

AVOID XENOESTROGENS

♣ <i>Saunas, clay baths help</i>	Celandine	Dong quai	Herbicides	Motherwort	Polychlorinated biphenyls	Soap powders
4-Methylbenzylidene-sunscn	Chaparral	Doxidan	Hops	Nail polish and removers	Polycyclic hydrocarbons	Solvents
Air fresheners phthalates	Chaste-tree berry	Dry clean chemicals	<i>Hormones ♣</i>	Nonylphenol derivatives	Polyethylene glycol	Soy
Ale	Cheese	Dryer sheets	HRT	Nutmeg	Pomegranate	Spray cleaners
Alfalfa	Chemicals strong	Endosulfan (insecticide)	Implia root	Octinoxate	Poultry dipped in bleach	Styrofoam containers
Alfalfa sprouts	Chloride	Erythrosine FD&C Red #3	Jin Bu Huan	Oils: canola oil	<i>Pregnancy ♣</i>	Sunflower oil
Alkylphenols	<i>Chlorine ♣</i>	<i>Estrogen ♣</i>	Kava	Oils: cottonseed oil	Premarin	Sunscrn benzophenone-3
Aluminum	Chlorox	Estrogen cream	Kombucha	Oils: lavender oil	Primpro	Sweet clover
Ammonia	Cimetidine	Estrogen disruptors	Kudzu	Oils: safflower oil	Processed foods	T'u-san-chi
Anabolic steroids	<i>Clover ♣</i>	Estrogen shampoos	Lard	Oils: sunflower oil	<i>Progesterone ♣</i>	Tagamet
Atrazine (weedkiller)	Clover honey	Fabric softeners	Laundry powder (inhaling)	Oils: tea tree oil (melaleuca)	PVC Polyvinyl	Tansy
Bathroom spray	Coffee	Fennel	Lavender	Organ chlorines pesticides	Queen Anne's lace	Tempeh
Beer	Coffee boosts estradiol 70%	Fenugreek	Licorice	Oven cleaners	Ragwort	Testosterone
BHT	Comfrey	Fish oil	Limomene	Oxybenzone	Red clover	Tobacco
Birth control pills	Cosmetics phenoxyethanol	Flaxseed	Lindane (insecticide)	PAHs	Red meat	Valerian
Bisphenol A plasticizer	Cottonseed oil	Fluoride	Linseed	Parabens (lotions)	Red rice yeast	Wheat
Black cohosh	Creatine supplements	Foods reheated in plastic	Lupin	Pau d'arco	Rhubarb	White rice
<i>Bleach ♣</i>	Dairy	Fragrance	Ma huang	Pennyroyal	Rice white	Wild carrot
Bleach cleanser	DDE insecticide residue	Fragrance: BHT	Margarine	Pentachlorophenol	Rosemary	Wild yam
Bovine growth hormone	DDT insecticide	Fragrance: Diethyl	Maté	Perfumes	Sage	Wild yam progesterone
BPA plastic	DEHP (PVC plasticizer)	Fragrance: Lemonene	Melaleuca	Pesticides	Saran Wrap	Windex
Buckthorn	Deldrin insecticide	Fragrance: Octinoxate	Mercury	Phenols	Sarsparilla	Window cleaner
Butylated hydroxyanisole	Detergents	Fragrance: Oxybenzone	Metalloestrogens	Phenosulfothiazine	Sassafras	Woodruff
Caffeine	Dichlorodiphenyldichloroethyl	Genistein (soy)	Methionine	Phenoxyethanol cosmetics	Saw palmetto	<i>Xenoestrogens ♣</i>
Calliepsis	Dieldrin (insecticide)	Germander	Methoxychlor (insecticide)	<i>Phthalates (plasticizers) ♣</i>	Senna	
Canola oil	Diethyl phthalate	Glycols polyethylene glycol	<i>Methylparabens ♣</i>	Phytates phytic acid	Sesame	
Carbon tetrachloride	Diethylstilbestrol estrogen	Green tea leaf	Microwaved foods	Phytoestrogens	Shea butter	
Cascara sagrada	Dong quai	Herbicides	Mistletoe	Poke root	Skullcap	