

**ESTROGEN DOMINANCE** is a term that describes a condition where a woman can have deficient, normal or excessive estrogen, but has little or no progesterone to balance its effects in the body. Even a woman with low estrogen levels can have estrogen dominance symptoms if she doesn't have enough progesterone.

Excess estrogen causing estrogen dominance is also received transdermally from all sorts of external sources, mainly pollution, herbicides, pesticide's and improper nutrition. These are called Xenoestrogens. These are fat-soluble and non-biodegradable in nature. The major sources of these Xenoestrogens are pesticides, detergents, petroleum products, plastic products, cosmetics, even spermicides used for birth control in diaphragm jellies, condoms and in vaginal gels. So, think twice when you drink your hot coffee or tea in that plastic or Styrofoam cup from the convenient store on your way to work. All of these contribute to the estrogen dominance and have been linked to birth defects in both humans and animals.

While excessive estrogen can lead to problems, it's a little more complicated than simply "too much estrogen." To manage *all your symptoms*, it's important to understand how your individual estrogen levels are related to your other hormones — particularly progesterone and testosterone.

Are your estrogen levels holding steady in perimenopause, while your progesterone levels are plummeting? Have your estrogen and testosterone levels been well above normal reference ranges, while progesterone has always been low? Or are you adding extra estrogen unknowingly through certain lifestyle choices? Each of these common scenarios — and many others — can create imbalance between the ratio of estrogen to other hormones and lead to problematic symptoms.

The good news is that by better understanding what underlies estrogen imbalance, you can determine your best natural options for feeling better. Let's take a closer look.

“Why estrogen dominance is about progesterone and testosterone.”

A healthy woman's body maintains appropriate ratios of estrogens, progesterone, and testosterone throughout life. A complex set of feedback loops determines how much or little of each hormone is being made at any one time. This ongoing communication takes place between the brain, the ovaries, and the adrenal glands, acting in concert with all your other bodily systems. That's why we use the phrase *hormonal balance* when we talk about “normal” ratios of hormones.

But hormonal balance doesn't mean a steady-state, equal balance — like the scales of justice or a perfectly balanced see-saw — but a *dynamic equilibrium*. Within this dynamic there are reference ranges.

When your hormones fluctuate outside of these ranges, that's when you are most likely to experience symptoms.

Fluctuations in estrogen can have dramatic effects on how we feel, think, and function. Compared to other hormones, estrogen is very tightly regulated by the body, and it's more powerful in smaller amounts than other steroid hormones. Even tiny changes in estrogen levels can cause symptoms.

## **ESTROGEN DOMINANCE SYMPTOMS**

- Acceleration of the aging process.
- Allergies, including asthma, hives, rashes, sinus congestion
- Autoimmune disorders such as lupus erythematosus, thyroiditis, and Sjogren's disease
- Breast cancer

- Breast tenderness
- Cervical dysplasia
- Cold hands and feet as a symptom of thyroid dysfunction
- Copper excess
- Decreased sex drive
- Depression with anxiety or agitation
- Dry eyes
- Early onset of menstruation
- Endometrial (uterine) cancer
- Fat gain, especially around the abdomen, hips and thighs
- Fatigue
- Fibrocystic breasts
- Foggy thinking
- Gallbladder disease
- Hair Loss
- Headaches
- Hypoglycemia
- Increased blood clotting (increasing risk of strokes)
- Infertility
- Irregular menstrual periods
- Irritability
- Insomnia
- Magnesium deficiency
- Memory loss
- Mood swings
- Osteoporosis
- Polycystic ovaries
- Premenopausal bone loss
- PMS
- Sluggish metabolism
- Thyroid dysfunction mimicking hypothyroidism
- Uterine cancer
- Uterine fibroids
- Water retention & bloating

- Zinc deficiency

When Estrogen Dominance occurs WITHIN the body these are some of the results:

- Endometriosis
- Blood Clots
- Elevated Blood Pressure
- Fibroid Breasts
- Infertility
- Irregular Menstrual Flow
- Uterine Fibroids
- Breast Tenderness
- Mood Swings
- Uterine Cancer
- Hair Loss
- Depression
- Weight Gain
- Migraine Headaches
- Spotting
- Breast Cancer Risk
- Insomnia
- Inflammation
- Abnormal Pap Smears
- Fluid Retention
- Cramping
- Vaginal Dryness
- Thyroid Imbalances
- Decrease in Memory
- Low or No Sex Drive

We are all--men, women and children--suffering from Estrogen Dominance, because there is so much of it in our environment. You would have to virtually live in a bubble to escape the excess estrogens we are exposed to through pesticides, plastics, industrial waste products, car exhaust, meat, soaps and much of

the carpeting, furniture, and paneling that we live with indoors every day. You may have on-and-off sinus problems, headaches, dry eyes, asthma or cold hands and feet for example, and not know to attribute them to your exposure to Xenohormones. Over time the exposure will cause more chronic problems such as arthritis and premature menopause symptoms and may be a direct or indirect cause of cancer.

Estrogen dominance is when your body is subjected to excess estrogen. Usually, a combination of improper nutrition and from sources outside the body. Estrogen dominance can be reduced by nutrition, supplementation, intermittent fasting and by reducing your exposure to environmental toxins or xenohormones.

Understanding which foods that raise or lower your hormones is just the beginning.

### **10 Foods that raise Progesterone**

1. Broccoli
2. Brussels Sprouts
3. Red Meat
4. Nuts
5. Pumpkins
6. Sweet Potato / Yam
7. Shellfish
8. Green Banana
9. Spinach
10. Legumes

### **10 Foods that raise Testosterone**

1. Eggs
2. Oysters
3. Spinach

4. Ginger
5. Cinnamon
6. Salmon
7. Garlic
8. Tuna
9. Green Banana
10. Almonds