



Estrogen Dominance

Questions and Answers:

(1) What is Estrogen Dominance?

Estrogen Dominance is an imbalance of having too much estrogen with corresponding lower levels of progesterone.

(2) What are the symptoms of estrogen dominance?

Symptoms of estrogen dominance can include mood swings, anxiety, depression, irritability and anger. Painful periods with cramps, heavy or prolonged bleeding and clots. Hot flashes, night sweats, foggy thinking, low libido, problematic PMS, breast tenderness, water weight gain, fat gain (especially around the abdomen, hips and thighs) and insomnia. It can also cause digestive problems such as bloating, gallbladder problems, food cravings, sweet cravings and chocolate cravings.

(3) What causes estrogen dominance?

The dominance occurs when progesterone levels are lower than estrogen levels. One way this happens is exposure to "estrogen mimics" or "xenoestrogens".

"Estrogen mimics" are fat soluble and pass through our skin easily and they accumulate in our system over time. Certain chemicals found in the environment from pesticides and plastics, soaps, emulsifiers, cleaning products and car exhaust are all examples of "estrogen mimics". These substances look and act enough like natural estrogens that our bodies often accept them as natural estrogen.

"Xenohormones" are synthetic estrogens and progesterones found in oral contraceptives and conventional hormone replacement therapies. They are also found in livestock that are fed estrogenic drugs to fatten them up, all plastics, but especially when plastic becomes hot or is heated, and industrial wastes.



These unnatural forms of estrogen can latch on to estrogen receptors located on the surface of the breast and other hormonally-caused cancer cells signaling the cancer to grow and divide, essentially causing the cancer to spread. The "mimics" can also bind to estrogen receptors on healthy cells and send false signals. Some block the natural hormone and keep it from binding with receptors- resulting in more estrogen circulating in the bloodstream. Once estrogen is in the bloodstream it travels to the liver to be broken down or metabolized. If the rate of metabolism is too slow, the excess estrogen is left to circulate in the body, causing estrogen dominance.

(4) What can I do if I suspect I have estrogen dominance?

If you suspect you are estrogen dominant you will need to restore your body's hormonal balance. Hormonal balance refers to the healthiest most beneficial mix of all your hormonal messages. Hormonal balance is the key to helping you stay healthy and resist aging.

The first step is to get a saliva test of the female hormones to objectively test the imbalance in your body. With this test the correct supplements can be recommended.

You will also need to make lifestyle changes to get rid of as much of the estrogen "mimics" and xenohormones as possible. To do this successfully you will need to eat the correct foods, take the right supplements and reduce your exposure as much as possible to unnatural forms of estrogen.

References:

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