

Estrogen Balancing 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.

Foods to AVOID (read labels!)

Food	Explanation
Dairy (i.e. cheese, milk, cottage cheese) – all, but especially non-organic (low fat organic and plain yogurt can be beneficial)	Cause inflammation, smooth muscle contraction, vascular constriction
Decrease methylxanthines - coffee, tea, chocolate, cola	Promotes inflammation
Non-organic fats <ul style="list-style-type: none">▪ Animal fats - meat and dairy.▪ Butter and margarine	Produce more estrogen
Meat and meat products – especially non-organic	Promotes inflammation and pain
White Sugar, white flour and any other refined grains/flours	Increase estrogen levels

Foods to ENJOY!

Consume liver loving foods every day.

The highlighted vegetables are “liver friendly”, helping with its detoxification.

Steam, stir-fry, make soup or add to salads:

- | | |
|--|---------------------|
| ▪ Alfalfa | ▪ Kale |
| ▪ Artichokes | ▪ Lemons |
| ▪ Asparagus | ▪ Lettuce |
| ▪ Beets | ▪ Okra |
| ▪ Bok choy | ▪ Potatoes |
| ▪ Broccoli | ▪ Rutabaga |
| ▪ Brussels sprouts | ▪ Spinach |
| ▪ Cabbage | ▪ Squash |
| ▪ Carrots | ▪ Swiss chard |
| ▪ Celery | ▪ Watercress |
| ▪ Cauliflower | ▪ Yam |
| ▪ Collard greens | |
| ▪ Dandelion greens | |
| ▪ Dark green leafy vegetables
(endive, chard, spinach, etc) | |
| ▪ Fresh green peas | |

Meat to eat:

- Cold water fish - salmon, tuna, mackerel, herring, halibut
- Organic chicken
- Organic turkey

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 WHERE POSSIBLE 😊

Lifestyle Changes to encourage healthy estrogen balance:

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 when placed over an organ can increase circulation and detoxification

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