

Estrogen imbalances

As mentioned in the article on estrogen, often the ratios of the unbound estrogens versus each other or versus progesterone, will dictate the various symptoms that ladies display.

Estrogen Dominance (or high estrogen)

This can occur when estrogen production is increased, when it is not cleared by the body, or when progesterone is low, therefore the E2:P4 ratio is out.

Problems associated with high estrogen include:

- Cellulite
- May interfere with B6 and cause depression
- May cause endometriosis, uterine fibroids
- May lead to an underactive thyroid
- Can cause Premenstrual Syndrome Type A (anxiety) or PMS-A
- Increased risk of multiple sclerosis (MS) and systemic lupus erythematosus (SLE)

Typical symptoms include:

- PMS
- Weight gain
- Early miscarriage
- Fertility problems
- Lumpy, or tender breasts
- Anxiety, depression, poor memory
- Dry skin
- Headaches and migraines
- Heavy irregular periods
- Low sex drive
- Fat gain around hips and thighs
- Poor sleep

Treatment

Treating high estrogen requires a professional that understands and specializes in hormone balancing. Many standard doctors are not trained in the management of this emerging issue and offer no treatment options.

You can start increasing your consumption of broccoli as it assists in the metabolism of estrogen. If you can eat brussell sprouts and cabbage, they also contain high levels of Idole-3-carbinol (which help metabolise estrogens).

Many herbs and nutrients can assist with decreasing estrogens. The following have proven benefits: Japanese knotweed, Turmeric, Kudzu, Flaxseed, Rosemary leaf extract, B6, folic acid and B12.

The practitioner who treats you will also monitor your thyroid if you are on thyroxine and you are receiving estrogen lowering agents.

Liver detoxification is very important in regulating estrogen (and you may need to consider doing a liver detox), as well as increasing consumption of lignans and isoflavones (plant sources of estrogen).

Constipation needs to be fixed as some estrogen is excreted into the intestines. If it not evacuated and broken down by the enzymes of gut bacteria (friendly ones), then it may be re-activated and re-absorbed back into the blood stream. Fibre is very important to keeps bowels regular, as is exercise and drinking upward of 1.5 litres of water a day.

Low estrogen

Actual low estrogen levels are not that common, although most doctors straight away think the post menopausal lady will be low on estrogen because the ovaries have shrunk. It is an issue in lean ladies, as when a lady becomes post menopausal, normally fat cells produce estrogen (along with testosterone).

Common problems experienced with low estrogen include:

- Vaginal dryness, which causes painful intercourse
- Bladder infections
- Weak pelvic floor muscles and possible incontinence
- Night sweats
- Flashes and flushes
- Poor memory and concentration
- Depression

Treatment

Many herbal extracts excel in this area including; black cohosh, licorice, red clover, schisandra, dong quai. Doctors will use HRT and estrogen creams.

You can find out your estrogen levels by doing a “female hormone saliva test “ from the shopping cart.