



Bisphenols

The phenols, particularly bisphenol A (commonly known as BPA), are components of see-through plastics and can leach into food and water, especially when exposed to heat. They are associated with disrupting our hormones. Scientists call them EDCs (Endocrine Disrupting Chemicals) (1).

Phthalates

Phthalates are found in household items, personal care products, children's toys, oral medications and food wrapper linings. Researchers have linked phthalates to all kinds of disorders from behavioural issues through to metabolic syndrome through to reproductive issues (2).

Heavy metals

Heavy metals (lead, mercury, arsenic, cadmium and aluminium) get into our bodies from pesticides or water pipes for example. Once they're in, they accumulate and can disrupt vital organ function. They can also get in the way of our own essential minerals, stopping them from doing their jobs properly (3).

PAHs

PAH stands for polycyclic aromatic hydrocarbon. These are released into the air when a fuel is burned, ready for us to inhale. Cigarette smoke contains high levels of PAHs. They are also formed in meat during high temperature cooking such as grilling or frying. Many PAHs have carcinogenic properties (4) although evidence is only well-established in animal studies.

PCBs

The use of polychlorinated biphenyls was banned in the UK in 1981 but they continue to be present in our air, water and soil because they do not break down quickly.

References:

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