

Estrogen Imbalance

Estrogen must be metabolized (broken down) by the liver or it takes over and females become estrogen dominant (high estrogen). A clogged liver cannot break down estrogen. A liver cleanse may be necessary (using MILK THISTLE) if the person has ever over consumed alcohol or unhealthy food. In other words, everyone needs to do an occasional liver cleanse.

High Estrogen is from:

- Aging ovaries (peri- menopause)
- High Cortisol (blocks estrogen from doing its job)
- High insulin (also block estrogen)
- Fat cells (they make excess estrogen)
- Clogged liver (above)
- Xenoestrogens (chemicals, plastics)
- Mercury toxicity (high fructose corn syrup, dental fillings)

Low Estrogen is from

- Aging ovaries (the ovaries can increase or decrease- they're confused)
- Low body fat

EVERY woman with a uterus (no hysterectomy) that takes estrogen must also take progesterone to avoid tissue overgrowth in the uterus Enlarged tender breasts....

Remember this: The first 12 days of a woman's cycle, the estrogen gradually builds up the lining of the uterus. If an egg is not fertilized, then progesterone comes along to slough off that lining (period time). Without progesterone, that lining gets thicker and thicker. This increases the risk of uterine cancer!!!

Symptoms

Low Estrogen

Irritable
Insomnia
Emotional Ups & Downs
Memory Problems
Brain Fog
Trouble Concentrating
Depression
Anxiety
Fatigue

High Estrogen

Irritable
Insomnia
Emotional Ups & Downs
Memory Problems
Brain Fog
Trouble Concentrating
Depression
Anxiety
Fatigue

Hot Flashes
Night Sweats
Dry Skin (itching)
Dry Eyes
Dry Vaginally (painful intercourse)
Dry Joints (arthritis)
Increase appetite/hunger
Low sex drive
Dry bones (osteoporosis)
Unable to orgasm
Leaky Bladder
Droopy Breasts

Red Faced
Bloated/Water Retention
Cramps
Weight Gain
Fibroids/cysts
Endometriosis
Gallbladder problems
Breasts tender
Hair Loss
Heavy periods
PMS/headaches
Enlarged Breasts

To Raise Estrogen:

Maca (2,000 mg/day)
Red Ginseng (3,000 mg/day)
DIM (balances estrogen)
Lignans (1,000 mg/day)
Omega 3's (4,000mg/day)
Magnesium (400-1,000mg/day)

To Lower Estrogen:

Progesterone Cream (1-2 pumps/day)
DIM (balances estrogen)
Resveratrol (300-1,000mg/day)
Turmeric (250-1,000 mg/day)
Magnesium (balances estrogen)
Vitamin B12 (500-1,000 mcg in AM)

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