

References:

1. AUBORN Karen J., SAIJUN FAN, ROSEN Eliot M., GOODWIN Leslie, CHANDRASKAREN Alamelu, WILLIAMS David E., DAZHI CHEN, CARTER Timothy H. Indole-3-carbinol is a negative regulator of estrogen. *The Journal of nutrition* 2003, vol. 133, no 7, SUP (109 p.) (27 ref.), pp. 2470S-2475S
2. MICHAEL A. ZELIGS. Diet and Estrogen Status: The Cruciferous Connection. *Journal of Medicinal Food*. 1998, 1(2): 67-82
3. McDougal, Andrew. Methyl substituted diindolylmethanes as inhibitors of estrogen-induced growth of T47D cells and mammary tumors in rats. *Breast Cancer Research and Treatment*. Volume 66, Number 2 / March, 2001.
4. ELEUTERIO JUNIOR, José; CAVALCANTE, Diane Isabelle Magno; FERREIRA, Francisco Valdeci de Almeida and MEDEIROS, Francisco das Chagas. Estrogen and progesterone receptors in peritoneal fluid cell sediment in pelvic endometriosis: immunocytochemical study. *Rev. Bras. Ginecol. Obstet.* [online]. 2001, vol.23, n.2,
5. California PSR and CALPIRG. "Generations at Risk" Chemicals and Reproductive Health.PDF
6. Chris Serafini, D.C. Systemic Enzymes, Lignans and Uterine Health. PDF
7. Nouza K., Madar J. VIII. Immunomodulation in the treatment of reproduction disturbances. *American Journal of Reproductive Immunology* 2001, Vol. 46, No. 1, pp. 106, Abst. WP8-3
8. F.-W. Dittmarl, W. Luh. Treatment of fibrocystic mastopathy with hydrolytic enzymes. *International J. of Experimental and Clinical Chemotherapie* 1993: Vol. 6, No. 1, pp. 9-20
9. Patki, V, M.D. How Systemic Enzymes Fight Inflammation. <http://www.systemicenzymetherapy.com/Inflammation/CourseofAction.htm>
10. Lee, John, M.D. *Hormone Balance Made Simple*. 2006
11. Lee, John, M.D. *What Your Doctor May Not Tell You About Premenopause*. 1999
12. Trickey, Ruth. *Women, Hormones, and the Menstrual Cycle*. 2003
13. Weed, Susun. *Herbal for the Childbearing Year*. 1986