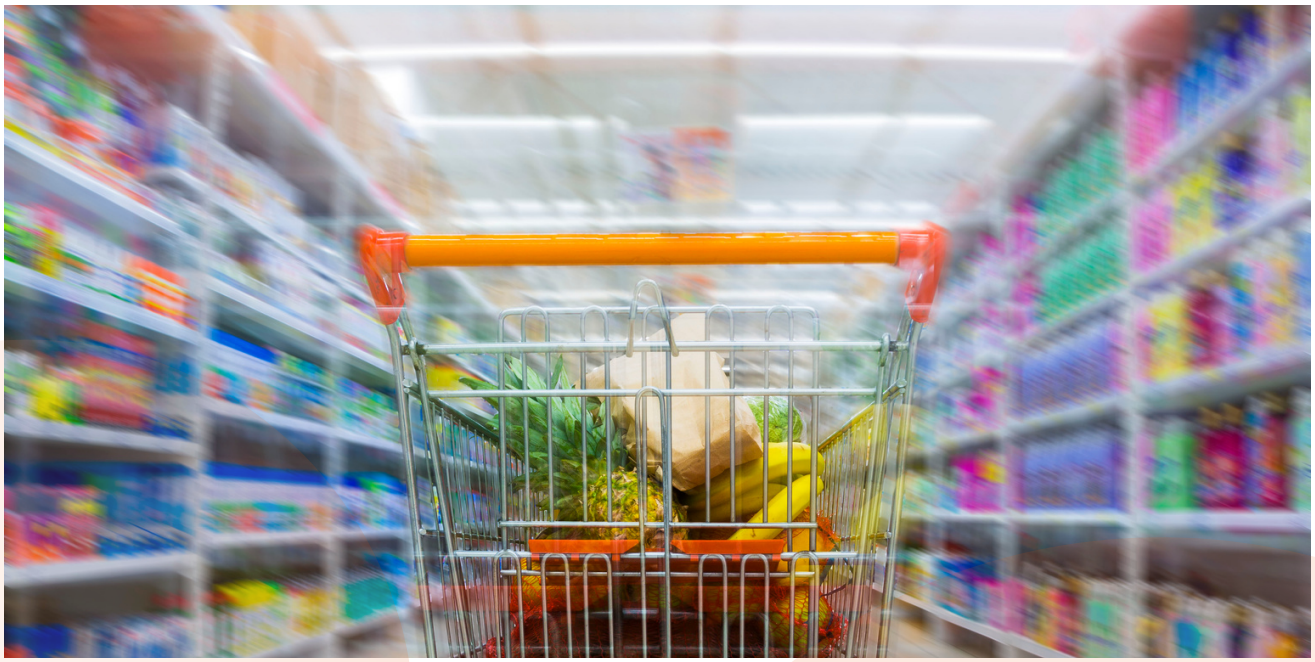
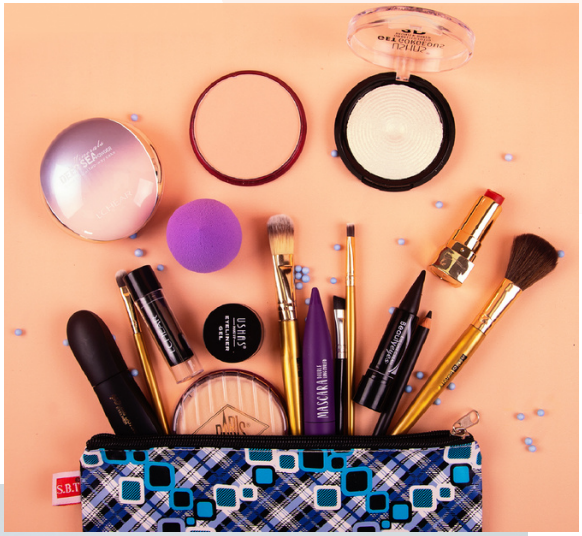


There are so many hidden poisons in our environment to look out for that directly affect our weight, some can even affect certain hormones and cause us to gain weight.

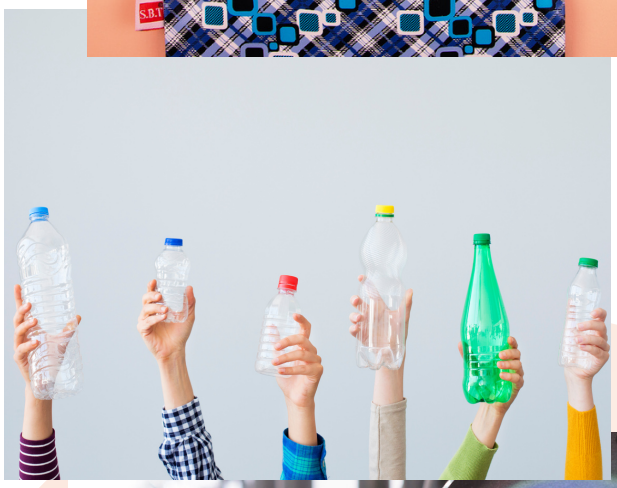
I guarantee you have never heard of an obesogen, and yet we are surrounded by these chemicals and use products that contain them multiple times per day.

What are Obesogens?

An obesogen is something that is found in our environment, in many different places. They are man made chemicals that contribute being obese.



Obesogens show up in our baby bottles/ water bottles, toys, cookware (non-stick teflon) , cosmetics, and plastics you put in the microwave.



All of these items we use everyday, give off chemicals that mimic estrogen in the body, and estrogen as we know is a fat STORAGE hormone.

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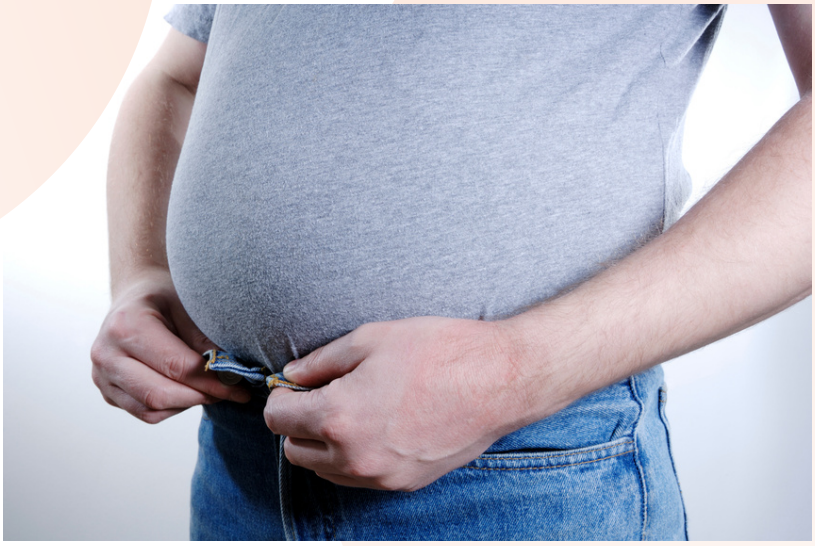
How do Obesogens work?

Obesogens cause weight gain by altering lipid homeostasis to promote adipogenesis and lipid accumulation, and this may occur by multiple mechanisms, including the following:

- Increasing the number of fat cells (adipocytes)
- Increasing the size of fat cells (adipocytes), storage of fat per cell, or both
- Altering endocrine pathways responsible for control of adipose tissue development
- Altering hormones that regulate appetite, satiety, and food preferences
- Altering basal metabolic rate
- Altering energy balance to favor storage of calories
- Altering insulin sensitivity and lipid metabolism in endocrine tissues such as pancreas, adipose tissue, liver, gastrointestinal tract, brain, and muscle



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Types of Obesogens

Scientists have identified quite a few chemicals that may be obesogens, but the research is not yet conclusive. Some of the substances are already prohibited because of health concerns. Others are commonly used in manufacturing, agriculture, and consumer goods.

- Phytoestrogens. Phytoestrogens are found in food products, including soybeans, lentils, and chickpeas.
- Organotins. These chemicals are fungicides. They are used in treating wood for building materials.
- Polycyclic aromatic hydrocarbons (PAHs). PAHs are byproducts caused by the burning of some types of fuel. They result in air pollution.
- Bisphenol A (BPA) . BPA and similar chemicals are used in plastics. They are found in food and beverage containers.
- Polybrominated diphenyl ethers (PBDEs). PBDEs are flame retardants. They are used to treat materials such as fabrics or furniture to make them less likely to catch fire.
- Phthalates. Phthalates are plasticizing agents. They are found in cosmetics, medicines, and paint.
- Parabens. Parabens are preservatives found in food, paper products, and medicines.
- Pesticides. Pesticides used in agricultural industries may have obesogenic effects.
- Alkylphenols. These are a type of surfactant and thickener that are used in many consumer goods, such as rubber or paint.
- There is evidence that some medications may have an obesogenic effect. Thiazolidinediones, atypical antipsychotics, antihistamines, and antidepressants may have effects that lead to weight gain or difficulty losing weight.

How to Detox Obesogens

There are certain foods to eat that will slowly detoxify the extra estrogen from your body. The hub of detoxification in the body is the liver, and the liver has the ability to detoxify the poison from our body and turn them into harmless particles.

The best way to get this estrogen detoxification process going is by using cruciferous vegetables.

The second best way is using probiotics - the more diversification you have in our microbiome the better you're able to deal with these poisons.

When we combine the cruciferous vegetables and probiotics, we get fermented vegetables! Just make sure you have fermented foods

If you'd like to dive deeper about obesogens, check out these resources:

https://www.webmd.com/diet/obesity/what-to-know-obesogens#2-5

https://www.sciencedirect.com/book/9780128011393/endocrine-disruption-and-human-health

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3279464/

https://www.webmd.com/diet/obesity/what-to-know-obesogens#1

https://www.sciencedirect.com/topics/neuroscience/obesogen

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