

Understanding Estrogen Dominance

Did you ever wonder why so many female friends and neighbours are suffering from endometriosis, fibroids, severe and debilitating PMS, low libido, anxiety, depression and pre-mature menopause? Has the entire world gone mad? It seems that our mothers did not endure these conditions, so what has happened to us?

Unlike our mother's generation, our modern world has introduced many estrogen type chemicals in the food that we eat and the water that we drink. It has been estimated that synthetic estrogens can reach as high as 3% concentration in our drinking water, since local sanitation systems do not filter out metabolites of oral contraceptives (the pill) and HRT (hormone replacement therapy) regimes. Also, many preservatives, flexible plastics (ie plastic wraps) and pesticides act on the estrogen receptors in our body to cause the overproduction of estrogens by strongly binding to our estrogen receptors.

At the same time, it is very common for progesterone to be under manufactured due to chronic over production of a hormone called cortisol. Cortisol is produced by the adrenal gland in response to perceived stress. Food intolerances, refined sugar and caffeine intake can augment the stress response and cause a "roller coaster" ride of extreme symptoms.

How can we reverse these conditions and bring our body back into blissful balance? Basic natural medicine concepts dictate the use of supportive liver herbs such as Artichoke leaf and Dandelion (whole plant) . These herbs improve the efficiency of the liver to get rid of excess estrogen from our body so that estrogen to progesterone balance can be restore to normal. In addition, soluble fibre, such as pectin and slippery elm powder should be added to our daily regime to ensure the appropriate transport of estrogen metabolites out of the body via bowel movements. Finally, minimizing the intake of "xenoestrogens" (from synthetic sources) along with increasing the intake of plant estrogens will act to restore proper estrogen balance in the body. These phytoestrogens are found in green beans and sprouts.

In addition, supportive measures aimed at normalizing adrenal function are key to long term hormonal balance. To nurture your adrenals, use Ashwaganda and Siberian Ginseng along with relaxing activities such as mediation, yoga and the avoidance of stimulants such caffeine and refined sugar.