

AVOID WITH POLYCYSTIC ORGAN DISEASE ©

SOME CHEMICALS TO AVOID

Ammonia	Glycols
Alcohol, especially aerosol	Herbicides
Amalgam	Laundry powder
Bathroom sprays	Methylparabens
Bleach	Oven cleaners
Bovine growth hormone	Parabens
BPA plastic	Perfumes
BHT	Phthalates
Chemicals make cough	Phytates phytic acid
Chlorine, clorox	Plastic
Cleanser with bleach	Saran wrap plastic
Comet	Shea butter
Dry cleaning	Silver amalgam
Dryer sheets	Soap powders
Fabric softener	Solvents
Fluoride	Spray cleaners
Fragrance	Sunflower oil
Genistein	Windex
Glycols	Window cleaner alcohol
Herbicides	Xenoestrogens

MEDICATION TO AVOID

Aspirin
 Aleve
 Anabolic steroids
 Caffeine ☼
 Chaparral
 Creatine supplements
 Ephedra
 Estrogen disruptors
 Fluoride ☼
 Forskolin
 Gentamicin
 Glucosamine
 Motrin
 Multiple vitamins
 Naproxen
 NSAIDs
 Paracetamol
 Phenacetin
 Sodium Bicarbonate ☼
 Starfruit ☼
 Tylenol

EVERYONE PLEASE AVOID

Aluminum
 Artificial sweetener
 Candy
 Crisco
 French fries
 Lard
 Margarine
 Non-dairy creamer
 Peanuts
 Potato chips
 Processed foods
 Tobacco
 White flour
 White sugar



PLANT BASED ALKALINE DIET



NEUTRAL PROTEIN 0.6 GRAMS/KILOGRAM



LOW SALT 1200 MG SODIUM HIMALAYAN PINK



WATER