

A glass bottle of yellow oil, likely olive oil, sits on a piece of terracotta. A fresh olive branch with green leaves and small olives lies across the bottle and the terracotta. In the background, a light-colored, textured towel is draped over a wooden surface. The scene is bathed in warm, golden light, creating soft shadows.

A FREE GUIDE

Endocrine Disruptors & Your Skin

What to avoid, and what to choose instead

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DOUBLE BOARD-CERTIFIED · FELLOWSHIP-TRAINED

Read this before your next shelf cleanout

You can't shop your way out of the modern world. Endocrine-disrupting chemicals — EDCs — are in cosmetics, packaging, furniture, household dust, and food. You will never avoid all of them, and you don't need to.

Here's the honest version, the one I give my patients. A handful of these chemicals act like look-alike keys: they slip into the same locks your hormones use and switch signals on or off at the wrong time. That's why they've been linked to reproductive, metabolic, neurodevelopmental, and cancer risks. And because hormones drive oil, collagen, pigment, and hair, the same chemicals show up on your skin, too.

This isn't about fear, and it isn't about a \$400 detox. It's about knowing which everyday products carry the most exposure — and making a few swaps that measurably lower your load, some within days.

The goal was never zero. It's lower.

The usual suspects — and where they hide

You don't need to memorize chemistry. But it helps to recognize the names that come up most, and the everyday places they live:

- **Phthalates** — fragrance, perfume, nail polish, hairspray, lotions. They carry scent and soften plastic.
- **Parabens** — preservatives in lotions, shampoo, deodorant, and makeup.
- **Bisphenols (BPA / BPS)** — can linings, polycarbonate bottles, and thermal receipts.
- **PFAS, the “forever chemicals”** — nonstick pans, stain- and water-resistant fabrics, food packaging, some cosmetics.
- **Triclosan** — antibacterial soaps, some toothpastes and deodorants.
- **Benzophenones (oxybenzone)** — chemical UV filters in sunscreen and makeup.
- **Formaldehyde & solvents (toluene, benzene)** — some nail products, cleaners, and “fragrance.”
- **Flame retardants** — furniture foam, mattresses, and electronics; they migrate into household dust.
- **Heavy metals (lead, mercury)** — found in some imported cosmetics and skin lighteners.
- **Pesticide residues** — conventional produce, drinking water, and household bug sprays.

What to skip — and what to reach for instead

You don't have to win every category. You have to win the daily, high-contact ones — the products you

breathe, eat from, and leave on your skin all day.

ON YOUR SKIN

- Choose “**fragrance-free**,” not “**unscented**.” Unscented products can still hide phthalate-bound fragrance. Look for **paraben-free** and **phthalate-free**, too.
- Switch to a **mineral sunscreen** — zinc oxide or titanium dioxide — instead of oxybenzone.
- Skip antibacterial soaps and “long-lasting fragrance” claims. Plain, simple formulas do the job.

IN YOUR KITCHEN

- Store and reheat food in **glass, ceramic, or stainless** — never microwave plastic.
- Cook on **cast iron, stainless, or ceramic** instead of nonstick.
- Lean on fresh foods; cut back on canned and heavily packaged ones (can linings are a BPA source).

AROUND YOUR HOME

- Clean with simple staples — **vinegar, baking soda, lemon** — over heavily fragranced sprays.
- **Wet-mop and take shoes off at the door.** A lot of flame-retardant and pesticide exposure rides in on dust.
- Wash produce, and choose organic for the items you eat most, when you can.

DO THIS WEEK — FOUR EASY WINS

- ☐ Replace one fragranced lotion with a fragrance-free version
- ☐ Swap one plastic food container for glass
- ☐ Move to a mineral (zinc or titanium) sunscreen
- ☐ Take your shoes off at the door

The good news: it works fast

Here’s the study I show patients who think this is hopeless. In the **HERMOSA trial**, participants switched to labeled paraben-, phthalate-, and fragrance-free products for just **three days**. Measured in their urine, the chemicals dropped fast:

- **MEP** (a phthalate) — down **27%**
- **Methylparaben** — down **44%**
- **Triclosan** — down **36%**
- **Oxybenzone (BP-3)** — down **36%**

Three days. No cleanse, no supplements — just different labels on the products they already used.

THE HONEST CAVEAT

These swaps reliably lower the chemicals we can *measure* in your body. What's still being studied is exactly how much that translates into long-term health outcomes. So I hold this the way I'd want my own physician to: the case is strongest where the exposure is highest and the swap is easy. That's where I'd start — and it's why groups like ACOG already counsel choosing products without phthalates, parabens, oxybenzone, and triclosan.

The bottom line

You don't need to fear your bathroom or overhaul your life in a weekend. Pick the daily, high-contact products first — what you leave on your skin, what you heat your food in — and lower the load from there. Small, durable changes beat a perfect purge you can't sustain.

Lower, not zero. That's the whole game — and it's completely doable.

WANT THE WHOLE MAP?

The Inside-Out Method

This guide is one piece of a much bigger picture. The Inside-Out Method is my complete course on building skin that stays resilient for decades — not skin that imitates 25. It's everything I teach my patients, in the order that actually works:

1 Sleep, stress & circadian skin

2 The gut-skin axis

3 Nutrition for collagen

4 Movement & muscle

5 Hormones

6 GLP-1 medications & skin

7 The frontier

8 Topicals & procedures

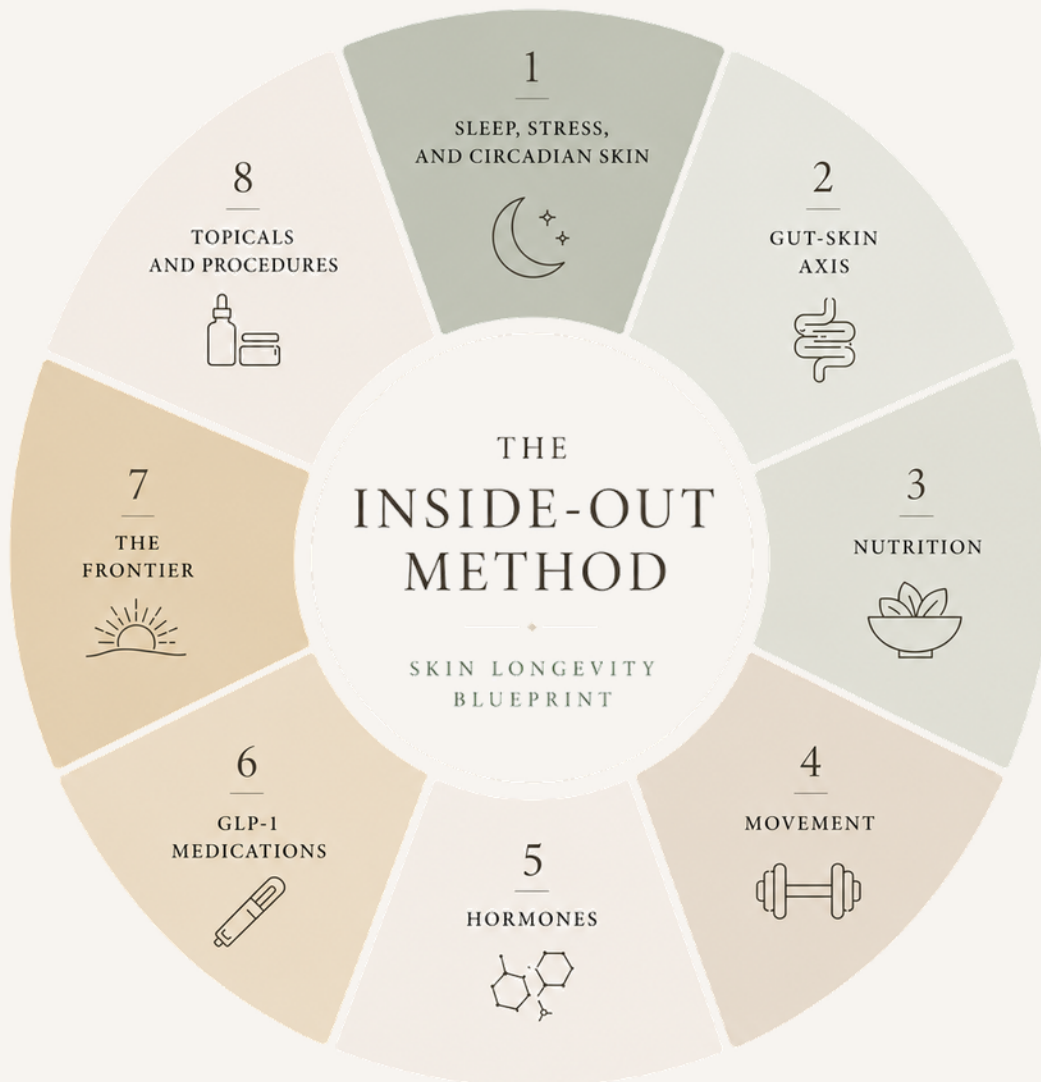
What you just read is a fraction of a single section. Each module breaks into short, digestible lessons you can do on your own schedule, with a workbook to make it stick and weekly live Q&A with me, over 8 to 10 weeks in a small cohort. It's the whole system, in the order that actually works.

Ready when you are

Join the next cohort → insideoutmethod.co

Dr. Jennifer Herrmann — double board-certified dermatologist with functional medicine training.

Educational content only. This guide doesn't replace personal medical advice. Talk to your own physician about any medication or treatment.



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