

Estrogen Dominance / PMS/ Breast Cancer/ Infertility

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).

Signs Of Low Progesterone And Estrogen Excess

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

Figure from Dr John R. Lee, M.D. <http://www.yourlifeforce.com>

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.

If you have estrogen dominance you may also have **genetic factors that keep you from processing estrogens (factors effecting Methylation)**. This can be detected on the genetic tests such as 23 and me. One you know if this is your issue, there are natural supplements to support methylation and you should contact a reputable practitioner to help you with that.

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 or eating huge amounts of cruciferous vegetables, or natural hormone balancing substances like MACA root or Shatavari.