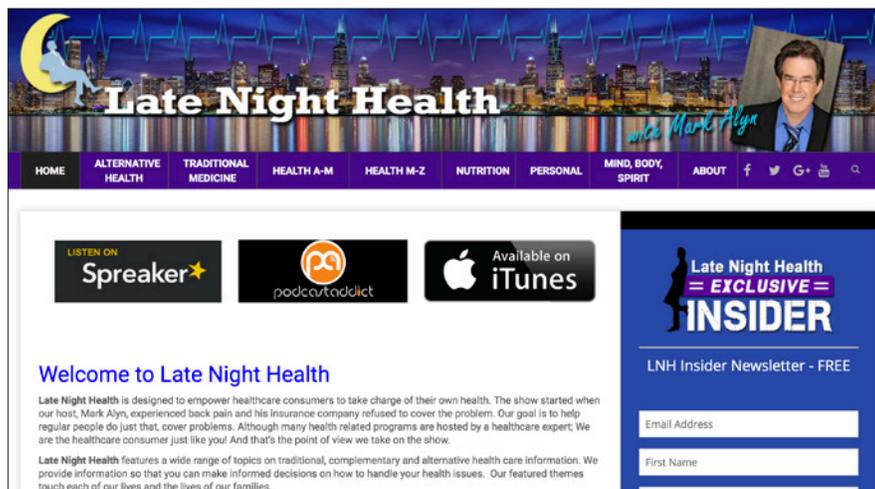


Late Night Health

06 / 2017

Late Night Health is a Los Angeles-based syndicated radio show with host Mark Alyn. Chia Chia Sun “talks dirty” with Mark about how to remove toxins from our lives.



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Women's Vaginal Health After 40

📅 JUNE 20TH, 2017 CHIA CHIA SUN ([HTTP://WWW.LATENIGHTHEALTH.COM/AUTHOR/CHIA-CHIA-SUN/](http://www.latenighthealth.com/author/chia-chia-sun/))

📁 WOMEN'S SEXUAL HEALTH ([HTTP://WWW.LATENIGHTHEALTH.COM/CATEGORY/HEALTH-M-Z/WOMENS-HEALTH/WOMENS-SEXUAL-HEALTH/](http://www.latenighthealth.com/category/health-m-z/womens-health/womens-sexual-health/))

Are you noticing that perfumes bother you more as you age? You're not alone. A recent study of 17 high-end perfumes showed that on average, each contained 17 unidentified chemicals, including toxins such as hormone disruptors.

For women, removing toxins from our environment and products becomes critical after age 40 because of one word: hormones.

Starting at age 35, our ovaries begin to decline in function. By age 40, our adrenal glands are starting to take over the production of female sex hormones from the ovaries. Because our adrenal glands are working to pump out hormones, they become fatigued and we experience chemical sensitivity and increased allergies. It's not just women, men with adrenal fatigue also experience this reaction to toxins but for women, our drop in hormones occurs more suddenly due to menopause.

Women start entering peri-menopause in our early forties and are menopausal – with cessation of periods – by age 51. During peri-menopause, our bodies start acting differently because our ovaries are working hard to push eggs out, and we begin having hormonal drops and surges that we only had as teenagers. The difference being that as teens, our hormones were fluxing up while in peri-menopause our hormones are fluxing down. The introduction of toxins into our bodies will worsen this hormonal fluctuation and increase our sensitivities and allergies.

As we get older, natural becomes a “must,” not a “nice-to-have.” The top 3 common toxins found in our homes are: 1. Phthalates – these are typically parabens that are hormone disruptors and are used in preservatives in personal care products, 2. Bisphenol A (BPA) – is also a hormone disruptor and is found in plastics and linings of tins, and 3. Formaldehyde – is a carcinogen that can even be found in vinyl flooring.

Removing key chemicals from our lives will help reduce stress on our adrenal glands and also reduce the disruption of our hormones that are already fluctuating due to peri-menopause. So, in this instance, talking dirty can clean up our lives and create better health as we age.

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