

Anti-Estrogenic Diet

The liver is the primary organ that breaks down estrogen, the hormone responsible for the symptoms in hormonal imbalances, PMS and menopause. If the liver is not functioning optimally, then there will be more estrogen circulating in the system, leading to increased symptoms such as headaches, irritability, breast tenderness, pain with menstruation and mood changes.

The liver also relies on the bowels to get rid of excess estrogen in the stool. If there is constipation, or slow bowel transit time, more estrogen can be reabsorbed into the bloodstream.

Many female problems, including uterine fibroids 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 bowels to optimal function, since it is the liver that is responsible for converting estrogen into a form that can be easily eliminated from the body through healthy bowels.

DIET

- **Every morning**, after waking up, squeeze half a lemon into a glass of warm water and drink.

🌀 Avoid These Foods (*read food labels*)

<i>Food</i>	<i>Explanation</i>
i. Dairy (ie. Cheese, milk, cottage cheese)	Cause inflammation, smooth muscle contraction, vascular constriction
ii. Decrease Methylxanthines -coffee, tea, chocolate, cola	Promotes inflammation
iii. Fat <ul style="list-style-type: none"> • Animal fats-meat and dairy • Butter and margarine • 	Produces more estrogen
iv. Meat and meat products	Promotes inflammation and pain
v. White sugar, white flour and any other refined grains/flours	Increase estrogen level

● **Eat These Foods!**

Consume liver loving foods every day.

The bolded vegetables are “liver friendly”, helping with its detoxification. Steam, stir-fry , make soup or add to salads.

- ✓ Alfalfa
- ✓ Asparagus
- ✓ Beets
- ✓ Bok Choy
- ✓ Broccoli
- ✓ Brussels Sprouts
- ✓ Cabbage
- ✓ Carrots
- ✓ Celery
- ✓ Cauliflower
- ✓ Collard Greens
- ✓ Dandelion Greens
- ✓ Dark Green Leafy Vegetables
(endive, chard, spinach, etc.)
- ✓ Fresh Green Peas
- ✓ Kale

- ✓ Artichokes
- ✓ Lemons
- ✓ Lettuce
- ✓ Okra
- ✓ Potatoes
- ✓ Rutabaga
- ✓ Spinach
- ✓ Squash
- ✓ Swiss Chard
- ✓ Watercress
- ✓ Yam

Meat to eat:

- ✓ Cold Water fish-salmon,
tuna, herring, mackerel

☺ Other foods to try:

- ⇒ Legumes (dal) i.e. chickpeas, lentils, red beans, lima beans, pinto beans, mung beans, black beans, green beans
- ⇒ Rice - Brown and wild rice – any variety except white rice
- ⇒ Soy i.e. soy milk fortified with calcium and vitamin D, soy beans, soy nuts, soy flour, tofu, miso, aburage, atuage, koridofu, tempeh
- ⇒ Whole grains - such as millet, quinoa, kamut, oats, buckwheat

☺ Have the following as snacks:

- ⇒ *Fruit*: apples
- ⇒ *Nuts*: almonds, brazil nuts, cashews, chestnuts, hazelnuts, pistachios, walnut
- ⇒ *Seeds*: flaxseeds, pumpkin seeds, sesame seeds, sunflower seeds
- ⇒ *Raw veggies*: carrots, celery, broccoli, cauliflower, pepper (Eat with hummus, baba ganoush, bean dip, guacamole, etc.)
- ⇒ *Yogurt* (plain organic)

Spice it Up

- All Indian spices
- Caraway
- Dill seeds
- Fennel
- Flaxseed oil – do not heat
- **Garlic**
- **Ginger**
- Honey or molasses
- Olive oil – do not heat
- **Onions**
- Parsley
- **Turmeric**

☉ TRY TO BUY ORGANIC FOODS WHENEVER POSSIBLE!!

Improve Elimination from the Colon

- Ground Flax Seeds – eat 2 tbsp of raw flax seeds. It is best to grind them fresh every days, keep refrigerated and sprinkle on foods after cooking. Avoid cooking flaxseeds.

Support Healthy Gut Flora

- Healthy bacteria in the colon keep the pathogenic bacteria under control. These “bad” bacteria will deconjugate estrogens, making them reabsorbable through the colon and allow them to reenter the blood stream
- Yogurt, and kefir are good sources of good bacteria. Make sure it says “contains active cultures” on the label. Buy unsweetened dairy products and look for organic sources to avoid consuming hormones used in dairy farming.

☉ **HYDROTHERAPY**

Castor Oil Packs

- Castor Oil when placed over an organ can increase circulation and detoxification

☉ **EXERCISE**

Exercise → improves mood, and helps reduce stress

- Follow a program that elevates the heart rate to at least 60% of maximum for 30 minutes, five times a week
- Walk, jog, swim, aerobic exercises