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Hormones, hormone-active chemicals and medications in water, in the air, in our food and in the environment act upon us every day. Especially already before birth. The Pharmaceutical Journal cites the study of a Canadian research team from spring 2022: "Thousands of molecules are suspected of disrupting hormone balance". A growing number of studies have shown that exposure to these environmental contaminants during pregnancy can lead to medium- and long-term health problems in both the mother and the fetus. The life phase of pregnancy is a time window with major physiological changes for mother and child. During this time of complex processes, both react sensitively to disruptions by external contaminants.

The Pharmaceutical Journal therefore recommends drinking tap water instead of water from plastic bottles. However, tap water without a highly effective water filter system, such as an osmosis filter, essentially goes "from the frying pan into the fire". Tap water generally contains less microplastic and plastic softeners (phthalates), but the Earth's water cycle is already so heavily contaminated that hormones cause problems even in the "most pristine" mountain lakes in Switzerland. 80-90% of the fish found there are now only female, which is why males must be added artificially on a regular basis. The journal German Pharmacist wrote on 26.05.2022 "It appears that not only the sex hormone system is affected. It has also been shown that plastic softeners (phthalates) act as adjuvants (potentiators) and in the presence of an allergen can also promote respiratory and inflammatory reactions." Some plastic softeners have already been banned as causative agents, but their poisons continue to exist in water and hundreds more are still in circulation.

In 2009, US researcher Kembra Howdshell established in a study: When pregnant test animals are exposed to the influence of plastic softeners, changes in hormone production in the testes occur in male fetuses. The testes produce less testosterone, which leads to a reduced

expression of masculinity. In a female fetus, the influence of phthalates reduces fertility. Kembra Howdshell received the 2019 F. Clarke Fraser Award for early-career researchers from the Society for Research and Prevention of Birth Defects.

Plasticizers are far from the only attack to which the hormone system is exposed. Through wastewater, residues of contraceptive pills, medication residues as well as hormones and medications from livestock farming, as well as microplastics and industrial chemicals are detectable in our bodies of water, of which there are more and more year after year. Neither the interaction of these substances has been researched nor their long-term effects.

Is there protection? Contamination through air, food, clothing and cosmetics can at best be limited. However, there is a reliable solution against the intake of hormone-altering substances in the case of drinking water. A professional reverse osmosis filter system can prevent the intake of these substances through water by virtually 100% and at the same time offers the advantage of supplying the body with cell-available water-the ideal cleansing and transport medium for your cells.

For more information on this topic, visit https://t.me/truuinfochannel

How do endocrine disruptors work?
https://pharmazeutische-zeitung.de/wie-wirken-endokrine-disruptoren-135930/seite/5?cHash=5fb6bd8f762045aa7fe5f907cf8

It's good.
to be truu.