

Estrogen Dominance

Excess estrogen can come from the Xenoestrogens and Phytoestrogens (see below). It can also come from medical estrogen supplements given inappropriately and diet that involves eating more fat, sugars and calories than you truly need. Further, it can come from the fact that your ovaries are not making the right amount of progesterone which can be the result medical problems but also of stress, PTSD, childhood abuse (especially sexual abuse), PCOS, or exposure to pesticides and other pollutants (especially in the womb, during childhood or puberty).

Progesterone deficiency has been medically linked to breast cancer, anovulation (including poly cystic ovaries) and infertility (and secondarily linked to and interact with a host of other conditions through the liver, thyroid and adrenals such as **allergies, including asthma, hives, rash, sinus congestion, Autoimmune disorders such as SLE (lupus), and Hashimoto's thyroiditis, Copper excess and zinc deficiency, Endometriosis, Endometrial cancer, Gallbladder disease, Insulin resistance, Magnesium deficiency, Osteoporosis, and Hypothyroid-like condition**).

Signs Of Low Progesterone And Estrogen Excess

Progesterone Deficiency	Estrogen (Estradiol) Excess
Swollen breasts	Craving for sweets
Fibrocystic breasts	Mood swings (PMS)
Loss of libido	Depression
Obesity	Tender breasts
Depression	Water retention, edema (swelling, bloating)
Low thyroid	Fatigue, no energy
Facial hair	Nervous
Hot flashes	Irritable
Night sweats	Anxious
Vaginal dryness	Fibrocystic breasts, Breast swelling
Foggy thinking	Uterine fibroids
Memory lapses	Weight gain in hips and thighs
Incontinence	Bleeding changes
Tearful	Heavy or irregular menses
Depressed	Headaches
Sleep disturbances	Loss of sex drive (libido)
Heart palpitations	low thyroid - cold hands and feet
Bone loss	
Water retention	
Poly cystic ovaries	

Figure from Dr John R. Lee, M.D.

Causes: Exposure to Xenoestrogens (environmental hormones) in commercial meat, pesticides, parabens--methyl, propyl, or butyl paraben (in creams and cosmetics). Most problematic for development of the human hormonal system is exposure in the womb and during puberty. However, exposure during any time of life can lead to estrogen dominance.

There is theoretical concern, and animal evidence, that **environmental hormones and chemicals** may affect aspects of prenatal or postnatal sexual development in humans. Large amounts of incompletely metabolized estrogens and progesterones from pharmaceutical products are excreted into the sewage systems of large cities and are sometimes detectable in the environment.

Sex steroids are sometimes used in cattle farming but have been banned in chicken meat production for 40 years. Although agricultural laws regulate use to minimize accidental human consumption, the rules are largely self-enforced in the United States. Significant exposure of a child to hormones or other substances that activate estrogen or androgen receptors could produce some or all of the changes of puberty.

Harder to detect as an influence on puberty are the more diffusely distributed environmental chemicals **like pesticides and PCBs (polychlorinated biphenyl)**, which can bind and trigger estrogen receptors.

Bisphenol A (BPA) is a chemical used to make plastics, and is frequently used to make baby bottles, water bottles, sports equipment, medical devices, and as a coating in food and beverage cans. Scientists are concerned about BPA's behavioral effects on fetuses, infants, and children at current exposure levels because it can affect the prostate gland, mammary gland, and lead to early puberty in girls. BPA mimics and interferes with the action of estrogen-an important reproduction and development regulator. It leaches out of plastic into liquids and foods, and the Centers for Disease Control and Prevention (CDC) found measurable amounts of BPA in the bodies of more than 90 percent of the U.S. population studied. The highest estimated daily intakes of BPA occur in infants and children. Many plastic baby bottles contain BPA, and BPA is more likely to leach out of plastic when its temperature is increased, as when one warms a baby bottle or warms up food in the microwave.^[33]

Natural Things To Do: Avoid Xenoestrogens in commercial meat, pesticides, methyl, propyl, or butyl paraben (in creams and cosmetics). Eat organic. Drink organic milk for calcium. Use natural or bio identical source progesterone cream (or pill) as directed (not just yam extract). Eat less fat. Eat fewer calories and less refined sugars. Know that the jury is still out on phytoestrogens such as soy and eat with caution. Phytoestrogens may block estrogen production for some women and may just raise levels of overall estrogen in others. Phytoestrogens may also occur in heated plastic wrap, coffee, and alky phenols (in laundry detergent). Since Phytoestrogens are stored in fat, sweating (like sauna treatments) may reduce levels held for years. Consider taking DIM / I3C or eating huge amounts of cruciferous vegetables, or natural hormone balancing substances like MACA root or Shatavari.

What Not To Do: Do not take synthetic progesterone in a pill. It may by pass the liver and provide 10 times the amount or tax the liver and be poorly absorbed and reduce the amount by 5 to 10 times that of progesterone cream. Do not add synthetic estrogen in supplements or HRT without first addressing phyto and xeno estrogens. See explanation on this website for progesterone supplementation and its complexities. And Use bioidentical hormone supplementation if you choose supplementation. <http://www.goodbyeppms.com/fail.htm>.