



## **The Impact of Environmental Toxins on Women's Health. Clinical training by Lara Adler and Dr. Jessica Drummond**

Jessica D.: Hi, and welcome everyone. It's Jessica Drummond here from the Integrative Women's Health Institute, and I am thrilled to be here today with Lara Adler. She is a health coach who specializes in environmental toxicity and obviously, the lessening of people's individual environmental toxic loads on an individual basis and also, just a general population basis.

Jessica D.: Today, what we're going to talk about, which directly relates to all of our women's health patients is how the environmental toxin loads, estrogens and all other kinds of environmental chemicals, directly wreak hormonal havoc and influence really specific hormonal issues like PCOS and estrogen dominance. Lara, welcome.

Lara Adler: Thank you for having me back into your little community. Yeah, so this is a topic that dovetails like 100% with all of the work that your practitioners are doing, so I'm happy to come in, and teach, and teach them how they can really start to integrate this stuff into their practice because as they'll see, it's not only super relevant, but the consumers, clients, and patients that they're seeing are at a level where they're aware, but unsure of what to do about this, and so I really want practitioners to be a resource for their clients and patients in this space. I think it's a leading edge of the health conversation that pretty much everybody needs to be well-versed in, so happy to be here.

Jessica D.: Yes, and that's very true. I think we have to become more and more resourceful for our clients because they hear and see little snippets and headlines, and it can become overwhelming if we don't have some useful, actionable, effective ideas for them.

Lara Adler: Yeah, absolutely, and rarely do those, any of those news articles talk about solutions, so it sure does leave people anxious, and if they talk to their pediatricians or their doctors, there's very little training in those fields in this space, so they really don't have anything to offer as a resource, so I think the lifestyle practitioners and people that are working with people on daily lifestyle changes that optimize health and minimize disease symptoms, they're perfectly positioned to have this conversation, which is why that's my core client base, because they're in this sweet spot to really help people decrease their toxic loads.

Jessica D.: Excellent. All right. Well, I'd love to jump right into your presentation.

Lara Adler: Excellent, so I'm going to stop my video, and then share my slide, share my screen so that you guys can see my slides, and then ... Let's see.

Jessica D.: It looks good.

Lara Adler: Is that good? Do you guys ... You can see everything? Okay.

Jessica D.: Mm-hmm (affirmative).

Lara Adler: Excellent. All right. Well, I will just start by saying that I'm just reiterating what I had just said is that ... I think by now, it's fair to say that we all understand in this space that the environmental chemicals that we're being exposed to need to be something that we're paying attention to. A lot of people are missing out on the specifics of how these things help us, and the result of that is that people are just talking about it in this superficial manner. Toxins are bad. Pesticides are bad. Plastics are bad.

Lara Adler: If we really want people to hear us, and listen to what we're saying, and take action on what we're saying, and to really minimize their exposure, we need to understand more than just it's bad, and we need to be able to articulate that to our clients and patients so that they take action.

Lara Adler: Here's just a screenshot of a lot of news articles that have been coming out recently, and this is like a drop in the bucket. There's like hundreds and hundreds of articles that are coming out every single month all around the world linking environmental exposures to things like obesity, to asthma, to weight gain, to fertility issues.

Lara Adler: GQ magazine just had a great article called "Sperm Count Zero," which is looking at the role that chemicals play in the globally dropping sperm count rates in men that have dropped precipitously in the last couple of decades, which is really troubling because that's ...

Jessica D.: Mm-hmm (affirmative). Yeah.

Lara Adler: That's our species. I've read that's our survival, so it's like how they feel.

Jessica D.: Yeah.

Lara Adler: We don't want us to come to a place where the only successful pregnancies are IVF pregnancies, which is not something that we want. The point is, as I was just saying, that these are the headlines that our clients are reading, and very rarely do these articles talk about what do we do about it. They're just the deliveries of bad news, but they're not actually sharing anything actionable, and what this does is it leads consumers with this low-level awareness and anxiety around these issues without anybody to turn to, and the problem is that we need more health practitioners who are able to talk about this topic and talk about it in an articulate manner and I think most importantly, in a manner that is empowering to their client base and not in a manner that's overwhelming, or sensational, or fear-mongering because that's ... We already get enough of that out in the world. We don't need somebody wagging their finger and saying, "Oh, these toxins are so bad, and you're going to have X, Y, and Z disease."

Jessica D.: Yeah.

Lara Adler: That seems logical, but I'm still surprised by the number of practitioners who take that approach, and so it's not just that we need more people talking about it. We need more people talking about it smartly and strategically, and I think that makes the big difference.

Jessica D.: Yeah.

Lara Adler: There's so many facets to the environmental health conversation. Obviously, I want to talk here about endocrine-disrupting chemicals and how they really jack our hormone system, our endocrine system because that's a space that your audience is really working closely into, and these are the hormonal issues that you're already working with people around.

Lara Adler: Most of the exposures to toxins that we're getting, hormone-disrupting or otherwise, are actually happening inside the home through the products that we're buying and using every single day that

piggyback in our shampoo, our plastic containers, our lotions, our laundry detergents, the water that we're drinking, the paint on our walls. All of these things that we're surrounded by.

Lara Adler: Yes, there are air environmental exposures that we're getting outside the home like air pollution, and pesticide drift, and those things, but as individual consumers, like we don't really have a lot of control over that, so it's really challenging to talk to somebody about how air pollution might be contributing to their fertility problems if they have no means of moving from a big, densely populated city out into the country, so all that does is create anxiety if somebody can't do anything about it.

Jessica D.: Yeah.

Lara Adler: It's really why I like to focus on the things that we can do, and there's such a wide swamp of things that we can do to decrease our toxic load, and we start with what's inside our homes. We do that because we actually spend almost 90% of our lives indoors, which is pretty sad. This was a study a number of years ago the National Human Activity Pattern Survey that found that we only spend about 7% of our lives outside, and the rest of it is either in our homes, in our offices, or in our cars, or apparently, 1.8% of our time in a bar or a restaurant.

Jessica D.: This is actually really shocking. I'm surprised by this. Yeah.

Lara Adler: It's super shocking, and as somebody who loves the outdoors, I'm going, "Oh god, like am I above average or not?" Because 68% of our lives are spent inside our home, this is why it's so important to focus on what's actually in our clients' and patients' homes because that's where we spend most of our lives, so the changes that we can make inside the home can actually be more significant than any of the other changes that we make, so it's a big needle-mover to start addressing this stuff inside the home. Right now, we have about 84,000 chemicals that are registered for use in the US. What's shocking is that the federal government doesn't even know how many of those 84,000 are actively being used.

Jessica D.: Wow.

Lara Adler: There's no count like that's just how many have been registered, but we don't even know ... It's likely that not all of those are being used, but we don't actually know that. Out of those 84,000 ...

Jessica D.: I hope you enjoyed this short excerpt of today's clinical training. To get the entire training as well as new clinical trainings every month from the global leaders in health care and functional medicine, please go to [IWHIvault.com](http://IWHIvault.com). That's I-W-H-I-V-A-U-L-T.com. You will also receive several free courses and bonuses. Worth close to \$1,000 to further support your clinical education as well as access to a powerful practitioner Facebook group filled with practitioners and support of your peers.