

## **New Studies Linking Environmental Toxins to Infertility Validate Benefits of Fairhaven Health's FertileDetox**

*Researchers continue to link BPA and phthalate exposure to health issues, including infertility. Fairhaven Health's FertileDetox helps rid the body of harmful environmental toxins to help improve overall reproductive health prior to trying to conceive.*

Bellingham, Washington ([PRWEB](#)) October 23, 2013 -- Last week researchers convened at the annual American Society of Reproductive Medicine conference in Boston to discuss the link between BPA exposure and fertility issues. The chemical Bisphenol A, commonly known as BPA, is often found in plastics and resins, tin food cans, toys, baby bottles, dental sealants and flame retardants. While the Food and Drug Administration believes that low levels of BPA exposure are not harmful, many researchers believe that BPA exposure can greatly impact human health, including reproductive health and fertility.

Researchers at the conference also reviewed the link between phthalate exposure and fertility issues. Phthalate is another chemical found in plastics to make them more flexible, and is often found in detergents, plastic bags, food packaging, soaps and shampoos. Animal research indicates that phthalates are toxic to reproductive organs. While human research is minimal at this point, phthalates have been shown to negatively impact sperm health.

[A study](#) presented at the conference followed 501 couples in their quest to achieve pregnancy. Researchers tested the couples' urine samples to measure BPA and phthalate levels, and couples tracked their fertility. Study results indicated that men with high phthalate levels saw a 20 percent decline in fertility compared to men with lower toxin levels. Toxic overload often lengthens the time it takes a couple to conceive due to decreased sperm health in men and menstrual cycle abnormalities in women.

[Another study](#) presented at the conference monitored 114 women who gave blood samples four or five weeks into their pregnancies. Results indicated that women with high BPA levels were at a significantly increased risk of miscarriage compared to women with low BPA levels.

In an effort to combat environmental toxins like BPA and phthalates, [Fairhaven Health](#) designed [FertileDetox](#) to promote reproductive health and improve fertility by supporting the body's detoxification and cleansing systems.

“FertileDetox helps promote the elimination of environmental toxins that can damage reproductive organs, thereby decreasing fertility for both women and men,” said Dr. Chris Meletis, a fertility expert and former Naturopathic Physician of the Year who helps formulate Fairhaven Health products. “Before actively trying to conceive, men and women should focus on creating truly fertile ground for conception by eliminating the toxins we're exposed to every day.”

FertileDetox is a unique and comprehensive formula that includes vitamins, minerals, amino acids, and herbs that support the body's detox system. FertileDetox ingredients include soluble dietary fiber, vitamins from the B family, along with:

- Milk thistle is one of the most well studied medicinal herbs, and has been scientifically proven to protect and regenerate liver cells. Milk thistle can aid the liver in clearing toxins and boost the antioxidant activity in

liver cells.

- Dandelion root helps cleanse the digestive system and liver. The root increases bile production and flow, which aids in fat digestion, and helps clear excess hormones from the body.
- Grape seed extract and green tea extract contain powerful antioxidants that support the body's ability to neutralize free radicals, which are unstable oxygen compounds that cause cellular damage. The liver's detoxification processes result in the production of free radicals, so supplementing with additional antioxidants is necessary when promoting efficient detoxification.
- Calcium d-glucarate helps the liver remove fat-soluble toxins by slowing the activity of beta-glucuronidase, an enzyme that promotes the reabsorption of toxic chemicals rather than the excretion of these chemicals.
- N-acetyl-cysteine, L-glycine, and L-glutamine are amino acids important for the synthesis of glutathione, a powerful antioxidant found within every cell in the body. Glutathione plays an important role in the liver's detoxification pathways by binding to fat-soluble toxins, allowing these toxins to be excreted more easily. High exposure to toxins uses up glutathione quickly, which means increased synthesis of this vital antioxidant is crucial for efficient detoxification.

#### About Fairhaven Health

Fairhaven Health manufactures a line of natural, doctor-designed products to promote fertility, pregnancy, and nursing health. They provide ovulation prediction tools, [natural fertility supplements](#), prenatal vitamins, and breastfeeding support products, all of which are manufactured in U.S. GMP-certified and FDA regulated facilities.



**Contact Information**

**Ethan Lynette**

Fairhaven Health

<http://www.fairhavenhealth.com>

(360) 543-7888

**Online Web 2.0 Version**

You can read the online version of this press release [here](#).