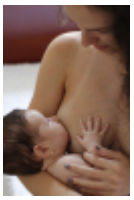
Are you breastfeeding toxins to your child ?

written by Pure Living | July 13, 2024



Toxic Chemicals in Breast Milk: A Threat to Fetal Development

A recent study published in Environmental Science & Technology has shed light on the alarming presence of toxic chemicals in breast milk, which can have devastating effects on fetal development. Researchers at the University of Texas at El Paso (UTEP) discovered that nanoplastics and per- and polyfluoroalkyl substances (PFAS) can alter the structure and function of proteins critical to human development, potentially impacting child development.

The study, titled "Toxic chemicals in breast milk: Nanoplastics and PFAS alter protein structure and function", found that exposure to these toxic chemicals can disrupt the normal functioning of proteins such as beta-lactoglobulin (BLG), alpha-lactalbumin, and myoglobin. These proteins play a crucial role in fetal development, and any alterations to their structure and function can have far-reaching consequences.

The presence of nanoplastics and PFAS in breast milk is a growing concern, as these chemicals are commonly found in consumer products, food packaging, and even in the

environment. The UTEP study highlights the need for immediate action to reduce exposure to these toxic chemicals, particularly for pregnant women and new mothers.

The impact of these chemicals on fetal development cannot be overstated. Exposure to nanoplastics and PFAS during pregnancy has been linked to a range of health problems, including:

- Neurodevelopmental delays
- Reproductive issues
- Cancer
- Immune system dysfunction

Given the potential risks, it is essential for pregnant women and new mothers to take steps to reduce their exposure to nanoplastics and PFAS. Remember that you can reduce your overall body burden of these chemical by avoidance and detoxification approaches. To be clear there is no way to completely eliminate these from our body or from being exposed inadvertently.

Action Steps:

1. **Avoid heating food in plastic containers**: When heating food, use glass or ceramic containers instead of plastic to reduce the risk of nanoplastic leaching.
2. **Choose PFAS-free products**: Opt for personal care products, such as shampoo and lotion, that are labeled as PFAS-free. This is rare currently however a number of manufactures have opted in removing these toxins.
3. **Use a water filter**: Install a water filter at home to reduce exposure to PFAS-contaminated water. See our article on this subject at: Less-Toxins in your Water
4. **Avoid non-stick cookware**: Replace non-stick cookware with stainless steel or cast iron alternatives to

reduce exposure to PFAS.

5. **Wash your hands frequently**: Regular handwashing can help reduce the transfer of nanoplastics and PFAS from contaminated surfaces to your body.
6. **Avoid microwaving in plastic**: Avoid microwaving food in plastic containers, as this can cause nanoplastic leaching.
7. **Choose organic produce**: Opt for organic produce to reduce exposure to PFAS-contaminated soil and water.
8. **Ditch the liners** that prevent your burgers and/or pizza from staining the box or your hands.

By taking these simple steps, pregnant women and new mothers can significantly reduce their exposure to nanoplastics and PFAS, protecting their health and the health of their children.

The UTEP study serves as a wake-up call for the need to address the presence of toxic chemicals in breast milk. It is essential that we take immediate action to reduce exposure to these chemicals and prioritize the health and well-being of our children as the impact is magnified for future generation in addition to the decline of function for our children. Consider also writing your elected representatives and making a point of purchasing wisely.

References:

- "Toxic chemicals in breast milk: Nanoplastics and PFAS alter protein structure and function" (Environmental Science & Technology, 2022)
- "Nanoplastics and PFAS in breast milk: A review of the evidence" (Environmental Health Perspectives, 2020)
- An environmentally relevant mixture of per- and polyfluoroalkyl substances (PFAS) impacts proliferation, steroid hormone synthesis, and gene transcription in primary human granulosa cells