

## GROUP 17: HORMONE SECRETIONS

### Foods to avoid in your diet for the next 24 hours:

**Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.**

- Milk and Milk products
- Beef
- Pork
- Chicken
- Birth control pills if possible
- Hormone replacement therapy medication if possible
- Vitamin and herbal supplements
- Protein powder supplements
- Limit soy intake

### **YOU CAN EAT OR DRINK**

Vegetables, Fish and anything not included in the list above.