

Improve Your Environment

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
- g. If your water comes directly from a freshwater source,

2. Eating / Drinking

- a. Use charcoal-filtered water for all drinking and cooking
- b. Use a reverse osmosis system if you are consuming urban water
- c. 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
- d. Discouraged Foods
 - i. foods canned in metal
 - ii. artificial food dyes, including finger paints
 - iii. dietary liquids stored in plastics, especially oils
 - iv. soy and soy byproducts
 - v. flax
 - vi. liquid dairy products *unless* grass-fed and stored in glass
 - vii. butter *unless* grass-fed
 - viii. Milled grains, and corn
 - ix. Processed Sugars
 - x. Seed Oils
 - xi. Tip - If it doesn't grow, don't eat it
- e. Encouraged Foods
 - i. foods canned in glass
 - ii. wild seafood from pristine waters
 - iii. grass-fed organic meats, preferably in wax paper
 - iv. grass-fed organic animal fats, with no plastic contacts
 - v. free-range chicken eggs
 - vi. Whole Grains (retain their bran, germ, and endosperm) except corn
- f. 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

- 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

6. List of Plants You Can Grow and What Chemicals They Remove

- 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

Note: Many of the items on this list are sourced from Dr. Anthony G. Jay's estrogenic avoidance plan outlined in his book 'Estrogenation'. Find more details on Dr. Jay's plans here:

<https://www.ajconsultingcompany.com/plans.html>

