How do hormones get into the highest mountain lakes in Switzerland?

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90-95% and more of the hormones ingested through contraceptive pills are fundamentally not absorbed by the body and end up in wastewater. Treatment plants, even in Germany, are not equipped to remove these substances; as a rule, they are not even monitored for. They thus end up in our tap water. In humans, this contamination of tap water can not only alter the subjective sense of gender in men and women and cause all sorts of confusion, physical changes to the body have also been proven.

Be sure to read further here how everyone can close one major entry gate of contamination

It's good.
to be truu.