

AVOID XENOESTROGENS

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|----------------------------------|-------------------------------|-----------------------------|------------------------------------|------------------------|
| ☛ <i>Saunas, clay baths help</i> | Cimetidine | Flaxseed | Nonylphenol derivatives | <i>Progesterone</i> ☛ |
| 4-Methylbenzylidene-sunscrn | <i>Clover</i> ☛ | Fluoride | Octinoxate | PVC Polyvinyl |
| Air fresheners phthalates | Clover honey | Foods reheated in plastic | Oils: canola oil | Queen Anne's lace |
| Ale | Coffee | Fragrance | Oils: cottonseed oil | Red clover |
| Alfalfa | Coffee boosts estradiol 70% | Fragrance: BHT | Oils: lavender oil | Red rice yeast |
| Alfalfa sprouts | Cosmetics phenoxyethanol | Fragrance: Diethyl | Oils: safflower oil | Rosemary |
| Alkylphenols | Cottonseed oil | Fragrance: Lemonene | Oils: sunflower oil | Sage |
| Aluminum | Creatine supplements | Fragrance: Octinoxate | Oils: tea tree oil (melaleuca) | Saran Wrap |
| Ammonia | Dairy | Fragrance: Oxybenzone | Organ chlorines pesticides | Saw palmetto |
| Anabolic steroids | DDE insecticide residue | Genistein (soy) | Oven cleaners | Sesame |
| Atrazine (weedkiller) | DDT insecticide | Glycols polyethylene glycol | Oxybenzone | Soap powders |
| Bathroom spray | DEHP (PVC plasticizer) | Herbicides | PAHs | Solvents |
| Beer | Deldrin insecticide | Hops | Parabens (lotions) | Soy |
| BHT | Detergents | <i>Hormones</i> ☛ | Pentachlorophenol | Spray cleaners |
| Birth control pills | Dichlorodiphenyldichloroethyl | HRT | Perfumes | Styrofoam containers |
| Bisphenol A plasticizer | Dieldrin (insecticide) | Kava | Pesticides | Sunflower oil |
| Black cohosh | Diethyl phthalate | Lard | Phenols | Sunscrn benzophenone-3 |
| <i>Bleach</i> ☛ | Diethylstilbestrol estrogen | Laundry powder (inhaling) | Phenosulfothiazine | Tagamet |
| Bleach cleanser | Dill | Lavendar | Phenoxyethanol cosmetics | Tempeh |
| Bovine growth hormone | Dong quai | Licorice | <i>Phthalates (plasticizers)</i> ☛ | Testosterone |
| BPA plastic | Dry clean chemicals | Limomene | Phytates phytic acid | Tobacco |
| Butylated hydroxyanisole | Dryer sheets | Lindane (insecticide) | Phytoestrogens | Wheat |
| Caffeine | Endosulfan (insecticide) | Lupin | Pink slime | White rice |
| Canola oil | Erythrosine FD&C Red #3 | Margarine | Plastic | Wild carrot |
| Carbon tetrachloride | <i>Estrogen</i> ☛ | Melaleuca | Polychlorinated biphenyls | Wild yam |
| Chaste-tree berry | Estrogen cream | Mercury | Polycyclic hydrocarbons | Wild yam progesterone |
| Cheese | Estrogen disruptors | Metalloestrogens | Polyethylene glycol | Windex |
| Chemicals strong | Estrogen shampoos | Methoxychlor (insecticide) | Poultry dipped in bleach | Window cleaner |
| Chloride | Fabric softeners | <i>Methylparabens</i> ☛ | <i>Pregnancy</i> ☛ | <i>Xenoestrogens</i> ☛ |
| <i>Chlorine</i> ☛ | Fennel | Microwaved foods | Premarin | |
| Chlorox | Fenugreek | Motherwort | Primpro | |
| Cimetidine | Fish oil | Nail polish and removers | Processed foods | |