

Xenoestrogens are industrial compounds that react within the body as true estrogen, endocrine disruptors create havoc within a body.

AVOID XENOESTROGENS

☘ *Saunas, clay baths help*

4-Methylbenzylidene (sunscreen)

Air fresheners phthalates

Ale

Alfalfa sprouts

Alkylphenols

Aluminum

Ammonia

Anabolic steroids

Atrazine (weedkiller)

Beer

BHT

Birth control pills

Bisphenol A plasticizer

Black cohosh

Bleach ☘

Bovine growth hormone

BPA plastic

Butylated hydroxyanisole / BHA

Canola oil

Carbon tetrachloride

Cheese

Chloride

Chlorine ☘

Cimetidine

Clover ☘

Clover honey

Coffee boosts estradiol 70%

Cosmetics with phenoxyethanol

Cottonseed oil

Creatine supplements

Dairy

DDE insecticide residue

DDT insecticide

DEHP (plasticizer for PVC)

Deldrin insecticide

Detergents

Dichlorodiphenyldichloroethylene

Dieldrin (insecticide)

Diethyl phthalate

Diethylstilbestrol estrogen

Dry clean chemicals, clothing

Dryer sheets

Endosulfan (insecticide)

Erythrosine FD&C Red No. 3

Estrogen ☘

Estrogen containing shampoos

Estrogen cream

Estrogen disruptors

Fabric

Fabric softeners

Fish oil

Flaxseed

Foods reheated in plastic

Fragrance

Genistein

Glycols

Hair dye

Heated plastics in microwave

Heptachlor (insecticide)

Herbicides

Hops

Hormone replacement

Hormones ☘

Lard

Laundry powder (inhaling)

Licorice

Limomene

Lindane (insecticide)

Margarine

Melaleuca

Metalloestrogens

Methoxychlor (insecticide)

Methylparabens ☘

Microwaved foods

Motherwort

Nail polish and removers

Nonylphenol derivatives

Octinoxate

Oils: canola oil

Oils: cottonseed oil

Oils: lavender oil

Oils: safflower oil

Oils: sunflower oil

Oils: tea tree oil (melaleuca)

Organ chlorines pesticides

Oxybenzone

PAHs

Parabens (lotions)

Pentachlorophenol

Perfumes

Pesticides

Phenols

Phenosulfothiazine (a red dye)

Phenoxyethanol in cosmetics

Phthalates (plasticizers) ☘

Phytates phytic acid

Phytoestrogens

Plastic

Polychlorinated biphenyls /PCBs

Poultry dipped in bleach

Pregnancy ☘

Premarin

Primpro

Processed foods

Progesterone ☘

PVC Polyvinyl chloride

Queen Anne's lace (wild carrot)

Red clover

Rosemary

Sage

Saran Wrap (plastic wrap)

Sesame

Shea butter

Soy

Styrofoam containers

Sunscreen benzophenone-3

Tagamet

Testosterone

Tobacco

Wheat

Wild Yam Progesterone Cream

Window cleaner

Xenoestrogens ☘

