



## NEWSROOM

# Plastics and human health: Hormone health risks under spotlight

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Hormone impacting chemicals in throwaway plastics are described as the 'No1 threat' to humankind as they are now pervasively found in the tap and bottled water we drink and the food we eat (Photo credit: iStock)

Stockholm, Sweden, February 18, 2019 – [Bluewater](#), a world leader in drinking water technologies and solutions for homes, commercial operations and public dispensers, today published a white paper jointly with Portugal's leading science-led [Mirpuri Foundation](#) detailing how plastics pollution may be having a profound impact on the health and wellbeing of people around the planet.

The white paper – entitled '[The Global Plastic Calamity](#)' – details how the unmitigated pollution of the planet's oceans, land, and air by throwaway plastic that is breaking down into microplastic particles found increasingly in the water we drink and the food we eat is releasing thousands of hormone-disrupting chemicals that are believed to be behind a worrying rise in multiple illnesses.

"There is now solid scientific evidence that so-called endocrine disrupting chemicals, or EDC's, now commonplace in the natural environment as a result of plastic pollution, are blocking the natural function of hormones," said Dr Ivone Mirpuri, one of Europe's leading specialists in hormonal modulation – how hormones play a pivotal role in regulating the body's systems.

Dr. Mirpuri described EDC's as the 'No1 threat' to humankind on an extinction level as they are now pervasively found in the food we eat and the tap and bottled water we drink and wash with.

She added that her research and observations as a hormonal modulation specialist has confirmed that chemicals in plastic have triggered rising levels of abnormal development and illnesses over the past five decades, ranging from stunted fertility and male/female sex malformations to obesity, diabetes, cancer, heart attacks and cognitive, behavioral and other brain-related problems such as Attention Deficit Hyperactivity (ADH).

"The United Nations says the unmitigated use of plastics has put the planet on 'the edge of a global plastic calamity'. And it is clear from the research spotlighted in the White Paper that by messing with human hormones we are messing with the health and wellbeing of all living creatures," said Bluewater CEO and founder Bengt Rittri, a leading environmental entrepreneur.

Mr. Rittri founded Bluewater in 2013 with the mission to deliver pure water to everyone in a sustainable way that ended the need for single-use plastic bottles and their polluting transportation over long distances. In a call for action, Bengt Rittri added: "For the sake of human and planetary health we need as individuals to cut our consumption of single-use plastics from packaging to bottles or face the worst of outcomes for future generations."

### Background

Hormones control every function in our body. This includes blood pressure, heartbeat, blood sugar, fertility, immune function, mood and emotions, quality of sleep, body water content, for example (Source:

<https://www.hormone.org/hormones-and-health/hormones>)

There are more than 85,000 manufactured chemicals, of which thousands may be EDCs found in plastics and other consumer products. Another group of chemicals linked to hormone disruption, phthalates, are found in personal care products such as cosmetics, children's products, food packaging and medical tubing. (Source: Endocrine Society.

"Chemical exposure linked to lower vitamin D levels." ScienceDaily. ScienceDaily, 20 September 2016.

A study by a research team at US lobbying group Orb Media found 'a single bottle can hold dozens or possibly even thousands of microscopic plastic particles.' Tests by Orb Media on more than 250 bottles from 11 brands reveal contamination by plastics such as polypropylene, nylon, and polyethylene terephthalate (PET). (Source:

<https://orbmedia.org/stories/plus-plastic/multimedia>)

### **About Mirpuri Foundation**

The Mirpuri Foundation was established by its President Paulo Mirpuri with the commitment to make the world a better place for future generations. The non-profit organization partners with governments, businesses, communities, and individuals to address a range of projects in Marine Conservation, Wildlife Preservation, Aerospace, Medical Research, Performing Arts and Social Responsibility. Earth and ocean sustainability have been granted special attention and Mirpuri Foundation has put into practice several campaigns to raise awareness towards current challenges and emerging threats.

[www.mirpurifoundation.org](http://www.mirpurifoundation.org)

### **About Bluewater**

Bluewater harnesses patented technology to deliver enhanced water quality in a world where tap water taste and safety can no longer be taken for granted. Our technology delivers water for homes, commercial operations and public dispensers that is free of bacteria, toxic metals, pharmaceutical and chemical residues, micro-plastics and limescale.

[www.bluewatergroup.com](http://www.bluewatergroup.com)

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