

Correcting Estrogen Imbalance

Many female problems, including PMS, uterine fibroids, endometriosis, and ovarian cysts are estrogen dependent. Therefore, it is advisable to decrease sources of exogenous estrogen in the diet. It is also important to enhance the functioning of the liver and gastrointestinal tract in order to ensure optimal metabolism and elimination of estrogen metabolites.

To regulate your hormones:

- 1) Ensure adequate daily fiber intake (aim for 30 grams/day – see table below) in order to eliminate excess estrogen
- 2) Consume foods that decrease estrogen levels; decrease consumption of foods that increase estrogen levels (see table below)
- 3) Do regular castor oil packs over your liver
- 4) Drink warm lemon water
- 5) Maintain ideal body weight
- 6) Engage in regular aerobic exercise
- 7) Have regular infra-red sauna's

Factors that contribute to Hormone Imbalance:

- 1) Being overweight
- 2) Synthetic hormones (i.e. HRT, oral contraceptives)
- 3) Stress – Cortisol (the stress hormone) competes for the same receptors as progesterone which can lead to a relative estrogen dominance
- 4) Exposure to light at night
- 5) Pesticides in food, insect sprays, lawn sprays, cleaning products
- 6) Air fresheners, fabric softeners, scented laundry soaps
- 7) Plastics of any kind (food containers, water bottles, polyester fabric, saran wrap)
- 8) Parabens in hair and skincare products
- 9) New carpets

Nutrition

<i>Foods that increase Estrogen levels</i>	<i>Foods that decrease Estrogen levels</i>
<ul style="list-style-type: none"> ▪ Non-organic animal products ▪ Dairy products ▪ Refined sugar ▪ Processed foods ▪ Caffeine (coffee, tea, chocolate) ▪ Alcohol and drugs 	<ul style="list-style-type: none"> ▪ The Brassica family of vegetables: broccoli, cauliflower, brussels sprouts, cabbage, and kale ▪ Dark leafy greens (dandelion greens, collard greens, mustard greens) ▪ Liver-supportive foods: Onions, garlic, ginger, turmeric, basil, cumin, fennel, dill, black pepper, horseradish, rosemary, beets, strawberries, peaches, cherries, turnip ▪ Lemon juice

Fiber Content of Common Foods

Food	Gram of fiber/cup of food	Food	Grams of fiber/cup of food
Turnip greens, cooked	5.04	Lima beans, cooked	13.16
Raspberries	8.34	Kidney beans, cooked	11.33
Mustard greens, cooked	2.80	Barley, cooked	13.60
Cauliflower, cooked	3.35	Blueberries	3.92
Collard greens, cooked	5.32	Chickpeas, cooked	12.46
Broccoli, steamed	4.68	Beets, boiled	3.40
Swiss chard, cooked	3.68	Yam, cooked	5.30
Spinach, cooked	4.32	Sweet potato, baked with skin (1)	3.14
Green beans, cooked	4.00	Avocado	7.30
Winter squash, baked	5.74	Oats, cooked	3.98
Split peas, cooked	16.27	Brown rice	3.51
Lentils, cooked	15.64	Flaxseeds (2 tbsp)	5.41
Brussels sprouts, steamed	4.06	Apple (1)	3.73
Black beans, cooked	14.96	Pear (1)	3.98
Green peas, boiled	8.80	Almonds (1/4 cup)	4.07
Pinto beans, cooked	14.71		

Source: *whfoods.com*

Increasing fiber intake also helps to regulate cholesterol levels, blood sugar levels, and bowel function