

Estrogen Dominance Guide

Diet and Supplements

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<p>Liver Support</p> <p>Refer to the CFB Liver Guide for tips. Estrogen is metabolized by the methylation and glucuronidation detoxification pathways – liver support is key!</p>	<p>Conventionally-grown vegetables</p> <p>Chemicals used in fertilizers and pesticides are high in xenoestrogens (synthetic estrogens). Switch to organic food.</p>
<p>Cruciferous vegetables</p> <p>They are rich in diindolylmethane (DIM) which helps to block estradiol (E2). Found in cabbage, broccoli, kale, brussels sprouts, radishes, cauliflower, bok choy. Aim for 3 services per day.</p>	<p>Conventionally-raised animals</p> <p>Eliminate estrogen-like hormones and antibiotics given to conventionally-raised animals and switch to grass-fed and free-range meat.</p>
<p>Bitter greens</p> <p>They help produce bile to “flush” out metabolized estrogens. Found in radishes, dandelion and artichokes. Minimum 1 serving/day.</p>	<p>Fish selection</p> <p>Eliminate estrogen-like compounds found in fish feed and polluted waters. Pick fish using tools on www.seafoodwatch.org</p>
<p>Flaxseed</p> <p>Even though it's a phytoestrogen, flax promotes “good” estrogens and mitigates estradiol. Aim for 1-2 tbsp of ground flax seed/day.</p>	<p>Soy</p> <p>Avoid all soy products and soy derivatives (fillers, stabilizers, etc). Exception is organic tempeh and non-GMO soy lecithins.</p>
<p>Sprouts</p> <p>Sprouts of cruciferous seed have a highly estrogen-balancing quality. Aim for 2-3 tbsp per day.</p>	<p>Caffeine</p> <p>Caffeine drives up estrogen. Reduce or eliminate coffee and black tea, substitute with roasted chicory root (for taste) or herbal non-caffeinated teas.</p>
<p>Turmeric</p> <p>Counters the proliferative effect of estrogen on cancer cells. A powerful anti-inflammatory, too. Aim for 1 tsp/day.</p>	<p>Alcohol</p> <p>Alcohol can be estrogenic, limit to maximum 3 drinks per week.</p>
<p>Maca</p> <p>Peruvian ginseng and an adaptogen – can lower estradiol and promote progesterone. Try 1 tbsp/day. Caution: does not work for everyone, stop if ED symptoms worsen.</p>	<p>Skincare and cleaning products</p> <p>Eliminate xenoestrogens found in BPAs, parabens, sodium lauryl/laureth sulfate (SLS), phthalates and triclosan – often used in skincare and household cleaning products. Check toxicity of products on www.ewg.org/skindeep</p>
<p>Pomegranates</p> <p>Known for their phytoestrogenic quality. Incorporate as a snack, add to smoothies and salads 2 times/week when in season.</p>	<p>Birth control pills</p> <p>Get off birth control pills – they contain synthetic estrogens and inhibit the thyroid function. Learn about the Fertility Awareness Method.</p>
<p>Seed rotation</p> <p>Day 1-14 of menstrual cycle: promote estrogen production by adding 1 tbsp of ground flax and/or pumpkin seeds per day. Day 14-28: promote progesterone production by adding 1 tbsp of ground sunflower and/or sesame seeds.</p>	<p>Stress</p> <p>Stress and elevated cortisol levels block the progesterone receptors.</p>
<p>DIM (supplement)</p> <p>Blocks estrogen receptors from estradiol. 200 mg/day.</p>	
<p>Passionflower extract (supplement)</p> <p>Inhibits aromatization (conversion of testosterone to estrogens). Follow instructions on packaging.</p>	