

ESTROGENERATION

How "Estrogens" Are Making You Fat, Sick, and Infertile

"Estrogens" are ARTIFICIAL ESTROGENS

(they act like estrogen in your body)

Problems

Solutions

Identifying estrogens is the key to avoiding them

Top Ten List of Estrogens to Avoid

- 1. Phytoestrogens – the "plant estrogens"
- 2. Mycoestrogen – the "fungus estrogenic"
- 3. Atrazine – the "herbicide estrogenic"
- 4. Triclosan & APEs – the "soap estrogens"
- 5. BP & 4-MBC – the "sunscreen estrogens"
- 6. Red 3 & 40 – the "artificial red food color estrogens"
- 7. Parabens – the "fragrance estrogens"
- 8. Phthalates – the "plastic additive estrogens"
- 9. BPA & BPS – the "plastic ingredient estrogens"
- 10. EE2 – the "birth control estrogenic"



Flax and Soy are major "plant estrogens" but don't forget lavender and cannabis

Many Grains have fungus... and "fungus estrogenic"

Caffeine increases plastic estrogens in your coffee (compared to caffeine-free)

Use Zinc Sunscreen and properly filter your drinking water



This is a Glass Coffee Maker. Heat water to 205°F with no plastic residues

Estrogens = Infertility



...and so much more...

We are being exposed everyday

Even Polar Bears in Northern Alaska have high levels of estrogens



Increases in Depression are linked to estrogens

Estrogens are Stored in Fat and cause Fat Gains



Estrogens promote Allergies and Breast Cancer and estrogens Lower Testosterone

Estrogenic Exposure can result in
✓ Obesity ✓ Cancer ✓ Infertility
Being Passed On to Future Generations