

PLANET NATUROPATH

Functional Medicine and Nutrition Solutions



How to Lower Your Estrogen

1] Testing Your Estrogen Levels

If you are trying to lower your estrogen levels it is important to test your hormones first to assess how high they are, as this will help to determine what type of treatment that you do, how long you need to do it for, and whether high estrogen is actually the main problem.

High estrogen can cause many symptoms for both men and women, but those same symptoms maybe caused by low progesterone for women, or low testosterone for men.

It is possible to have normal estrogen levels when tested in the blood or saliva, but still have high estrogen symptoms because your body is not detoxifying estrogen correctly, and the best way to test this is through the DUTCH hormone test.

DUTCH hormone test measures adrenal function at 4 different times of the day to assess your cortisol and DHEA, this is important if you have issues with your sex hormones as adrenal dysfunction is the number one cause of imbalances between estrogen, progesterone and testosterone.

The DUTCH hormone also measures estrogen, progesterone and testosterone PLUS the metabolites of these hormones which is important when assessing how to treat hormonal dysfunction.



2] High Estrogen Symptoms

HIGH ESTROGEN IN WOMEN	HIGH ESTROGEN IN MEN
Bloating Swelling and tenderness in the breasts Decreased sex drive Irregular menstrual periods Headaches Moodswings Fibrocystic development in the breasts Weight gain Hair loss Cold hands or feet Feeling tired or lacking energy Difficulty with memory Trouble sleeping Increased symptoms of premenstrual syndrome or PMS	Although it's called the female hormone, a man's body also makes estrogen, just at lower levels. Men may begin to experience unusual symptoms if their estrogen levels increase significantly. High estrogen usually equals low testosterone. Symptoms of high estrogen in men include: <i>Infertility.</i> Estrogen is partly responsible for creating healthy sperm levels in semen may fall. This can lead to fertility issues. <i>Gynecomastia.</i> Estrogen may stimulate breast tissue growth. Men with too much estrogen may start developing larger breasts. <i>Erectile dysfunction.</i> A balance of both testosterone and estrogen is important for healthy sexual growth and development. Sexual function may be impacted when these hormones become imbalanced. Men with high levels of estrogen may have difficulty getting or maintaining an erection.

Treating High Estrogen

3] Improving Liver and Gut Function

Estrogen is metabolised in the liver and cleared out of your body through the bowel, and if either of these systems are not working correctly it can lead to high estrogen.

Nutrients such as Diindolylmethane (DIM) and Indole-3-Carbinol which are natural substances found in cruciferous vegetables help with the detoxification of estrogen through the liver. While eating cruciferous vegetables like broccoli, cabbage and brussel sprouts can help, taking DIM in a supplement form is going to be much stronger.

The enzyme Beta-glucuronidase helps to bind estrogen and clear it out through the bowel, if this is not working due to parasite or bacterial infections, low levels of beneficial bacteria or IBS symptoms, then the estrogen can get reabsorbed back into your body. Calcium d glucarate is very effective at helping clear estrogen out through the bowel and is a great supplement for lowering estrogen, it is very different to the usual calcium supplements.

Healthy digestion is the key to good health

If you experience bloating, gas, constipation, diarrhoea or reflux these are all signs that your digestive system is not working well, this could be the main cause of your high estrogen levels.

If this sounds like you I would recommend getting tested for Small Intestinal Bacterial Overgrowth (SIBO) as this is the most common cause of IBS symptoms.

Another test that I recommend to help identify the cause of digestion issues is a Comprehensive Digestive Stool Analysis (CDSA) which helps to identify parasites, pathogenic bacteria as well as beneficial bacteria, inflammation, beta-glucuronidase levels, absorption markers and much more.

4] Improving Insulin Resistant

Increased weight often means insulin resistance and this is a common cause of high estrogen levels. Insulin resistance leads to an up regulation of the aromatase enzyme leading to high estrogen.

A higher fat/ lower carbohydrate diet is a good strategy to help reduce insulin levels, reduce weight and this will lead to lower estrogen levels. How low your carbohydrate levels need to be will vary from person to person and depend on a variety of things including your genetics, exercise levels and current weight.

Zinc is a mineral that can help to reduce the aromatase enzyme, this needs to be a good quality zinc and the dosages are usually high to start with, gradually reducing down as your hormones improve.



5] Diet

Diet is an important part of any health plan and the key to a good diet is just to "eat real food" sounds simple, but it can be difficult for many people to follow.

A good place to start is with a paleo style diet, this does not have to be 100% paleo, as foods such as legumes are excluded on a strict paleo diet but they can be helpful for lowering estrogen. The biggest thing that I like about the paleo diet is that it excludes all the processed foods which are high in sugars, industrial processed oils and added preservatives plus artificial flavour enhancers.

Diet will vary from person to person and as part of my consultations with clients I help them work out the best diet for them, this includes ideal macronutrient ratios to lose weight and feel great.

High fibre foods such as flaxseeds, chia seeds, legumes and psyllium can help to improve the beneficial bacteria in the gut which helps to lower estrogen.

Reducing alcohol will also help to lower estrogen by improving liver function and gut function, plus a lot of alcoholic drinks are high in carbohydrates.

6] Supplement Checklist

You don't need all of the supplements listed here, this is only a guide and the recommendations will vary depending on the cause of your high estrogen levels.

If you are in Australia, it is difficult to get top quality practitioner products without a consultation with a practitioner, if you would like to be able to buy top quality products in Australia schedule a free 15 minute consultation with me and I can help you work out the best options for you. There is a link at the bottom of this page.

My top 3 recommendations:

[Natures Way Dim Pus](#) 1-2 capsules twice daily

[Thorne Research Calcium D Glucarate](#) 1 capsule 2-3 times daily

[Thorne Research double strength zinc picolinate](#) 1 capsule twice daily

If you have insulin resistance and need to lose weight

[Now Foods alpha lipoic acid](#) one capsule daily

[Thorne Research Berberine 500](#) one capsule twice daily

If you have adrenal fatigue

[Jarrow Formulas Adrenal Optimizer](#) one capsule twice daily

If you have inflammation

[Life Extension Super Bio-curcumin](#) one capsule twice daily

If you have low progesterone

[Natures Way Vitex Fruit](#) one capsule twice daily

7] Further Testing to Do

You do not need to do all of these tests but they are suggestions to help you identify the cause of your hormone problems.

DUTCH Hormone Testing which is the most advanced and accurate way to test adrenal and sex hormones. This test can be shipped worldwide.

23andme Genetic testing to assess the genetic causes of high estrogen, nutrient absorption and many other aspects of your health. I help clients around the world interpret their genetic health information.

- SIBO testing to assess bacterial infections of the small intestine, this is the most common cause of leaky gut and IBS symptoms which will affect your hormone levels. This test is available in Australia, U.K and North America
- CDSA stool test to get a complete picture of your digestive health, this test is available in Australia, U.K and North America

8] Consultations with Michael from Planet Naturopath

I think most people will get great results if they follow the diet and nutrition guidelines that I have outlined here, but some people will need additional help and scheduling a one on one consultation can help you fast track your results.

If you have hormonal problems, PMS, infertility, digestion issues, or are sick of feeling tired and depressed, we can use specific functional medicine tests to identify the cause of your hormone or digestion imbalance, and this can help with a specific treatment strategy for you.

Doing the tests will cost some money upfront but often it saves money in the long run as it enables a laser focused treatment plan.

“Test don’t guess”

To schedule a 30 minute consultation with Michael from Planet Naturopath to find out what tests you may need, and get you started on the right path to optimal health go to this link [30 Minute Consultation](#)

If you already have lab results and you would like to review them, or if you would like help with diet and nutrition advice you can schedule a [One Hour Consultation](#)

If you have any questions contact michael@planetnaturopath.com

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