

Xylitol natural sugar

Grapefruit seed extract

Garlic

Coconut oil

Glutamine builds new intestinal lining

Dried ground flax seeds

Chlorella - <http://www.funkyraw.com/>

Indoles – prevents toxic oestrogen building up –

Q. What exactly is DIM?

A. Diindolylmethane, or DIM for short, is a plant indole -- a plant compound with health-promoting properties. DIM and other plant indoles are found in all cruciferous vegetables. Cruciferous vegetables include cabbage, broccoli, Brussels sprouts, and cauliflower. These plants have cultivated for centuries and were initially used for medicines.

About twenty years ago, scientists discovered that when broccoli was added to the diets of study animals, it could prevent certain forms of cancer. In more recent scientific studies, this same cancer protection was shown to result from simply adding supplemental DIM or related plant indoles to the animals' diets in place of the broccoli. Recently, regular use of supplementary DIM and its indole relatives has shown that many of these health-promoting effects arise from a beneficial shift in the balance of the sex hormones, estrogen and testosterone.

When you chew raw or lightly cooked cruciferous vegetables, plant enzymes -- substances that start a reaction -- are activated, which allows DIM to enter your body. But to get the most benefit from this indole, you would need to consume very large quantities of raw vegetables each day. To overcome this problem, absorbable forms of pure DIM have been developed as dietary supplements that use special absorption-enhancing formulas. (See Chapter 6 for specific information about supplementing with DIM.) <http://www.dimfaq.com/site/toc.htm>

DIM supplements - <http://www.bioresponse.com/Home.asp>

MACA - <http://www.funkyraw.com/>

Digestive enzymes - http://www.udoschoice.co.uk/udos_choice_ultimate_digestive_enzyme_blend

Castor oil packs - <http://www.nutrigold.co.uk/castor-oil-packing.html>

Feeding the adrenals with Supamag Plus - <http://www.nutrigold.co.uk/search-products.html>

Progesterone cream - <http://www.progesterone.org.uk/> and <http://www.wellsprings-health.com/>