



Estrogen Dominance

What Is Estrogen?

- A sex hormone with an essential role in your body that rises and falls to a certain extent.
- Abnormal estrogen levels can affect health such as:
 - Weight Gain
 - Low Mood
 - Severe Premenstrual Syndrome (PMS) in women
 - Excess in men can lead to erectile dysfunction

Estrogen Dominance:

Excess estrogen is relative to progesterone in females.

Symptoms of Estrogen Dominance in Females

- Weight Gain (*especially hips & waist*)
- Heavy or Light Periods
- Fatigue
- Fibroids in the Uterus
- Fibrocystic Lumps in the Breasts
- Low Sex Drive
- Bloating
- Headaches
- Disrupted Sleep
- Hair-loss

Complications of High Estrogen

- High Blood Pressure
- Blood Clots
- Hypoglycemia (low calcium)
- Breast Cancer
- Cervical Cancer
- Ovarian Cancer

Worsen Pre-Existing Conditions

- Asthma
- Epilepsy
- High levels of free estriol can increase risks of gestational diabetes in pregnancy.

Symptoms of Estrogen Dominance in Males

- Enlarged Breasts (*gynecomastia*)
- Difficulty Getting or Maintaining an Erection
- Infertility
- Depression

Three Types of Estrogen

- *Estradiol-Most potent form of estrogen with highest concentration found in females of childbearing years.(Produced by the placenta reaching peak levels during pregnancy.)*
- *Estrone-Primary estrogen in males and females after menopause.*
- *Estriol-Increases with growing fetus.*

Effects of Estrogen

- Important hormone for sexual development in both males and females
- Maintains & Regulates Cholesterol
- Affects Moods
- Influences Puberty, Menstrual Cycle, Pregnancy, and Menopause in Females
- Maintains Bone Density
- Improves Cardiovascular Health

Parts of Body Affected By Estrogen in Females and Males

- Reproductive System
- Skin Hair
- Bones
- Muscles
- Brain
- Breast Tissue
- Cardiovascular System

Causes of Increased Estrogen

- Overproduction of estrogen
- Changes in how the body breaks down & excretes estrogen including genetic variability

Factors Contributing To Estrogen Dominance

- *Obesity-Excess body weight results in higher estrogen levels due to fat tissue producing estrone.*
- *Stress-Increases cortisol levels which can deplete progesterone creating a secondary effect on estrogen.*
- *Alcohol Consumption-Overconsumption raises estradiol levels and make it harder for your body to metabolize estrogen.*
- *Gut Dysbiosis-Occurs with too many harmful species of bacteria, or not enough good bacteria in your large intestine. Some types of gut bacteria reduce how the body gets rid of estrogen resulting in higher levels.*
- *Xenoestrogen Exposure-Chemicals that mimic estrogen that enter the body.*
 - Examples:*
 - *Bisphenol A (BPA) and Phthalates found in some plastics.*
 - *Phthalates found in some personal care products-soaps, body-wash, shampoo.*
- *Medications-Some elevate estrogen and suppress progesterone.*
- *Health Conditions-Polycystic Ovary Syndrome (PCOS), Uterine Fibroids, Endometriosis, Insulin Resistance, and certain cancers.*
- *Low Testosterone In Men-Estrogen can become high if testosterone levels are low.*

How To Diagnose & Test For Estrogen Dominance

- Females showing signs may not require diagnostic testing.
(Recommendations to reduce estrogen levels generally benefit overall health and do not cause harm.)
- Underlying medical conditions may be the cause of your estrogen dominance requiring testing to determine and confirm the root cause.

Testing

- All three estrogen levels are tested via blood testing.
- Estradiol is tested in both men and women via blood testing.

Treatment for High Estrogen

Dependent Upon Cause of High Estrogen

- *Maintain an Anti-Inflammatory or Vegetarian Diet-Eat more flaxseed, cruciferous vegetables, and omega-3 fatty acid foods or take a supplement.*
- *Maintain a Moderate Weight*
- *Reduce Stress*
- *Limit Alcohol Consumption*
- *Avoid Xenoestrogens-BPA & Phthalates*
- *Avoid natural or herbal remedies that may increase estrogen*
- *Improve estrogen metabolism through supplementation*