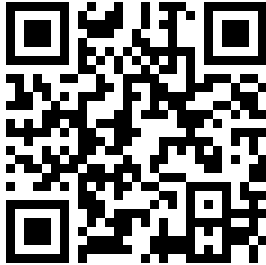


Note: In development

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