

Preservatives used in skin lotions, shampoos, and body lotions such as the parabens that include methyl paraben, ethyl paraben, propyl paraben, butyl paraben. Researchers from the Department of Biology and Biochemistry of Brunel University in the United Kingdom have conducted a study<sup>1</sup> and found that alkyl preservatives (methyl-, ethyl-, propyl- and butylparaben) are weakly estrogenic. The European Union has asked the European Cosmetics and Toiletry industry about these new findings and the implication for breast cancer. These preservatives are found in the vast majority of skin and body lotions, even in natural progesterone creams. Anything absorbed through the skin is 10 times the concentration of an oral dose.

Solution 1. Avoid using plastic with food and water whenever possible. Especially avoid heating food or water in plastic. When food and or water is heated with plastic, the diffusion of plastic into the food and water is much worse. Heat up food in the microwave using ceramic plates and bowls. 2. Do not use pesticides or herbicides on the lawn or in your house. Eat Organic food. Organic food is grown without pesticides, herbicides and synthetic fertilizer. Minimize canned food. 3. Change your laundry detergent to powdered detergent from the health food store without additives. Use Simple Soap as a shampoo and bath soap. Use dish washing liquid from the health food store. 4. Do not use Birth Control Pills. Use a condom instead without spermicide. Do not use HRT. Use a triple antibiotic for stomach ulcers and gastritis instead of Tagamet. 5. Eat meat grown without hormones. Commercial lamb and fish usually are hormone free. 6. In general, the hormones taken orally are first pass metabolized by the liver 80%-90%. However, when these hormones are applied to the skin, the hormones are directly absorbed by the body. Thus, any skin dose is 10 times that of an oral dose. The vast majority of skin lotions and creams use the parabens as a preservative. Avoid them at all costs. Instead apply a vegetable oil right after a shower to hydrate the skin and lock in the moisture. 7. Avoid Coffee, Beer, Sunflower Seeds, Red Clover Tea, Camomille Tea. Avoid Sunflower seeds, Pomegranate, Licorice, Red Clover, Yucca, Hops (Beer) and Motherwort, Bloodroot, Ocotillo, Mandrake, Oregano, Damiana, Pennyroyal, Verbenna, Nutmeg, Tumeric, Yucca, Thyme, Calamus rt., Red Clover, Goldenseal, Licorice, Mistletoe, Cumin, Fennel, Camomille, Cloves, Queen Anne's lace (wild carrot), Fennel, Alfalfa Sprouts.