

# Endocrine Disrupters

What are they & why do they matter?

CLEMSON  
RURAL HEALTH

CLEMSON UNIVERSITY  
Repro-Eco  
Tox Lab



When you hear endocrine, think hormones.

The Endocrine System produces over 50 hormones that control most of your body's functions.



The way your body transforms food into fuel.



Puberty, periods, pregnancy & menopause.



Signaling your body when its time to wind down.



Making us feel happy, sad or stressed.

Learn more ways to protect your health!



SCAN ME

Unfortunately, there are some chemicals in our food, beauty products, plastics and environment that mimic our hormones and trick our body's receptors.

We call them Endocrine Disrupting Chemicals, or EDCs for short.



While you can't avoid all EDCs, you can choose:



Glass containers to use in the microwave



Ceramic-coated pots and pans



Organic cotton pads and tampons



Unscented beauty and menstrual products



Organic fruits and vegetables

EDCs can effect your body in a few different ways:

- Brain Development
- Heart Disease
- Diabetes
- Pregnancy Complications
- Reproductive Health Issues
- Hormone Related Cancers
- Obesity

And, purchase products with these labels:

