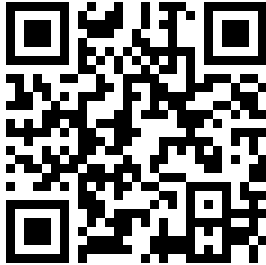


Note: In development

## **Estrogenic Factors**

*Note: The following list is a modified version of Dr. Anthony G. Jay's estrogenic avoidance plan outline from his book 'Estrogenation'. Find more details on Dr. Jay's plans [here](#):*



### **1. General Rules of Thumb**

- a. Avoid ingredients that include “benz-” or “phen-”
- b. Avoid plastics in your environment
- c. Avoid air fresheners
- d. Eliminate microwaving food in plastics
- e. Eliminate processed foods
- f. Eliminate fragrances in all personal care products

### **2. Eating / Drinking**

- a. Use charcoal-filtered water for all drinking and cooking
- b. Eliminate plastic cups, water bottles, plastic-lined mugs, sippies, and other plastic utensils for eating or drinking
  - i. Use glass, silicone, stainless steel
  - ii. Example - Use all glass and / or stainless steel coffee makers
- c. Discouraged Foods
  - i. foods canned in metal
  - ii. artificial food dyes, including finger paints
  - iii. dietary liquids stored in plastics, especially oils
  - iv. dietary peanuts, cheap coffee, and cheap chocolate
  - v. dietary grains, including all corn products
  - vi. soy and soy byproducts
  - vii. flax
  - viii. liquid dairy products *unless* grass-fed and stored in glass
  - ix. butter *unless* grass-fed
- d. Encouraged Foods
  - i. wild seafood from pristine waters
  - ii. grass-fed organic meats, preferably in wax paper
  - iii. grass-fed organic animal fats, with no plastic contacts
  - iv. free-range chicken eggs

- e. Avoid cannabis

### **3. Hygiene**

- a. Use charcoal-filtered water for showering
- b. Discouraged Items
  - i. plastic kids toys, especially chewable items
  - ii. oral contraception
- c. Encouraged Items (no “benz-” or “phen-”)
  - i. fluoride-free toothpaste
  - ii. zinc sunscreen
  - iii. bug spray

### **4. General Environment Things**

- a. Avoid moldy environments
- b. Travel and sleep with a pillow case washed without fragrance
- c. Eliminate plastic shower curtains
- d. Eliminate vinyl flooring / tiling, wallpaper, and plastic countertops
- e. Avoid standard industrial bathroom hand-soaps
- f. Avoid candles except beeswax
- g. Eliminate carpets or use “Green-Label Plus” certified carpets

### **5. Cleaning**

- a. Eliminate fragrances in laundry detergent and dryer sheets
  - i. Example - eliminate lavender products
- b. Use “Estrogenic-Free” cleaning products (do not contain the following)
  - i. “benz-”
  - ii. “phen-”
  - iii. triclosan
  - iv. triclocarban

## **Water Treatment - Further Tips**

- Charcoal Filter
- Reverse Osmosis System

## **Food Consumption - Further Tips**

- Foods to Avoid
  - Processed Sugars
  - Seed Oils
  - Milled Grains
  - If it doesn't grow, don't eat it
    - Example - don't eat multigrain bread, sourdough is an alternative
    - Example - plants grow, animals grow, so meat is fine

- Encouraged Foods
  - Organic Foods

## **Air Treatment - Further Tips**

*Note: plain clean always smells good.*

### **Ideas for Plants to Grow To Freshen the Air**

- Dracaenas
  - Formaldehyde
  - Xylene
  - Toluene
  - Benzene
  - Trichloroethylene
- Peace Lilies
  - Formaldehyde
  - Benzene
  - Trichloroethylene
  - Xylene
  - Ammonia
  - and more
- Golden Pothos
  - Formaldehyde
  - Xylene
  - Toluene
  - Benzene
  - Carbon monoxide
  - and more
- Spider Plants
  - Formaldehyde
  - Xylene
- Areca Palms
  - Benzene
  - Carbon monoxide
  - Formaldehyde
  - Trichloroethylene
  - Xylene
  - and more
- Chrysanthemums
  - Formaldehyde
  - Xylene
  - Benzene
  - Ammonia
- Bamboo Plants
  - Formaldehyde
  - Benzene
  - Carbon monoxide
  - Xylene
  - Chloroform
  - and more
- English Ivy
  - Benzene
  - Carbon monoxide
  - Formaldehyde
  - Trichloroethylene
  - and more
- Rubber Plants
  - Carbon monoxide
  - Formaldehyde
  - Trichloroethylene
  - and more
- Chinese Evergreens
  - Benzene
  - Carbon monoxide
  - Formaldehyde
  - Trichloroethylene
  - and more