



THE FASTING PODCAST **WOW**: EPISODE 118 – OBESOGENS AFFECT WEIGHT & FASTING

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The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



**EP 118: OBESOGENS
Affect Weight & Fasting**

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What are Obesogens?

- Man-made chemicals that can interfere with how the body works including handling of fat, appetite, fertility, health, fasting results
- Obesogens are found in food, food containers & wraps, non-stick cookware, plastic drinking bottles, personal products like shampoo, clothing e.g. flame-retardant, certain carpets, cigarette smoke, and our polluted air and polluted water
- Obesogens are a subset of hormone-disrupting chemicals
- There are over 20 obesogens, with terminology coined in 2006
- Obesogens increase one's susceptibility/sensitivity to weight gain
- They promote obesity by altering the programming of fat cell development, increasing energy storage in fat tissue, & interfering with neuroendocrine control of appetite and satiety/fullness
- They can also increase effects of high-fat/sugar diets
- Linked to terminology "xenoestrogen" and risk of abnormal cells



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Some Types of Obesogens

- **Phthalates** – chemicals added to plastics for flexibility & longevity (cosmetics, food, toys, food containers, sunscreens, detergents... Estimated 75% Americans have detectable levels
- **Bisphenol A (BPA)** – chemicals in plastic bottles & dinnerware, toys, dental sealants, beer kegs, metal coffee cans, cooking oil bottles, aluminum beverages cans... - linked to inflammatory conditions, fertility issues, vit D deficiency, obesity, diabetes, delayed puberty...
- **Polychlorinated Biphenyls (PCBs)** – in drinking water, some fish, food crops, paper, paints, plastic/rubber products – linked to obesity, insulin resistance, type 2 diabetes, metabolic syndrome...
- **Atrazine (ATZ)** – 2nd most used herbicide in USA, it sticks to crops, soil, surface water at unsafe levels = linked to hormonal changes that can lead to serious developmental, reproductive, immune, neuro issues, insulin resistance, obesity...
- **Tributyltin (TBT)** - contaminates water supply since it is used in boat paint/fishnet = may affect fat processes & signal stem cells to turn into fat cells



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Some Types of Obesogens




- **Perfluorooctanoic Acid (PFOA)** – drinking water contaminant “likely to be carcinogenic in humans” by US EPA Science Advisory Board also linked to increased risk for childhood obesity and higher BMI
- **Parabens** – preservative in food, supplements, cosmetics, paper products, some medicines (also anti-depressants & anti-histamines may have obesogenic effect linked to weight gain & inability to lose weight
- **Polybrominated diphenyl ethers (PBDEs)** – flame retardants in fabric or furniture or clothing
- **Pesticides** – used in commercial farming with obesogenic effects
- Cigarette smoke – link between fetal development & obesity when exposed while in utero
- **Alkylphenols** - surfactant & thickener used in rubber, paint...



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Options to Consider

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- ✓ All natural and organic food, drink, personal items like shampoo, deodorant, cosmetics, cleaning agents, etc. (fragrance free)
 - ✓ Excellent water purification without depleting beneficial minerals
 - ✓ Drink from glass or stainless steel bottles or cups
 - ✓ Avoid plastic drinking bottles (water/soda)- filled with toxins
 - ✓ Excellent air purification that also addresses surfaces
 - ✓ Thoroughly clean fruits/veggies possibly using acidic water to clean
 - ✓ Don't store food or heat food in plastic
 - ✓ Use stainless steel cookware rather than non-stick typical Teflon-type
 - ✓ Choose carpets & furniture & clothing NOT flame or stain resistant
 - ✓ Periodically cleanse including option of an extended water fast - remove toxins/heavy metals & liver cleanse & organic cruciferous veggies like broccoli, cauliflower to help detox



Possible Next Steps



Check out our website: www.JPWOWPrograms.com

Please refer others to the podcast / youtube & give us a good Itunes review

For questions such as which supplement brands I prefer and quantities with timing and feedback, email Julie@JPWOWPrograms.com



Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

