INSIDE HEALTH

A PATIENT GUIDE
VOL. 01 · HORMONES
2025 EDITION

A GUIDE TO HIDDEN HORMONAL EXPOSURE

Phyto-*estrogens*

The plant compounds quietly shaping fertility, mood, and metabolism — and how to recognize them on a label.

SEVEN PAGES

No. 01

FOR PATIENTS

Sourced from

The Booby Trap: Estrogen Makes You Crazy, Fat, Old and Triggers Breast Cancer by Wendy Sellens Bronson. Curated and annotated by Inside Health.

CHAPTER ONE

The hormone hiding in *healthy* food.

Most people don't realize they are unknowingly feeding their families flax — through "healthy" plant milks, omega-3 eggs, and pasture-fed chicken.

This hidden source of estrogenic exposure is now linked to falling fertility, worsening PMS and menopause symptoms, lower testosterone in men, earlier puberty in girls, and rising gender dysphoria.

Estrogen is a natural hormone that regulates reproductive health, bone strength, mood, and dozens of other functions. **Phytoestrogens** are plant compounds whose molecular shape is close enough to human estrogen that the body responds to them — sometimes only slightly, sometimes powerfully.

They show up in everyday staples: soy, flaxseed, sesame, legumes, and certain grains. While generally weaker than the estrogen your body produces, their effect varies dramatically with dose, baseline hormones, age, and health history.

Taking in more estrogen than your body needs can disrupt hormonal balance and may contribute to mood swings, weight gain, irregular bleeding, blood clots, and increased risk of hormone-sensitive cancers.

This guide is a starting point: a reference for what to read on a label, what to ask your practitioner about, and how to think about everyday foods and supplements in a new light.

> *i* **HOW TO USE THIS GUIDE**
> Chapters Two through Five list the foods, oils, herbs, and products most worth knowing. Bring it to your appointment, or use it as a label-reading reference at the grocery store. It is not a diagnosis or a prescription.



CHAPTER TWO

Strong plant estrogens, hiding in plain sight.

FLAX
Linum usitatissimum

Oil, seeds, crackers, chips, cereal, and milk. **Roughly 20× more potent than soy** — the single most concentrated source on this list.

SOY
Glycine max

Tofu, edamame, fermented soy, soy milk, soy cheese, soy meats, and most "vegan" protein cereals.

OMEGA-3 EGGS & SOY-FED POULTRY

Most omega-3 eggs are produced by feeding hens flax. Most commercial chicken is soy-fed unless specifically labeled otherwise.

CHICKPEAS & HUMMUS
Cicer arietinum

Garbanzo beans, chickpea flour, and hummus — staples in many "healthy" snack swaps.

How much *estrogen* are you actually eating?

EACH — ≈ ONE BIRTH-CONTROL PILL

1 CUP SOY MILK	—	≈ 1 PILL
1 TBSP FLAXSEED	— — — — —	≈ 5 PILLS
1 GLASS FLAX MILK	— — — — — — — — — —	≈ 10 PILLS
¼ CUP FLAXSEED	— — — — — — — — — — — — — — — — — — — —	≈ 20 PILLS

! **PREGNANCY, NURSING & CHILDREN UNDER 18**

Avoid ingesting plant estrogens during pregnancy or while breastfeeding — they can interfere with fetal and infant development. Excess estrogen exposure in developing children is linked to early menarche (the normal range is 14–16), PMS, and disrupted balance with testosterone.

CHAPTER THREE

Concentrated oils to use *sparingly*.

Essential oils concentrate the active compounds of a plant many times over. Occasional, brief topical use is generally fine; daily diffusion, undiluted application, or oral use is what to avoid.

- LAVENDER
- ANISEED
- BASIL
- CHAMOMILE
- CINNAMON
- CLARY SAGE
- CORIANDER
- CYPRESS
- EVENING PRIMROSE
- FENNEL
- GERANIUM
- OREGANO
- PEPPERMINT
- ROSE
- ROSEMARY
- SAGE
- TEA TREE
- THYME

> *i* **A NOTE ON CONTEXT**
>
> These oils are not "bad" — they are *strong*. Exposure adds up. Consider the cumulative load from laundry products, diffusers, cleaning sprays, lotions, perfumes, and supplements together, not each one in isolation.

CHAPTER FOUR · PREVIEW

Next: herbs with estrogenic activity

The next two pages list herbs and Chinese herbal formulas that carry meaningful estrogenic activity. Unless prescribed by a trained herbalist, avoid using them on a daily basis — especially in popular tea blends, "women's wellness" formulas, and adaptogen powders.

CHAPTER FOUR · PART I

Herbs with estrogenic activity.

Use under guidance — not as a daily habit.

ALOE
Aloe barbadensis · Aloe indica

ASHWAGANDHA
Withania somnifera · Indian Ginseng

ASIAN GINSENG
Panax ginseng · Ren shen

ASTRAGALUS
Astragalus membranaceus · Huang qi

BAI SHAO (WHITE PEONY)
Paeonia lactiflora

BERBERINE
Berberis vulgaris

BITTER MELON SEEDS
Momordica charantia

BLACK COHOSH
Cimicifuga racemosa · Sheng ma

BLACK SEED
Nigella sativa

BURDOCK ROOT
Arctium lappa

CALENDULA
Calendula officinalis

CHASTEBERRY
Vitex agnus-castus

CHINESE MOSS
Huperzia serrata

CHUAN XIONG
Ligusticum chuanxiong

DANDELION
Taraxacum mongolicum · Pu Gong Ying

DONG QUAI
Angelica sinensis · Dong Gui

FENNEL SEEDS
Foeniculum vulgare

FENUGREEK
Trigonella foenum-graecum

FO-TI
Polygonum multiflorum · Ye Jiao Teng

FRUCTUS CNIDII
Cnidium monnieri · She chuang zi

GOLDEN ROOT / GOLDENSEAL
Rhodiola rosea

HEARTWOOD
Pterocarpus soyauxii

HEMP / CBD
Cannabis sativa

HOPS
Humulus lupulus

KUDZU ROOT
Pueraria montana

LAVENDER
Lavandula angustifolia · L. officinalis

LICORICE
Glycyrrhiza glabra · Gan cao

LOVAGE
Levisticum officinale

CHAPTER FOUR · PART II

The list, *continued*.

MACA ↑ DHEA
Lepidium meyenii

MILK THISTLE
Silybum marianum

MISTLETOE
Viscum album

MORINGA SEEDS
Moringa oleifera

MUCUNA
Mucuna pruriens

NEEM OIL
Azadirachta indica

NORTH AMERICAN GINSENG
Panax quinquefolius · Xi Yang Shen

PRICKLY PEAR / NOPAL CACTUS
Opuntia ficus-indica

QUEEN ANNE'S LACE
Daucus carota

RED CLOVER
Trifolium pratense

RED PINE NEEDLE
Pinus resinosa

RHUBARB
Rheum rhabarbarum

SAGE
Salvia officinalis

SAW PALMETTO
Serenoa repens · Sabal fructus

SEMEN CASSIAE
Cassia obtusifolia · Jue ming zi

SIBERIAN RHODIOLA
Rhodiola rosea

STINGING NETTLE
Urtica dioica

TU FU LING
Cornus officinalis

TURMERIC
Curcuma longa

WHITE KWAO KRUA
Pueraria candollei var. mirifica

XIANG FU
Rhizoma cyperi rotundi

YARROW
Achillea millefolium

YU JIN
Curcuma zedoaria

! **READ THE LABEL, EVERY TIME**

Many of these herbs appear quietly in multi-ingredient blends — "women's hormone support," adaptogen lattes, sleep teas, joint formulas, and immunity tonics. The ingredient panel is the only honest source of truth.

CHAPTER FIVE

Products containing these compounds.

A non-exhaustive list of popular formulas built around the herbs above. New products launch constantly — always read the panel.

BREAST DEFEND
CONTAINS quercetin, turmeric, curcumin, astragalus

DHEA
NOTE precursor for estrogen

ESTROVERA
CONTAINS rhubarb root

ESTROVITE
CONTAINS black cohosh, dong quai, red clover, genistein, daidzein from soy

ESSIAC TEA
CONTAINS burdock root

FEMQUIL
CONTAINS black cohosh, chaste tree, green tea, turmeric, rosemary

HOXSEY TONIC
CONTAINS licorice, red clover, burdock root

MYOMIN
CONTAINS xiang fu

NATURA 901
CONTAINS xiang fu

PEOS OMEGA
CONTAINS flax, evening primrose

MY BREST FRIEND
CONTAINS fenugreek

PURE FOOD WOMEN'S 50
CONTAINS dandelion, milk thistle

QUERCETIN / RUTIN
NOTE plant flavonols with estrogenic activity

SOLARAY FEMALE HORMONE BLEND
CONTAINS dong gui, black cohosh

WILD YAM
NOTE commonly marketed for "natural" hormone support

WOMEN'S MENOCAPS
CONTAINS dong quai, burdock, chaste tree, black cohosh, licorice

"We don't want to be the supplement industry's lab rat — put down the fancy new-age estrogen therapies."

ADAPTED FROM WENDY SELLENS BRONSON

STAY CURRENT

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INSIDE HEALTH

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