

Homes Have Hormones, Too

(NAPS)—There's no place like home, and home is no place for "hormone disruptors." Scientists say that these are substances that can lurk in homes and create havoc with the body's hormones, affecting health, intelligence, fertility and even behavior.

An interesting new book, called *Hormone Deception* (Contemporary Books, \$24.95) by D. Lindsey Berkson, is the first prescriptive book on the subject that clearly lays it on the line. The book easily explains where "hormone disruptors" come from, and how they affect adults, children and the unborn.

Berkson's research clearly suggests "hormone disruptor" substances can be found in everyday foods and products. These "disruptors," she says, masquerade as hormones and deceive our delicate hormonal signaling system.

In the book, Berkson points out all the positive things people can do to protect their homes, select the safest foods and products, protect children's health and intelligence and make wise choices about hormone therapy.

Berkson's easy-to-follow, practical tips include: vacuuming frequently, wiping your feet on the doormat and using water filters.

Berkson also offers practical advice on avoiding exposure and on detoxifying. Charts of chemicals, a list of organization resources and a room-by-room tour of the potential hazards in a typical house are featured.

Based on scientific studies and communications with experts in



D. Lindsey Berkson

the field, Berkson explores areas such as:

- How bodies don't end at our skin anymore. Hormonal messages from outside the body may play a vital role in children's learning capabilities, susceptibility to cancers and overall health.
- Common foods and household products that have the highest and lowest amounts of hormone disruptors.
- Why scientists do not recommend using plastic containers or plastic cling wrap in a microwave when heating food.
- How best to prepare for pregnancy and breast-feeding and the link between hormone disruptors and male and female problems.

D. Lindsey Berkson is a consulting scholar at the Center for Bioenvironmental Research at Tulane and Xavier Universities.

Hormone Deception is available at book stores, or by calling 1-847-679-5500.

For more information, visit author Berkson's Web site at www.hormonedeception.com.

