

ESTROGEN

ESTROGEN IS A LEADING FACTOR IN MOST FEMALE CONDITIONS....FATIGUE, PAIN, PMS, INFERTILITY, DEPRESSION, THYROID DISORDERS, LIBIDO AND MORE...****

How To Reduce Estrogen

1. Get Tested

In the office we use applied kinesiology to test for estrogen excess and we use diagnos-techs for saliva hormone level testing, which we prefer over blood testing any day of the week.

2. Detox Your Estrogen

Exercise and eat foods that enhance detoxification (artichoke, broccoli, green tea, garlic, pomegranate, shallots, and watercress, as well as adequate protein intake) Our most effective supplements for estrogen are omega-3s, flax seed, indole-3-carbinol, rosemary and artichoke extract.

3. Decrease Your Estrogen Intake

Eat meat/dairy and poultry/eggs from organic, hormone -free, pasture-fed animals. Avoid any hormone related pill from birth control to hormone replacement therapy (HRT)

4. Avoid environmental and food-related toxins

Eat organic. Drink filtered water

5. Improve Gut Health

Bad gut flora recycle estrogen so that it never gets excreted. If you have bloating or constipation, you must resolve this asap!

6. Stay Lean

Reduce your fat tissue through diet and exercise. Fat cells secrete additional estrogen

7. Maintain Proper Blood Sugar & Insulin Levels

Eat a low-glycemic-index diet. (Paleo or Primal)

8. Reduce inflammation

Treat nagging injuries, eat healthy food, decrease your intake of anything processed and focus on getting high quantities of healthy fats like butter and coconut oil. Eliminate your allergies the right way without taking an anti-histamine. Eat natural anti-inflammatories like bromelain and curcumin.

www.azhealthdoc.com