

A person wearing a white long-sleeved shirt and brown pants is holding several red onions in their hands. The background is a textured, light-colored wall. The image is overlaid with a dark grey semi-transparent layer, and the text is in white.

REDUCE XENOESTROGENS & PHYTOESTROGEN

Reduce xenoestrogens & phytoestrogen

Filter your drinking water. All you need is a charcoal filter, but I recommend an under-the-sink reverse-osmosis water filtration system that remineralizes the water. If you use a water pitcher with a built-in charcoal filter (e.g., a Britta), pour the filtered water into a glass bottle immediately rather than leaving it in the plastic pitcher.

Stay away from plastic water bottles. You don't know how long the water has been in that bottle, whether or not it has been exposed to heat, and how many chemicals have leached into the water.

Replace your plastic food storage containers. Instead, use products made out of glass or silicone.

Avoid foods that are high in estrogens. Many grains (and also peanuts) are contaminated with mycotoxins, a fungus that grows in grain storage facilities. Other foods, such as soy and flaxseed, are high in phytoestrogens and should be avoided.

Buy estrogenic-free skincare products. Most skincare products are loaded with toxins and should be avoided. When shopping, avoid products that have fragrances or that include the terms "phen" or "benz" on their ingredients lists

Avoid buying food shipped in plastic wraps or containers. That's especially important for cooking oils and other liquids, such as dairy milk. For refrigerated or frozen food, move them to glass containers or silicone-based freezer bags when you get home.

Look for natural fibers in bedding and clothing.

Avoid foods that include artificial ingredients. Artificial ingredients, and certain food dyes in particular, are highly estrogenic.

Avoid pharmaceuticals with dyes. Red food dyes are also often present in pills and liquid medication.

Stop using scented candles and air fresheners: The synthetic fragrances (and natural lavender) in air fresheners (and the expensive candles you bought at the mall) contain estrogens that can make you sick. If you must, stick to pure beeswax candles or essential oils (not lavender).

Buy organic fruits and veggies. Buying seasonal organic fruits and veggies reduces your exposure to pollutants like estrogenic herbicides (such as atrazine) and insecticides and pesticides (such as dichloro-diphenyl-trichloroethane, also known as DDT).

Be wary of BPA-free products. If a product is labeled as BPA-free, it often means that the manufacturer used BPS instead (which is equally estrogenic).

Eat high quality meat and meat products only. Organic and free range.