

ESTROGEN DOMINANCE

Estrogen: A Hormone of the Woman



Estrogen Dominance is one of the most common Hormone Imbalances that women struggle with, besides Insulin Resistance and Hypothyroidism. Estrogen dominance is when your body is subjected to excess estrogen. The fact that we live in an estrogen dominant world (you will hear me say this often) makes keeping our estrogen balanced a challenge for some.

High Estrogen doesn't only affect females but men too. For men, most of the symptoms of high estrogen are usually expressed by physical changes/features.

When the ratio of hormones involved in this “balancing act” is disturbed it can carry serious health implications. One such instance is estrogen dominance.

Symptoms Due to Estrogen Dominance

Female hormones work in a beautiful, intelligent synchrony that permits the body to function optimally. This synchronization requires a delicate balancing act between all hormones, especially that of estrogen, progesterone, and testosterone. Estrogen dominance usually results after long term and continuous combination of improper nutrition and from sources outside the body.

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.

Other 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
- 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
- Fatigue
- Fibrocystic breasts
- Foggy thinking
- Gallbladder disease

Quick Recap on Hormones

Estrogen: With much higher concentrations in women, this hormone is responsible for the development and growth of “female secondary sexual characteristics.” These include the breasts, and also the hair that grows in the armpits and pubic region. Estrogen enables ovulation and fertilization, as well as regulates period cycles and the reproductive system. At abnormal levels, estrogen can be the catalyst for a variety of health conditions.

Progesterone: Considered a female sex hormone, progesterone prepares the body for conception and pregnancy. It also influences female sex drive and is considered a precursor to the sex hormones testosterone and estrogen. This hormone regulates the menstrual cycle and is thought to help protect against breast cancer.

Testosterone: The dominant male sex hormone, females produce about 90 percent less testosterone than men. This hormone is vital to bone and muscle strength, sex drive, and overall energy levels. It also influences cognitive functioning and mood.

Absolute & Relative

Estrogen Dominance is a term that describes a condition where a woman can have deficient or even 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.

In other words, Estrogen Dominance can occur in two ways:

1. Absolute, Estrogen is Absolutely High: this means your body has more estrogen than it normally should have.
2. Relative; Estrogen is Relatively High in Relation to Progesterone: this means estrogen is not so high, but progesterone is low. This type of imbalance leads to its own set of high estrogen symptoms.



Xenoestrogens

Xenoestrogens

The 3 P's of hormone disruptors

Xenoestrogens mimic bad estrogen. They can be found in the following places:

1. Plastics

- Food storage containers
- Plastic bottles
- Produce bags



2. Parabens

- Cleaning products
- Makeup
- Hair products

3. Pesticides

- Conventional produce
- Tap water



Excess estrogen causing estrogen dominance is also received transdermally from all sorts of external sources.

The main causes of estrogen dominance are pollution, chemicals and herbicides, pesticide's and improper nutrition. These are called Xenoestrogens (zee-know-estrogens).

These are fat-soluble and nonbiodegradable 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.

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.

Endocrine Disrupting Chemicals

- Fragrances
- **Triclosan - Antibacterial household products**
- Food Additives - Colorings, Flavorings, Preservatives
- **Plastics - BPA - Disposable Plastic Containers and Hard Plastic Containers**
- Pesticides and Insecticides
- **Inorganic | Hormone based meats, poultry, and dairy**
- Pthalates - Flexible plastic, toys, cosmetics

We will show you proven ways to regulate estrogen in the body and how it can be reduced by ways of nutrition, supplementation, intermittent fasting and by reducing your exposure to environmental toxins or xenohormones.