

Atrazine, Endocrine Disruptors & Your Health:

Why Detox Is Essential — Not Optional

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WHAT IS ATRAZINE?

Atrazine is one of the most widely used herbicides in the United States. Recently, the World Health Organization classified it as a **probable human carcinogen**.

Even at low levels, atrazine is linked to:

- Hormone disruption
- Fertility issues
- Immune dysfunction
- Inflammation
- Increased cancer risk
- Metabolic imbalance

Atrazine is a **systemic pesticide**, meaning it becomes part of the plant itself — it cannot be washed or peeled away.

WHERE ARE YOU BEING EXPOSED?

You may be consuming atrazine and similar chemicals through:

✓ Drinking water

Atrazine has been detected at levels below the threshold known to disrupt hormones in animal studies.

✓ Ultra-processed foods

Most processed foods contain corn, soy, canola, wheat, or sugarcane — the crops most heavily sprayed with atrazine.

✓ Environmental exposure

Many pesticides travel through soil, runoff, and groundwater.

If you live on Earth, you are exposed.

WHY THIS MATTERS FOR YOUR HEALTH

Atrazine and other endocrine disruptors can interfere with:

- Insulin signaling
- Thyroid function
- Cortisol balance
- Estrogen & testosterone regulation
- Gut health
- Cellular repair
- Mitochondrial energy production

That means these chemicals may contribute to:

- Weight gain
- Elevated blood sugar
- Stubborn belly fat
- Hormone imbalance
- Fatigue
- Infertility
- Digestive issues
- Skin problems
- Mood changes
- Low libido
- Chronic inflammation

They don't just affect your health today —
they shape your health trajectory for decades

COULD YOUR SYMPTOMS BE TOXIN-RELATED?

Ask yourself:

- Could my weight gain be linked to chemicals stored in my fat cells?
- Could my rising HbA1c be related to inflammation from toxic exposure?
- Could my fatigue be caused by an overwhelmed liver?
- Could my hormone imbalance stem from endocrine disruptors in my water?
- Could my digestive issues be linked to toxins disrupting the gut microbiome?
- Could my child's skin or behavioral issues be influenced by environmental chemicals?
- Could my cancer—or a loved one's cancer—have been influenced by long-term exposure to herbicides like atrazine or other endocrine disruptors?
- Could silent toxic accumulation be affecting my long-term health without symptoms?

If you've never asked these questions before, you're not alone.
If these questions stir something in you, you're exactly who this information is meant for.

WHAT HAPPENS IF YOU DO NOTHING?

Toxins accumulate quietly over months → years → decades.

Doing nothing can lead to:

- Increased inflammation
- Lower detox capacity
- Higher disease risk
- Hormone imbalance
- Gut disruption
- Earlier metabolic disease
- Accelerated aging
- Weight gain that becomes harder to reverse

Doing nothing is still doing something —
it allows toxins to stay.

HOW TO SUPPORT DETOXIFICATION SAFELY

You can dramatically lower your toxic load by supporting your liver, gut, and hormones through:

✓ **Cruciferous vegetables**

Kale, broccoli, cabbage, turnip greens — help neutralize endocrine disruptors.

✓ **Alliums**

Onion, garlic, leeks — activate detox enzymes.

✓ **Antioxidant-rich plants**

Berries, citrus, leafy greens — support cellular repair.

✓ **High-fiber plant foods**

Bind toxins in the gut for removal.

✓ **Clean, filtered water**

Reduces exposure to pesticides, microplastics, and “forever chemicals.”

✓ **Plant-based amino acids**

Support detox pathways without adding to the toxin burden.

Detoxification is not about deprivation.

It's about giving your body the environment it needs to repair, restore, and reset.

WHY AN ANNUAL DETOX MATTERS

Because toxins accumulate gradually, periodic detoxification is essential to:

- Reduce inflammation
- Support hormone balance
- Improve blood sugar
- Boost energy
- Protect long-term metabolic health
- Lower cancer risk
- Reset digestion
- Enhance mental clarity

Your body is capable of healing —
it simply needs help clearing the obstacles.

READY TO TAKE THE NEXT STEP?

If you're wondering whether detoxification could improve your energy, hormones, weight, blood sugar, or long-term health...

You're asking the right questions.

[Join the interest list for my 40-Day Detox Program to learn how to safely:](#)

- Open detox pathways
- Reduce toxic burden
- Support the liver
- Restore the gut
- Reset hormones
- Rebalance metabolism

*Your body is ready to heal —
Let's give it the environment to do what it was meant to do.*

**[Accelerated Healing 40-Day Detox](#)
*Begins January 2***