

ESTROGEN BALANCE PROTOCOL

Estrogen imbalances can affect gut health, and gut health can affect estrogen. If you suspect a hormonal imbalance, it's always a best practice to check with a healthcare provider for proper evaluation and oversight.

Still, overall health and hormonal balance can be supported with basic diet and lifestyle shifts. The following balancing protocol may be helpful for individuals who are looking to balance their estrogen with the approval and complementary care of their healthcare provider.

THIS PROTOCOL IS BASED ON FOUR KEY STEPS:

These should be introduced one step at a time. Remember: Bio-individuality always comes first!

- 1 Eating for gut health
- 2 Decreasing exposure to xenoestrogens
- 3 Crowding out sugar
- 4 Eating foods to support liver health

1. EAT FOR GUT HEALTH.

The bacteria that make up the microbiome play an important role in maintaining estrogen balance. A strong and diverse microbiome can help process out excess estrogen from the body.

The following dietary modifications can help support better gut function:

- Eat a diet higher in fiber, especially from vegetable sources.
- Add fermented foods, like sauerkraut, kimchi, and yogurt, into your diet.
- Crowd out refined, processed, and artificial sugars.
- Regularly consume prebiotics to feed your gut bacteria. Good sources include acacia, fiber, and inulin, which is found in onions, garlic, leeks, Jerusalem artichokes, bananas, and chicory root.

2. DECREASE EXPOSURE TO XENOESTROGENS.

Many toxins in the diet, food supply, and personal products contain xenoestrogens. These are estrogen-like chemicals that can influence estrogen production and function. Reducing your exposure to these will help the body to produce its own natural estrogen in the correct balance.

- Avoid BPAs commonly found in plastic containers for foods and beverages.
- Use a glass or stainless steel water bottle.
- Choose organic fruits and vegetables, grass-fed meats, and sustainably-caught wild fish.
- Consider investing in a water purification system for drinking water or even for your whole house.
- Limit dioxins. Animal products should be consumed in moderation.

- Avoid phthalates and “fragrance” – both commonly found in the home and personal care products.

3. CROWD OUT SUGAR.

Too much sugar in the diet can alter blood sugar levels and increase the risk for insulin resistance. The body becomes stressed by too much sugar consumption, which shifts the balance of hormones. Glucose spikes can interfere with ovulation. Sugar also taxes the liver, which helps detoxify hormones. Stick to fruit as your main source of sugar. You may want to try using stevia as a sweetener. At your own pace, crowd out white flour, refined sugar, and artificial sweeteners. To help you, eat more fiber to stabilize blood sugar and decrease sugar cravings.

4. EAT A DIET THAT SUPPORTS LIVER HEALTH.

The liver is crucial to the detoxification of estrogen. While it has a tremendous ability to regenerate itself, it is vulnerable to poor diet habits, stress, and toxins. Eating a diet that supports liver function can help it to regenerate and be more resilient.

Choices for a healthy liver diet include:

- Cruciferous vegetables including bok choy, broccoli, cabbage, and cauliflower
- Bitter leafy greens, such as dandelion greens, chard, arugula, and watercress
- Beets
- Limiting your alcohol consumption

DISCLAIMER

This estrogen balancing protocol is not intended for use as a replacement or substitute for treatment by a doctor and is provided for educational purposes only. Individuals with hormonal imbalances should seek proper evaluation and treatment from their healthcare provider.