

HIGH ESTROGEN & LOW PROGESTERONE PROTOCOL

HIGH ESTROGEN

Symptoms & Conditions:

- PMS - mood swings, depression
- Fibroids
- Endometriosis
- Menstrual Migraines/Headaches
- Anxiety or meltdowns
- Heavier or more frequent periods
- Painful periods
- Water retention, weight gain, sore breasts

LOW PROGESTERONE

Symptoms & Conditions:

- PMS - physical & emotional symptoms
- Disrupted sleep or sleep issues
- Menstrual Migraines/Headaches
- Anxiety/Panic Attacks
- Heavier or more frequent periods
- Painful periods
- Infertility/sub-fertility or miscarriage
- Luteal Phase Defect

STEP 1 - FOOD GUIDELINES

Get that fiber in - If your bowels are slow moving then you need to make sure you are getting at least 35-45 grams of fiber each day. When we are not moving our bowels every day, excess harmful estrogen can be re-absorbed back into the bloodstream through the gut.

Avoid Alcohol - Alcohol has been shown to raise estrogen levels and it even slows down the body's ability to burn fat. Stick to two or fewer drinks per week but if you are at risk for breast cancer, drink very minimally or not at all.

Sugar baby - Women who have PMS consume 275% more sugar than women who don't have PMS! Please refer to my **"Conquer Sugar Addiction"** hand-out for addressing your sweet tooth.

Eat organic - Foods full of hormones and pesticides are only going to throw your hormones even further out of whack. This is especially important for animal protein, dairy and foods grown with pesticides.

Eat lots of liver-cleansing foods - Dark leafy greens especially dandelion greens, kale, parsley, red beets, sea vegetables and avocado

Eat lots of cruciferous veggies - Bok choy, broccoli, brussels sprouts, cabbage (purple), cauliflower, chinese cabbage, turnips, watercress

Eat prunes - Prunes have been found to reduce 16-alpha-hydroxy-estrone, a "bad" estrogen linked to breast and endometrial cancer

Drink vegetable juices - 10-16oz of green juices/day is ideal. You can use any kind of leafy greens, cucumber, celery, ginger, green apple, carrots, lemon and cayenne.

Saffron - This bright-colored spice has been used medicinally for thousands of years. It has been proven effective for symptoms of low progesterone like PMS, painful periods and depression. 15mg twice a day is all you need!

STEP 2 - SUPPLEMENTS

FOR HIGH ESTROGEN

Fiber Supplements: Metagenics MetaFiber, Pure Encapsulations Nutra Flax, Thorne Research Medibulk, or simply add chia and/or ground flax seeds to your daily smoothies.

DIM or SGS: BioResponse DIM 150, Thorne Research Crucera SGS - I recommend 2 capsules every other day for 28 days. You will definitely see a difference. BioResponse DIM is also a great product and I recommend 200mg a day for 28 days. Start with the SGS first and then move onto the DIM once you've completed the SGS.

Milk thistle: Designs for Health Milk Thistle - take as directed for 30-60 days.

Turmeric: Gaia Herbs Turmeric Surpeme Capsules - take as directed for as long as needed

Also see *Essential Nutrients for Detoxification* on **Supplements handout**

FOR LOW PROGESTERONE

Vitamin C: Livon Labs Lipospheric Vitamin C. 1000mg/day.

Chasteberry supplement: Gaia Herbs Vitex Berry capsules. Take as directed.

B-complex Vitamin: Thorne Research Basic B Complex

Magnesium: Natural Calm Magnesium. 400mg-800mg/day

Calcium (calcium carbonate or citrate): 600mg twice/day

Vitamin D3: Thorne Research Liquid Vitamin D/K2 - 2000IU/day

STEP 3 - OTHER PRACTICES

Avoid Xenoestrogens - Get rid of toxic cleaning products, toxic personal care and makeup products, and reduce your exposure to BPA - canned foods, plastic water bottles, etc. See my **Healthy Resources** handout from Session 3

Exercise regularly - Exercise lowers estrogen levels and makes you feel good. Two great reasons to do it! Remember frequency is more important than intensity.

Get acupuncture - Acupuncture is effective for addressing PMS and ovulation problems associated with PCOS. What's not to love?! One session a week is a great place to start.

Stress less - no seriously! High cortisol equals low progesterone. Start with the guidelines in the **Adrenal Health Protocol** handout to get your zen back. We cannot properly address low progesterone if we are in a state of chronic stress.