New York Bill Would Ban BPA Replacements in Children's Products

BPA was banned from children's products in 2010. Now the New York Assembly is attempting to ban the chemicals brought in to replace BPA. The newly proposed ban would expand the number of bisphenols prohibited in children's items from one to seven, now including bisphenol AF (BPAF), bisphenol Z (BPZ), bisphenol S (BPS), bisphenol F (BPF), bisphenol AP (BPAP), and bisphenol B (BPB). Used to harden plastics, these chemicals have been shown in recent studies to exhibit the same or higher levels estrogenic risks as the already eliminated BPA. Michael Antoniou, a researcher at the Gene Expression and Therapy Group at King's College London and senior author of a study on BPA alternatives, says,

> *Industry is working to replace BPA because of health concerns – but all these alternatives are also estrogenic…The plastics manufacturing industry have turned to alternative bisphenols to produce their 'BPA-free' products, often with little toxicology testing…"*

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BPA and Hormones

BPA and its alternatives are frequently found in receipts, the lining of canned foods, and containers for food storage like water bottles. BPA has been linked to inflammatory bowel disease, cardiovascular disease, diabetes, breast and prostate cancer, and asthma, but it is most well-known for disrupting the endocrine system.

These chemicals do this by mimicking estrogen. They promote the growth of breast cancer cells. Researchers found that BFAP, BPB, and BPZ are better at mimicking estrogen than BPA. This leads to an increased activation of cancer genes in cells, especially cancers with a hormonal component to them. The people primarily affected by this proposed bill (young children) are more likely to develop breast, prostate, and testicular cancer later in life. Studies have also found higher levels of BPA to be a risk factor in early puberty and hormonal development.

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Part of You

More than ninety percent of Americans have bisphenols in our bodies. BPA and other endocrine disruptors are very stable and usually stay in the body for long periods of time. This begs the question, how do you get bisphenols out of the body?

You can’t avoid plastics in our modern world, but reducing plastic usage is a step in the right direction. Look for glass, metal, fabric, or other options whenever possible. Canned foods are another frequent source of these chemicals, so read the label on canned goods carefully, and look to see if the company mentions what the liner is made of. If it says specefically that it is BPA free that means it could be using other bisphenols. Invest in reusable, metal versions of items like razors to limit plastic exposure (better for us and the environment). Find a water filter that eliminates bisphenols from your water (we like the Berkey).

These tweaks limit your exposure to bisphenols, but if you live in the modern world you have to detoxify bisphenols from the body with a proper diet. This means eating lots of raw vegetables and having internal organs, especially the gut, in good working order. Check out *How to Detox From Plastics and*

Other Endocrine Disruptors.

Sources:

- *New York State Looks to Expand BPA Ban to Substitution* Chemicals – Organic Consumers
- *BPA-free? Substitutions mimic hormones in breast cancer cells.* – Environmental Health News
- *The role of Bisphenol A in shaping the brain, epigenome and behavior* – NCBI
- *Worldwide Statistics on Breast Cancer* – Medical News Today
- *Endocrine Disrupting Effects of BPA on Puberty and Estrogen Cycles* – Environmental Factor