

## **Toxins All Around the Town**

**Phthalates are chemicals used in the manufacture of plastics. Often they are called plasticizers and are used to prolong the life or increase the flexibility of some plastics. They are used in hundreds of other products such as vinyl flooring, detergents, food packaging, raincoats, automotive plastics, soap, shampoo, hair spray and nail polish, PVC items such as plastic bags, garden hoses, intravenous tubing, blood-storage containers, children's toys, pharmaceutical and pesticide products.**

**How are you exposed?**

- \* Drinking water from flexible squeeze bottles or any soft plastic.**
- \* Drinking water that has been contaminated.**
- \* Eating foods that have been stored or heated in plastic, where the phthalates have leached from the containers.**
- \* Medical treatments where equipment used is made of plastic, like IV tubing, blood transfusion, enteral nutrition feeding bags, umbilical artery catheters, or dialysis. (PVC – Di-ethylhexylphthalate or DEHP.**
- \* Carpet.**
- \* Food**
- \* Cosmetics**

**The Department of health & Human Services has issued a public health notification on July 12, 2002 for DEHP used in medical treatments.**

The EPA has set the Maximum Contaminant Level (MCL) to be 6 parts per billion (ppb).

What does it do to me? According to the EPA, when people are exposed to phthalates at levels above the MCL, even for short periods of time they are at potential risk of nausea, vertigo and gastrointestinal disturbances. Long-term exposure, above the MCL, has the potential to cause damage to the liver, testes, reproductive effects and cancer.

A study published in the *Biology of the Neonate*, November, 200; 78;269-276 and *Reproductive Toxicology* 2000 Nov 1; 14: 513-532. showed estrogenic effects on rats. I know we are not rats, however it's better to experiment on rats than humans. Some of the effects are increased liver weight in males, increased kidney weight in males and females, decreased weight of the ovaries and increased follicle-stimulating hormone in females. Decreased testosterone levels in males. In offspring genital development of the male fetuses was delayed, changes of the testes, and decreased serum concentrations of testosterone, were all found.

Think you haven't been exposed? Think again. In 1994 more than 17 million pounds of di-n-butyl phthalate were made. That's just one type of many. More recent tests have showed phthalates, in every person tested. They have been used as plasticizers since the 1930's.

They are fat-soluble, so they would tend to concentrate in fat materials like butter, cheese, and margarine. They would accumulate in body fat. They have the potential of becoming hormone disruptors in the body creating an estrogenic effect.

Ok, I know what you are thinking .... I am not planning on having any

more offspring! Remember this stuff has been out since the 1930's, you are an offspring!

What can I do ??? Limit your exposure to the above listed toxins as much as possible. Go on line to [www.nottoopretty.org/index.htm](http://www.nottoopretty.org/index.htm) and look at the list of cosmetics, perfumes etc. that have phthalate's. If you cannot find it, email me at [newsletter@drhorn.net](mailto:newsletter@drhorn.net) and I will send you a copy in adobe format. Polycarbonate bottles are less toxic and give you the versatility of plastic, without the breaking of glass.

It is not just phthalates that cause problems! I work with patients every day that have an all kinds of symptoms that may be the result of toxic overloads. Symptoms like, just not feeling right, muscle aches, pain, fatigue, brain fog, weight gain to total collapse. I do not advocate following all the toxic dump programs that are out there. Often these can be dangerous and cause even more serious problems.

I feel the best step to getting better is to stop getting worse. This should start with doing your best to avoid toxins. Next building up the body to better handle all types of stress, and gently detoxing. This approach will help to build reserves against toxins such as bacterial, viral, fungal and chemical toxins. We use blood and hair to help determine what areas of the body are under stress. The Comprehensive Nutritional Program is very controlled, very scientific, and effective. You may also be interested in a urine test that screens for xylene, toluene, benzene, trimethylbenzene, styrene, phthalate, and paraben. The urine test is now under \$200.00.

#### Trade Names and Synonyms for DI (2-Dthylhexyl) Phthalate

DEHP, BEHP, Dioctyl phthalate, Pittsburg PX-138, Platinol AH, RC Plasticizer DOP, Reomol D79P, Sicol 150, Staflex DOP, Truflex DOP, Vestionol AH, Vinicizer 80, Palatinol AH, Hercoflex 260, Kodaflex DOP,

**Mollan O, Nuoplaz DOP, Octoil, Eviplast**

**80, Fleximel, Flexol DOP, Good-rite GP264, Hatcol DOP, Ergoplast FDO, DAF 68, Bisoflex 81.**

**References: Check them out for more info.**

**[www.atsdr.cdc.gov/toxprofiles/phs135.html](http://www.atsdr.cdc.gov/toxprofiles/phs135.html)**

**[www.cfsan.fda.gov/%7Edms/cos-phth.html](http://www.cfsan.fda.gov/%7Edms/cos-phth.html)**

**[www.epa.gov/safewater/dwh/c-soc/phthalat.html](http://www.epa.gov/safewater/dwh/c-soc/phthalat.html)**

**[www.nottoopretty.org/index.htm](http://www.nottoopretty.org/index.htm)**

**<http://website.lineone.net/~mwarhurst/phthalates.html>**

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