

Anti-Estrogenic Diet/ Hormonal Balancing

In certain problems such as fibrocystic disease, premenstrual syndrome, fibroids, ovarian cysts and some others, an imbalance in estrogen prolactin, adrenal and thyroid hormones has been implicated. The potentially detrimental estrogen fractions estradiol and estrone are converted by the liver into estriol, decreasing the activity of the former two. This process depends upon the ability of the liver to perform its function, as well as good adrenal function. In addition, estrogen and thyroid are thought to have antagonistic effects. The purpose of this diet is to support the liver in its conjugation role, to reduce sources of exogenous estrogen, and to support the adrenal and thyroid glands.

Diet:

_____ Decrease fats, especially saturated animal fats and use instead unsaturated fatty acids, focusing on omega 3 and omega 6 oils, such as those found in cold-pressed vegetable and fish oils.

_____ Eliminate sugar, white flour, and all refined foods.

_____ Eliminate all methyl-xanthines: caffeine, theophylline, theobromine (e.g. coffee, tea, chocolate, cola).

_____ Eliminate red meat and fowl. Organic fowl is acceptable. (sources of exogenous estrogens)

_____ Decrease/Eliminate milk and dairy products. Yogurt is acceptable. (sources of exogenous estrogens).

_____ Increase complex carbohydrates (e.g. vegetables, whole grains, etc.)

_____ Decrease cabbage family foods (e.g. cabbage, brussels sprouts, broccoli, cauliflower, etc.) (thyroid antagonists)

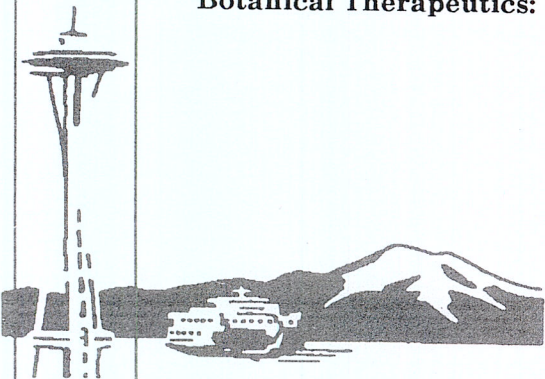
_____ Increase eggs, garlic, onions and beans. (sulfur containing amino acids especially L-cysteine)

_____ Increase anti-oxidants to increase the detoxification of estrogen (Vitamins C, E and selenium)

_____ Anti-estrogenic smoothy with kelp (1/4 - 1 tsp.), granulated lecithin (1 -2 Tbs.), yeast (1 -2 Tbs.), an egg or protein powder, fruit, soaked flax seeds (2 Tbs.) and yogurt once a day for breakfast if possible.

Vitamin Regime: Consider Vitamin C, E, B-complex, B-6, Folic acid, Bioflavonoids, Zinc, Selenium, Iodine, Lecithin, Yeast, Kelp.

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