

LOW ESTROGEN PROTOCOL

LOW ESTROGEN

- Sporadic periods
- Amenorrhea - absence of a period for three or more months
- Dry and sun damaged skin
- Low libido
- Vaginal dryness or lack of lubrication
- Painful sex or loss of feeling
- Depression, anxiety, poor memory

STEP 1 – FOOD GUIDELINES

Support yourself nutritionally. Eat regular meals (especially a high-fiber breakfast) which include high-quality protein, whole grains and good fats.

1. **Cut out the gluten** - Gluten is a common culprit in altered estrogen levels and symptoms of amenorrhea, infertility and diminished ovarian reserve might be the only clue that you are gluten intolerant.
2. **HfmgYYX`WWM]b[** - A technique that helps rebalance hormone levels by including different seeds in the different phases of the the menstrual cycle. It works really well for irregular cycles and amenorrhea. Handout available in member's area.
3. **Eat whole & fermented soy** - Try adding fermented soy into your diet twice a week - miso soup, fresh organic tofu and tempeh.
4. **Consume lots of leafy greens** - All kinds. These are some of the most mineral-rich foods on the planet. Calcium, magnesium, zinc, copper, phosphorus, boron, vitamin K and D all play a crucial role in optimal menstrual function and bone health.
Note: Low estradiol can lead to bone loss (osteopenia or osteoporosis)
5. **Eat more good fat** - Increase your intake of good, healthy fats to build steroid hormones. Focus on avocado, butter, pasture-raised meat and wild fish along with nuts and seeds. See the handout on fats for examples.
6. **Wean off of caffeine** - Caffeine lowers estradiol levels! Try Dandy Blend or Yerba Mate as substitutes.
7. **Royal Jelly or Bee Propolis** - Nourishes the endocrine system, helps balance hormones and improves egg health. It is also considered a phytoestrogen and may help with low levels of estrogen. **Caution: Please avoid royal jelly if you are allergic to bees or bee products!**
8. **Pomegranate** - Pomegranate consumption has been shown to reduce symptoms of low estrogen. You can also try pomegranate seed oil at 30mg/twice a day.

STEP 2 – SUPPLEMENTS

1. **Vitamin E** - mixed tocopherols and tocotrienols: (minimum of 4 weeks to see the effect.) 50-400IU/day.
 2. **Magnesium** - Take 400 to 600 mg/day. Pure Encapsulations Magnesium Glycinate or Natural Calm magnesium.
 3. **B-complex Vitamin** - Thorne Research Basic B Complex
- (. 7\ UghVYffm#J JHVI - Gaia Herbs Vitex Berry Capsules. Take as directed.
-) . 'Ai `hj JHu j b - Nutrient deficiencies play a huge role in low hormone levels so a good multivitamin is important. I highly recommend Calton Nutrition Nutreience. Hint: the unsweetened one is your best option.

STEP 3 – HERBS/BOTANICALS

1. **Maca** - Increases estradiol production and helps with many of the symptoms above. Take 2000mg/day or ¼ teaspoon. **Caution: Maca is very potent, so I do not recommend more than my suggested dosage.**
2. **Black cohosh** - 40mg/day improves symptoms of low estradiol.
3. 'F\cX]c`U - Rhodiola (Rhodiola Rosea) - is an adaptogenic plant used in traditional medicine to stimulate the nervous system, improve sleep and fight depression. It lowers cortisol, improves fatigue and mental performance. It also improves egg quality, helps thyroid function. One study even found that 100mg twice a day for two weeks restored normal menstrual function. Dose: 100mg 1-2 times a day.

STEP 4 – OTHER PRACTICES

1. **Slow down on your exercise** - over-exercising is a major contributing cause of low hormones and ultimately amenorrhea.
2. **Get acupuncture** - once a week to help improve hormone levels.
3. **Have more orgasms** - this raises estradiol levels! Orgasm also stimulates blood flow which plumps up the vaginal tissue.
4. **If you have an eating disorder, seek help** - Eating disorders are one of the top causes of amenorrhea and other menstrual irregularities.
5. **Get off the birth control pill** - post-pill amenorrhea along with acne has become an epidemic. Getting off of hormonal birth control is necessary to have a healthy menstrual cycle.
6. **Let go of perfectionism** - Perfectionists bear a huge burden. Instead consider aiming for more of an imperfect life. Way less stressful and intense! :-)

STEP 5 – SELF-CARE PRACTICES (MOST IMPORTANT!)

This is taken from my Adrenal Health Protocol. Low estrogen states are very common in women who are chronically overwhelmed and stressed. The only way to fix this is to find whatever methods work for you to let it go.

1. **Practice saying “probably not” or “no”.** Women are programmed to overcommit, overprovide and people please, often at the expense of our own health and our stress response and adrenal function. This week when someone asks you to do something that you know will stress you and your adrenals, practice saying “Probably not... (pause), but let me think about it.” No guilt allowed! You can take it further by creating a “yes and no list” for yourself. What are your absolute yes’s and no’s for this week?

2. Prioritize your commitments. I want you to clear the decks. Make a list of all your activities, commitments and to-do's and identify what you can stop doing. Before adding a new task or commitment, ask yourself this question: "Will doing this recharge my batteries or deplete them?" If the activity will deplete them, then either don't do it or find a smarter way of doing it.

3. Let go of your addiction to struggle. We've been taught that we have to struggle to be good at something or to be successful in life but all it does is burn out our adrenal glands. We are unable to be resourceful when we are struggling. This week start paying attention to what you're struggling with and see how it shows up for you. What is one thing you could do this week to reduce struggle in your life?

4. Laptop curfew. Reduce your light at night. Too much light at night actually stimulates your adrenals to produce more cortisol to keep you awake and energized. This prevents you from being able to wind down properly and actually get proper sleep. Here's what to do: After 9pm turn off as many lights in your house as possible. Do light candles, they make everyone look pretty and they're kinda sexy too. Give yourself a laptop curfew, this means no laptops past 9pm or in bed. That bright screen is keeping you up at night.

5. Sleep! You must rest if you are going to help your adrenals get stronger and getting enough sleep is the most effective modality. That means making an effort to go to bed every night by 10pm and sleeping for at least seven hours. I highly recommend the Zeo Sleep Manager if you have sleep issues.

6. Handle your stress response. Just as there are many ways to get stressed out, there are myriad ways to help your body relax. Deep breathing exercises, a yoga class, massage, qi gong, meditation practice, prayer, taking a walk, reading a book, a grounding morning routine, time with girlfriends, dance breaks, journaling, taking a bath. All of these exercises have an incredible impact on your stress response.

7. Walk barefoot on the earth. This may sound a little woo woo but there is actually scientific evidence that walking barefoot on the earth, grass or beach can help reset your adrenal function and improve chronic fatigue. This is because the earth has a negative electrical potential and when we're in contact with it, the earth's electrons balance our bodies' electrons. Most of the time we're all frazzled out by the harmful electromagnetic fields emitted by man-made products – computers, phones, hair dryers, home appliances etc.

8. Ask for help! Get comfortable with asking for help and letting go of this perfectionist ideal. You won't look weak! People are willing to help you with the things you need. Ask your partner to make dinner, ask someone to do a car pool with you, delegate things in your business. Don't spend your valuable bandwidth of energy doing things you don't want to do if you can get help with them.

9. Consider this analogy - At the end of the day, you plug your cellphone into the wall to recharge it, but what do you plug into? Where are you getting your energy from and what is sucking your energy stores? Think about ways you can start to recharge your batteries (adrenals) - burn your to-do list, take a personal day, let go of some of the control you feel you need to have to get through each day, think of one fun thing you haven't done in ages and do it! AND, surrender to the idea that "what is meant to be will be" and release the idea of control.