

Environmental Fertility Disruptors Swap Guide

Replace the worst endocrine disruptors with safer alternatives

Endocrine-disrupting chemicals (EDCs) can reduce sperm count, impair egg quality, and disrupt hormone balance. Focus on eliminating the highest-impact exposures first.

Kitchen & Food Contact

SWAP OUT	SWAP IN	WHY
Plastic food containers	Glass or stainless steel	BPA/BPS leach into food, especially when heated
Non-stick (Teflon) pans	Cast iron, stainless steel, ceramic	PFAS chemicals disrupt thyroid and hormones
Plastic wrap on hot food	Beeswax wraps, silicone lids	Heat accelerates chemical leaching
Canned foods (BPA lining)	Fresh, frozen, or BPA-free cans	Can linings are a major BPA source
Plastic water bottles	Glass or stainless steel bottles	Avoid polycarbonate (#7) especially
Microwave plastic	Glass or ceramic for microwaving	Heat + plastic = maximum leaching

Personal Care Products

SWAP OUT	SWAP IN	WHY
Fragranced products ('parfum')	Fragrance-free or essential oil-based	Synthetic fragrance = hidden phthalates
Conventional deodorant/antiperspirant	Aluminum-free, phthalate-free options	Aluminum and parabens are EDCs
Chemical sunscreen (oxybenzone)	Mineral sunscreen (zinc oxide)	Oxybenzone mimics estrogen
Conventional shampoo/body wash	EWG Verified or clean brands	Parabens, SLS, and fragrances

SWAP OUT	SWAP IN	WHY
Nail polish with DBP/toluene	5-free or 10-free nail polish	DBP is a potent reproductive toxin
Conventional lubricants	Fertility-friendly lubricant (Pre-Seed)	Most lubricants impair sperm motility

Home Environment

SWAP OUT	SWAP IN	WHY
Conventional cleaning products	Vinegar, baking soda, Branch Basics	Avoid 2-butoxyethanol, ammonia, phthalates
Scented candles and air fresheners	Beeswax candles, open windows	Synthetic scents release EDCs
Dryer sheets	Wool dryer balls	Fragrance chemicals coat clothes, contact skin
Vinyl shower curtain	PEVA or cotton curtain	PVC offgasses phthalates in hot, steamy air
Flame-retardant furniture	Look for TB117-2013 compliant (no FR)	Flame retardants are thyroid disruptors
Pesticides in yard/home	Integrated pest management, diatomaceous earth	Organophosphates damage sperm DNA

You don't have to replace everything at once. Start with the items you use daily (water bottle, personal care products, cookware) – these give you the biggest reduction in daily exposure.

Priority Action Checklist

- Switch to glass/stainless steel food storage
- Replace non-stick cookware with cast iron or stainless
- Switch to fragrance-free personal care products
- Get a quality water filter (see Water Quality module)
- Replace plastic water bottles
- Switch to mineral sunscreen
- Replace conventional cleaning products
- Use fertility-friendly lubricant

- Remove scented candles and air fresheners
- Check EWG.org ratings for current products

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