



INTRODUCTION COURSE PART 2

Video 4 – Environment

In video 3, you learnt how easily stress can affect each of your Feisty 4 hormones.

In today's video I'm going to talk about the 3rd big influence on your hormones; your environment and the chemicals that you are being exposed to.

Our lives today are much more toxic than ever before. Some of the chemicals we are exposed to have been labelled Endocrine Disrupting Chemicals due to their ability to alter your hormones balance, sabotaging your fat loss efforts and draining your energy.

Some of them have even been labelled 'obesogens' – for their ability to promote obesity and fat storage!

These aren't chemicals in industrial factories, These are chemicals in the air, water, food and ordinary everyday products that you are probably using all the time, like pesticides, plastic water bottles, air fresheners, shampoo, deodorant, body lotion, make up, nail varnish, hair dye, sun cream and perfume. Not to mention your household cleaners and laundry products!

So let's have a look at how your environment can affect your Feisty 4 hormones.

1. **Cortisol** - Toxins are a stress on the body - and when the body feels threatened it stimulates the release of cortisol to keep it safe. We've heard how too much cortisol affects all your other hormones and can cause all sorts of symptoms.
2. **Insulin** - Studies have shown that exposure to EDC's can damage the cells in your pancreas that produce insulin, and actually disrupt the action of insulin itself, making your body more prone to storing fat instead of burning it and increasing the risk of Diabetes.
3. **Thyroid** - EDC's have been shown to impair your thyroid hormones - making your metabolism slow and therefore contributing to weight gain, fatigue, brain fog, anxiety, hair loss, digestive issues and many more.
4. **Oestrogen** - Many of these EDC's contain 'fake' oestrogens that act like our own oestrogen, attaching to our cell receptors and causing



disruption. Studies have linked EDC's with all sorts of hormone conditions such as early puberty, infertility, endometriosis, miscarriage, and oestrogen driven cancers.

Now I know what you're thinking! You can't live in a bubble, chemicals are everywhere, so how can you possibly avoid them?

You obviously can't avoid them completely. BUT There are lots of ways of minimising your exposure and I'll cover them very soon.

If you've got some time today, check out my free GIFTS below.