

# Phthalates Can Impair Children's Brain Development

Research done by Project TENDR (Targeting Environmental Neuro-Developmental Risks) has shown that exposure to phthalates can be detrimental to children's neurological development.

The American Journal of Public Health published Project TENDR's peer-reviewed article where they've come to the conclusion that exposure to phthalates can impair brain development. The data showed an association between exposure to phthalates and an increased risk of learning, attention, and behavioral disorders. More than 30 studies from 11 different countries have shown similar results.

Recent data showed that 90% of those tested in Norway had plasticizers in their urine. Another study showed that children born from mothers in the highest quintile of urinary phthalate levels during their second trimester were three times more likely to be diagnosed with ADHD compared to children with mothers in the lowest quintile.

Phthalates are commonly found in food packaging and equipment for food production, as well as cosmetic products. Because they are so common in cosmetics, women are often exposed to higher levels of phthalates than men.

*The mechanisms behind phthalates' harms are varied, but the chemicals are known to disrupt organization and function of the hypothalamic-pituitary-gonadal axis, the system responsible for the management of stress and involved in the regulation of immune function and metabolic homeostasis. They may also inhibit fetal testosterone production and may also have antiestrogenic effects, which could have repercussions for brain plasticity.*

*Phthalates Are Damaging Babies' Brains*

To reduce your exposure to phthalates, avoid plastic products as much as possible and eat a diet that aids in detoxification, with lots of salads and cranberry lemonade.