

These Man-Made Chemicals Can Keep You From Losing Weight

In 2006, a peer-reviewed study identified artificial chemicals that contributed to obesity. Those chemicals are known as obesogens. The Endocrine Society defines obesogens as foreign compounds that compromise the balance and development of lipid metabolism, often by disrupting endocrine function. In other words, these substances are affecting the body's ability to naturally burn fat.

Moreover, the average American home contains a handful of these constituents. Most aren't aware of the effects they could be causing. Since 2006, nearly 20 obesogens have been classified. The following three substances are well-known and commonly found in households.

Phthalates in Plastic

Have you ever wondered how plastics are made and what they are made of? The answer is Phthalates. In fact, a great deal of common household items contains Phthalates. Although these items aren't completely composed of Phthalates, this group of chemicals is added to plastics and other products in order to increase their longevity, as well as add flexibility and durability.

Phthalates have been found to increase weight gain. The journal of *Molecular and Cellular Endocrinology* published a study that identified phthalates as a potential trigger in the discomposing of a hormone receptor that contributes to lipid and carbohydrate metabolism. Although these chemicals may not be something that you directly consume, the exposure to the chemicals is what causes the risk. There are many products that contain Phthalates. Food containers, adhesives, lubricants, detergents, pharmaceutical pill coating and

cosmetic products all embody Phthalates.

Bisphenol A in Most Canned Foods

Another obesogen that is used to make food containers other than Phthalates is **Bisphenol A (BPA)**. BPA is considered an industrial chemical that is used to make certain plastics and resins.

BPA is used in polycarbonate plastics and epoxy resins. Polycarbonate plastics are used in containers that store food and beverages, such as water bottles and canned foods.

Epoxy resins are used to coat the inside of metal products, such as food cans, bottle tops and water supply lines. Some dental sealants and composites also may contain BPA.

The Journal of Steroid Biochemistry and Molecular Biology has found a discrepancy in the FDA's claim. In their study of BPA, it was discovered that this chemical has a vast impact on endocrine-related pathways. Their study also revealed that you might unwittingly expose yourself to more than a moderate amount of BPA. The chemical has potential to leak from containers and into edible substances such as food and drinks.

Perfluorooctanoic Acid in Nonstick Cookware

Nonstick cookware has become very popular in the kitchen. It makes the cooking and clean-up process easier, but there is an obesogen used to create the nonstick effect. Perfluorooctanoic Acid (PFOA) is the obesogen used to produce Teflon, which creates the nonstick effect on cookware.

Studies have shown that high exposure to PFOA could be related to certain disorders that are found in American adults. The *Environmental Health Perspectives* found that people diagnosed with thyroid disease and various cancers have an elevated level of PFOA in their system.

Boundaries

BPA, Phthalates, PF0A and the other identified and unidentified obesogens are all substances that are difficult to avoid in today's society. So it's best to your try and limit your amount of exposure to these toxins. Small things such as choosing glass containers, filtering your water, or choosing USDA organic foods are great steps in reducing your exposure to these toxins.

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