

GET HEALTHY WITH HECTOR



# MICROPLASTICS

## The Invisible Threat to Your Health

You're eating a credit cards worth  
of plastic each week

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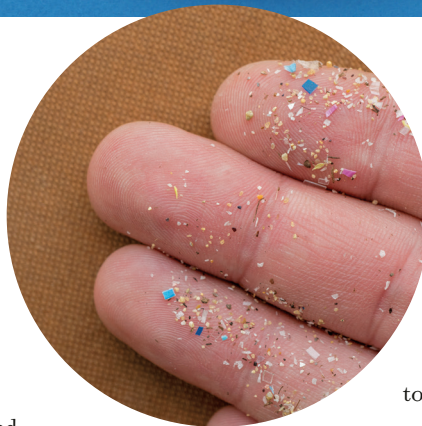
**IT SOUNDS UNBELIEVABLE**, but research shows that the average person consumes around 5 grams of microplastics per week—the equivalent of eating a credit card. These tiny plastic particles sneak into our bodies through drinking water (both bottled and tap), seafood, salt, and even vegetables.

### Plastic Reaches Even the Most Pristine Places on Earth

Imagine the Arctic—one of the last untouched wildernesses on Earth, a vast expanse of ice and beauty. Yet even here, scientists have found microplastics in the blubber of polar bears. Carried by ocean currents and flowing through the food chain, these plastic particles have infiltrated one of the most remote ecosystems on the planet, proving that no place—and no creature—is truly safe from plastic pollution.

### How Microplastics Disrupt Your Hormones and Metabolism

Microplastics don't just pass through the body—they act as endocrine disruptors, interfering with hormone regulation. Many microplastics contain chemicals like phthalates and bisphenols (such as BPA), which mimic or block natural hormones, leading to weight gain, metabolic disorders, and fertility issues. These chemicals can increase insulin resistance, making it harder for the body to regulate blood sugar and leading to a higher risk of diabetes. Additionally, studies suggest that microplastics may contribute to thyroid dysfunction, disrupting metabolism and energy balance. Changing estrogen and testosterone levels, microplastics have also been linked to infertility, early puberty, and hormone-related cancers. Chronic exposure may lead to systemic inflammation, further exacerbating obesity and heart disease risks.



### A Toxic Meal: What's Hiding in Your Food?

A study of 85 different foods found that only one was free of microplastics and phthalates, chemicals known for their endocrine-disrupting effects. The worst offenders? Fast food. The convenience of takeout may come with an unseen cost—plastic particles that disrupt hormones, affect liver function, and contribute to high cholesterol.

### Bottled Water & Plastic Containers:


#### A Daily Dose of Toxins?

Drinking from plastic bottles or heating food in plastic containers can increase exposure to endocrine disruptors. These chemicals interfere with the body's natural hormone balance, potentially leading to metabolic disorders, infertility, and chronic disease.

### How to Protect Yourself

- **Ditch the plastic:** Use glass or stainless steel for food and drink storage.
- **Never microwave plastic:** Heat releases more harmful chemicals.
- **Choose fresh, whole foods:** Avoid heavily processed, packaged meals.

Microplastics are everywhere—but with smart choices, you can reduce their impact on your health.

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