



# Estrogenic Avoidance Plans (from *Estrogenation*)

## Gold Level Plan

- ✓ Avoid ingredients that include “benz-” or “phen-”
- ✓ Eliminate dietary grains, including all corn products
- ✓ Eliminate dietary peanuts, cheap coffee, and cheap chocolate
- ✓ Eliminate liquid dairy products unless grass-fed and stored in glass
- ✓ Eliminate butter unless grass-fed
- ✓ Eliminate all dietary liquids stored in plastics, especially oils
- ✓ Eliminate fragrances in all personal care products
- ✓ Eliminate fragrances in laundry detergent and dryer sheets
- ✓ Travel and sleep with a pillow case washed without fragrance
- ✓ Eliminate processed foods
- ✓ Eliminate shower curtains
- ✓ Eliminate vinyl flooring/tiling, wallpaper, and plastic countertops
- ✓ Avoid standard industrial bathroom hand-soaps
- ✓ Avoid cannabis
- ✓ Avoid candles except beeswax
- ✓ Avoid plastics in your environment, including plastic toys
- ✓ Eliminate carpets or use “Green-Label Plus” certified carpets
- ✓ Avoid canned foods in metal cans
- ✓ Only eat *wild-caught* seafood from pristine waters
- ✓ Only eat *grass-fed* organic meats, preferably wrapped in wax paper
- ✓ Only eat *grass-fed* organic animal fats, with no plastic contacts
- ✓ Only eat *free-range* chicken eggs
- ✓ Use charcoal-filtered water for all drinking and cooking
- ✓ Use charcoal-filtered water for showering
- ✓ Use all glass and/or stainless steel coffee makers
- ✓ Use Estrogenic-Free cleaning products
- ✓ Use Estrogenic-Free kid’s toys, especially chewable items
- ✓ Use Estrogenic-Free zinc sunscreen
- ✓ Avoid moldy environments
- ✓ Eliminate soy and soy byproducts



- ✓ Eliminate plastic cups, sippies, or plastic-lined mugs
- ✓ Eliminate artificial red food dyes, including finger paints
- ✓ Eliminate microwaving food in plastics

### Silver Level Plan

- ✓ Avoid ingredients that include “benz-” or “phen-”
- ✓ Eliminate dietary grains, including all corn products
- ✓ Eliminate cheap coffee and cheap chocolate
- ✓ Eliminate liquid dairy products unless grass-fed and stored in glass
- ✓ Eliminate butter unless grass-fed
- ✓ Eliminate oils stored in plastics
- ✓ Eliminate fragrances in all personal care products
- ✓ Eliminate fragrances in laundry detergent and dryer sheets
- ✓ Use a fragrance-free washed pillow case for extended travels
- ✓ Eliminate highly processed foods
- ✓ Eliminate vinyl countertops
- ✓ Avoid standard industrial bathroom hand-soaps
- ✓ Avoid cannabis
- ✓ Avoid canned foods
- ✓ Only *eat-caught* wild seafood
- ✓ Only eat *grass-fed* organic animal fats, with no plastic contacts
- ✓ Use charcoal-filtered water for all drinking and cooking
- ✓ Use all glass and/or stainless steel coffee makers
- ✓ Use Estrogenic-Free cleaning products
- ✓ Use Estrogenic-Free kid’s toys, especially chewable items
- ✓ Use Estrogenic-Free zinc sunscreen
- ✓ Avoid moldy environments
- ✓ Eliminate soy and soy byproducts
- ✓ Eliminate flax
- ✓ Eliminate lavender products
- ✓ Eliminate oral contraception
- ✓ Eliminate plastic cups, sippies, or plastic-lined mugs
- ✓ Eliminate artificial red food dyes, including finger paints
- ✓ Eliminate microwaving food in plastics



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- ✓ Diminish dietary grains
  - ✓ Diminish liquid dairy products unless grass-fed and stored in glass
  - ✓ Eliminate oils stored in plastics
  - ✓ Eliminate fragrances in all personal care products
  - ✓ Eliminate fragrances in laundry detergent and dryer sheets
  - ✓ Eliminate highly processed foods
  - ✓ Avoid cannabis smoke
  - ✓ Only eat *organic* corn products
  - ✓ Use charcoal-filtered water for all drinking water
  - ✓ Use all glass and/or stainless steel coffee makers
  - ✓ Use Estrogenic-Free kid's chewable items
  - ✓ Use Estrogenic-Free zinc sunscreen
  - ✓ Avoid moldy environments
  - ✓ Eliminate soy and soy byproducts
  - ✓ Eliminate flax
  - ✓ Eliminate lavender products
  - ✓ Eliminate oral contraception
  - ✓ Eliminate plastic sippies
  - ✓ Eliminate artificial red food dyes, including finger paints
  - ✓ Eliminate microwaving food in plastics

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**Γνώθι Σεαυτὸν (Know Thyself)**

- *Wisdom from ancient Greece, over 2,000 years ago*



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