

• AVOID XENOESTROGENS • FALSE ESTROGEN • ESTROGEN DISRUPTORS

4-Methylbenzylidene camphor (4-MBC) (sunscreen lotions)
atrazine (weedkiller)
bovine growth hormone
carbon tetrachloride
chloride
dairy
DEHP (plasticizer for PVC)
Diethylstilbestrol (pharmacological estrogen with unintended side-effects)
endosulfan (insecticide)
fish oil
heptachlor (insecticide)
hormones
methoxychlor (insecticide)
nonylphenol and derivatives (industrial surfactants; emulsifiers for emulsion polymerization; laboratory detergents; pesticides)
perfumes
phenosulfothiazine (a red dye)
Phytoestrogens
polychlorinated biphenyls / PCBs (in electrical oils, lubricants, adhesives, paints)
soy

ammonia
bleach
butylated hydroxyanisole / BHA (food preservative)
cheese
clover honey
DDT (insecticide) and residue
dieldrin (insecticide)
dry cleaned clothing
erythrosine / FD&C Red No. 3
flaxseed
herbicides
lindane / hexachlorocyclohexane (insecticide)
methylparabens
parabens (lotions)
pesticides
phthalates phthalates (plasticizers)
plastic
poultry dipped in bleach
window cleaner

🍌 PLANT BASED ALKALINE DIET

🧂 LOW SALT 1 200 MG SODIUM HIMALAYAN PINK SALT

🥚 NEUTRAL PROTEIN 0.6 GRAMS/KILOGRAM

💧 WATER