

# PROTEST THE PILL DAY

## THE PILL KILLS THE ENVIRONMENT



**Q:** How exactly does the birth control pill “kill” the environment?

**A:** The birth control pill, patch and other estrogen-filled birth control products enter into our wastewater via the urine of women who take these dangerous steroidal hormones. Scientists have discovered that this synthetic estrogen is having devastating effects on our fish population. In 2006, the U.S. Geological Survey performed a study in the Potomac River and found that 80 percent of the male smallmouth bass had intersex characteristics—these male fish were growing female reproductive parts.<sup>1</sup> This terrifying reality is also contaminating our municipal water supply, posing hazards to anyone who drinks it. In New Jersey, traces of birth control hormones and other prescription drugs were found in municipal tap water in 2003.

**Q:** I’ve heard that male fish have become more feminine because of the pill. Is that true?

**A:** Yes, studies conducted in the United States from California to Maryland have revealed male fish that became feminized due to the presence of synthetic estrogen in the water. High levels of estrogen have affected the fish population not only in our country, but in other parts of the world as well. The University of Colorado netted 123 trout downstream from the city’s sewer plant for a study. Of these 123 trout, there were 101 female, 12 male and 10 dubbed “intersex” because they possessed both male and female features. It was determined that the intersex changes were caused by estrogen and other steroidal hormones from birth control pills and patches that eventually made its way into the creek from the city’s sewers. University of Colorado biologist John Woodling told the *Denver Post*: “It’s the first thing that I’ve seen as a scientist that really scared me.”<sup>2</sup>

**Q:** Are there only a few areas of the country that the pill has contaminated?

**A:** Studies throughout the United States, Canada, the United Kingdom and Japan have found high levels of estrogen in water due to the oral contraceptive pill. The research has shown that scientists are discovering “intersex” fish in areas throughout the world. In the United States, many studies have had the same results, especially downstream from sewage treatment plants.

**Q:** What can we do to help save our environment?

**A:** Educate! Educate the women in your life about the dangerous consequences the birth control pill can have, not only on them but on their preborn baby and all of the people in their community as well. The very fact that scientists are finding “intersex” fish, that is male fish with eggs in their testes, should be enough to alarm the environmentalists in your area and others that are concerned about protecting our environment. Scientists are finding that the presence of female hormones in our water is making male fish, frogs and river otters less masculine.<sup>3</sup>

**Q:** I’m all about being organic and helping our environment, but I need to control my fertility and that is why I take the pill. How do you respond to that?

**A:** That is great that you want to help our environment and are trying to be healthy, but taking the pill actually increases your chances of cancer, stroke and death. There are so many other healthy and natural ways to control your fertility. First of all, if you are married and there is a serious reason that you and your spouse cannot have a child at this time, look into the Creighton Model, the ovulation method or another form of natural family planning. You will learn more about your body, including when you are fertile and when you are not. You will also find that practicing natural family planning improves communication with your spouse and makes your marriage stronger. If you are not married, then controlling your fertility is really easy: Remain abstinent!

**Q:** Does my drinking water have an excess amount of estrogen from the birth control pill?

**A:** That is a good question. It depends where your drinking water comes from. If the water you drink comes from a water treatment plant in your city, then it would be important to find out how the plant treats the estrogen that is found in the wastewater, and how much estrogen remains in your drinking water.

**Q:** What health risks do I face if I consume estrogen in my drinking water?

**A:** Scientists have found that too much estrogen can cause cancer and other deadly diseases. The birth control pill poses many dangerous health consequences for women and their bodies secrete the estrogens that end up in the sewer system. The fact that this estrogen water has had deleterious effects on fish only raises the question of how it affects human males as well as women and children.

**Q:** How can we stop this from happening?

**A:** Educate others about the dangers of the pill entering our drinking water. Inform the women in your life about the safer and healthier alternatives to the pill. Let the women know that not only will they be helping themselves (since the pill can kill women—see [www.ThePillKills.com](http://www.ThePillKills.com) for more information), but also helping others in the community who are being affected because of this waste found in our drinking water.

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<sup>1</sup> “Intersex Fish,” Potomac Conservancy, <http://www.potomac.org/site/intersex-fish/index.php>.

<sup>2</sup> “Birth-control pills poison everyone?” *WorldNetDaily*, July 12, 2007, [http://www.wnd.com/news/article.asp?ARTICLE\\_ID=56623](http://www.wnd.com/news/article.asp?ARTICLE_ID=56623).

<sup>3</sup> Lisa Stiffler, “Birth control may be harming states’ salmon,” *Seattle Post Intelligencer*, June 4, 2003, [http://www.seattlepi.com/local/124939\\_estrogen04.html](http://www.seattlepi.com/local/124939_estrogen04.html)



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