

AVOID CHEMICALS

☛ *Saunas, clay baths help*

4-Methylbenzylidene-sunscn

Advil

Air fresheners phthalates

Alcohol

Ale

Aleve

Alkylphenols

Aluminum

Amalgam silver teeth fillings

Ammonia

Anabolic steroids

Aspirin

Atrazine (weedkiller)

Bathroom spray

Beer

BHT

Birth control pills

Bisphenol A plasticizer

Bleach ☛

Bleach cleanser

Bovine growth hormone

BPA plastic

Butylated hydroxyanisole

Caffeine

Canola oil

Carbon tetrachloride

Carrageenan

Chemicals strong

Chloride

Chlorine ☛

Cimetidine

Clover ☛

Coffee boosts estradiol 70%

Cosmetics phenoxyethanol

Cottonseed oil

Creatine supplements

Crisco

DDE insecticide residue

DDT insecticide

DEHP (PVC plasticizer)

Deldrin insecticide

Detergents

Dichlorodiphenyldichloroethyl

Dieldrin (insecticide)

Diethyl phthalate

Diethylstilbestrol estrogen

Dry clean chemicals

Dryer sheets

Endosulfan (insecticide)

Ephedra sinica

Erythrosine FD&C Red #3

Estrogen ☛

Estrogen cream

Estrogen disruptors

Estrogen shampoos

Fabric softeners

Fish oil

Fluoride

Foods heated in plastic

Forskolin

Fragrance

Fragrance: BHT

Fragrance: Diethyl

Fragrance: Lemonene

Fragrance: Octinoxate

Fragrance: Oxybenzone

Genistein (soy)

Gentamycin

Glucosamine

Glycols polyethylene glycol

Herbicides

Hormones ☛

HRT

Imitrex

Kava

Lard

Laundry powder (inhaling)

Limomene

Lindane (insecticide)

Lithium

Lupin

Margarine

Melaleuca

Mercury

Metalloestrogens

Methoxychlor (insecticide)

Methylparabens ☛

Microwaved foods

Motherwort

Motrin

Multivitamins

Nail polish and removers

Naproxen

Nonylphenol derivatives

NSAIDs

Octinoxate

Organ chlorines pesticides

Oven cleaners

Oxybenzone

PAHs

Parabens (lotions)

Paracetamol

Pentachlorophenol

Perfumes

Pesticides

Phenacetin

Phenols

Phenosulfthiazine

Phenoxyethanol cosmetics

Phthalates (plasticizers) ☛

Phytates phytic acid

Phytoestrogens

Pink slime

Plastic

Polychlorinated biphy

Polycyclic hydrocarbn

Polyethylene glycol

Poultry dipped bleach

Pregnancy ☛

Premarin

Primpro

Processed foods

Progesterone ☛

PVC Polyvinyl

Red rice yeast

Reserveratrol

Saran Wrap

Shea butter

Soap powders

Sodium bicarbonate

Solvents

Spray cleaners

Styrofoam containers

Sunscrn benzophenone-3

Tagamet

Tempeh

Testosterone

Tobacco

Tylenol

Wild yam progesterone

Windex

Window cleaner

Xenoestrogens ☛

Yucca