

# 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