

How Endocrine-Disrupting Chemicals Exacerbate COVID-19

Age and preexisting health conditions are the two of the biggest factors that determine how susceptible you are to COVID-19. Auto-immune diseases reduce immunity. Diabetes, obesity, heart disease, and high blood pressure are all preexisting conditions that make you more susceptible to COVID-19.

Unfortunately, in today's environment, more and more young people are susceptible to these diseases than ever before. This can be credited to a number of factors, one of which is a large increase in endocrine-disrupting chemicals.

A huge body of research into a family of chemicals that alter hormone action, called endocrine-disrupting chemicals, has increasingly established them as significant contributors to the risk of these very diseases: diabetes, obesity, heart disease, high blood pressure, reduced immunity, and more.

Confronting the Chemicals That Are Worsening COVID-19 – Organic Consumers Association

Related: *Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*

A report was released in 2012 by the World Health Organization and the United Nations Environmental program showed that endocrine-disrupting chemicals are a global health threat. Studies have been published over the last 20 years linking these chemicals to the same health problems that exacerbate COVID-19. BPA's, PFOA's, and many different pesticides are among some of the chemicals that are pointed out in this research.

This will not be our last pandemic. Due to the environmental

implications of our lifestyle, the Earth will continue to release viruses as a biological defense. So how do we take better care of ourselves for the next pandemic, and for the future? An article by Organic Consumers talks about the importance of the FDA and the EPA regulating chemicals and better establishing what is safe and what isn't. Additionally, they point out the importance of producing materials that are safe in the next generation of materials produced for consumers.

First, regulatory agencies like the U.S. Food and Drug Administration and the Environmental Protection Agency need to use modern science to establish what is safe and what is not.

Second, we need the next generation of materials used in consumer products to be inherently safer than what we have today, because many of those products contain, and emit, endocrine-disrupting chemicals.

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Recommended: *How to Eliminate IBS, IBD, Leaky Gut*

On an individual level, the best thing you can do to protect yourself is to have a healthy gut through a healthy diet and lifestyle.

Source:

- *Confronting the Chemicals That Are Worsening COVID-19 - Organic Consumers*