

Estrogenic Avoidance Plans (from *Estrogeneration*)

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



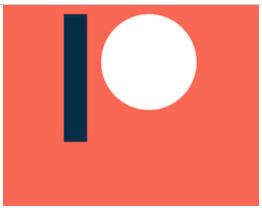
- ✔ Diminish dietary grains
- ✓ Diminish liquid dairy products unless grass-fed and stored in glass
- ✓ Eliminate oils stored in plastics
- ✓ Eliminate fragrances in all personal care products
- ✓ Eliminate fragrances in laundry detergent and dryer sheets
- ✓ Eliminate highly processed foods
- ✔ Avoid 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

New Patreon Gift Page

Γνώθι Σεαυτὸν (Know Thyself)

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





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