

The Creation Fertility Guide to Environmental Toxins and Fertility

Are you wanting to start a family? The first step includes Preparing your Body for Pregnancy. One of the considerations includes detoxing chemical environmental toxins. ***Most people do not realise that toxic metals, pesticides and chemicals commonly found in food packaging including plastics upholstery and carpets mimic the action of oestrogen and potentially damage women's fertility according to US scientists because they have been linked with infertility in animals.***

A study in 2005 reported that chemicals travel through the umbilical cord and reach the unborn baby. The study “revealed the presence of approximately 100 synthetic chemicals in the umbilical cords of newborns” Houlihan et al “Body Burden: The Pollution in Newborns”, Environmental Working Groups July 14, 2005

Toxin/Metal	Where and Reasoning	Alternative
Aluminum	Found in cookware, pressure cookers, kettles, teapots, cooking foil, some milk substitutes, salt, baking powder, some antacids. High levels can interfere with fluoride and phosphorus metabolism and weaken bones	Use glass wear for cooking or safe saucepans Baking paper instead of aluminium foil
Lead	Can be ingested in food and water. Contained in paint manufacture prior to 1960, and presently in city dust and traffic effluent	This is not the time to be renovating an old house! Take chlorella to support heavy metal detoxification or apply a prepare for pregnancy programme. Wear a mask to filter the environmental toxins
Cadmium	Found in cigarette smoking and prevents the uptake of zinc which is critical for reproductive health	STOP IT!
Copper	Whilst copper is an essential mineral in excess it has been implicated in some birth defects, toxemia during pregnancy and premature birth. It is present in contaminated water (copper pipes), copper jewellery, contraceptive coils, copper pans. Women's levels have been shown to increase after treatment with fertility drugs or use of the contraceptive pill.	Drink filtered water Avoid copper jewellery
Fluoride	Has the same effects as mercury. It is a hazardous substance and mercury has an affinity to it. It is found in dental products, pharmaceuticals, unleaded petrol, factory waste and some drinking water. Sodium fluoride is registered with the Environmental Protection Agency (EPA) in America as cockroach powder and rat poison. Since 1997 the EPA have indicated a causal link between fluoride, fluoridation and cancer, genetic damage, neurological impairment and bone pathology. It is particularly concerned with studies which link fluoride exposure to	Use a non fluoride based toothpaste – such as Kingfisher, Tom's, Aloe Vera or Neem toothpaste or “oil pull” using coconut oil. Drink filtered water

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	<p>lower IQ's in children</p> <p><i>Per fluorinated chemicals (PFCs) are used to make products like Teflon, as well as waterproof clothing, pesticides and upholstery. The study found that exposure to high levels of the chemicals, which can remain in the environment and the body for decades, could leave women struggling to get pregnant. (29.01.2009, News Infertility Network UK)</i></p>	
Mercury	<p>Found in some weed killers, dental fillings, tuna fish and shellfish, water contaminated by agriculture. High levels found in women and men have been linked with sub-fertility and increased risk of miscarriage. (http://www.flcv.com/fetaln.html) Mercury within dental fillings are not “locked in” and can permeate into the body, jaw and bones and travel to the brain along nerve pathways. Amalgam fillings create an electrical current with saliva which allows mercury to leech into the body through saliva, once there it is capable of changing the gut flora and creating antibiotic resistant bacteria.</p>	<p>Ask your dentist to check for mercury leakage. If you can't afford to have your mercury amalgams removed then ensure all new fillings are mercury free. A list of holistic dentists can be located from the British Society of Mercury-Free Dentistry. (http://mercuryfreedentistry.org.uk/) Consider Creation Fertility Prepare for Pregnancy Programme</p>
Hair Dyes	<p>It has been shown that very high doses of chemicals in hair dyes can cause problems. Black and dark brown colours appear to be associated with increased incidence in human cancers. Toxins include ammonia, petro-chemicals, SLS (sodium Laureth Sulfate), chlorine bleach. See The Environmental Working Group Studies at www.ewg.org</p>	<p>Avoid colouring hair or using hair processes and treatments that involve scalp contact when you are trying to conceive and within the first 12 weeks of pregnancy. If this is not possible then use natural hair dyes - see The Creation Fertility Guide to Skincare</p>
Toiletries and cleaning products	<p>Many use hazardous chemicals including petro-chemicals which can affect our immune system and find their way into the amniotic fluid during pregnancy which may increase toxic burden and the risk of allergies and intolerances.</p>	<p>There is an abundance of environmentally friendly products which can be purchased online or from the Supermarket these days. Make your own – see The Creation Fertility Guide to Cleaning and Creation Fertility Guide to Skincare, The Creation Fertility Guide to Geopathic Stress</p>

Justine's Recommended Products:

<http://www.homescents.co.uk> Eco friendly company supplying household cleaners, sprays, polishes and baby products to those who care about their health and the environment, www.ecover.co.uk, www.method.com or make your own – see **The Creation Fertility Guide to Cleaning**