

## Diet & Lifestyle Tips for Estrogen Dominance & Associated Symptoms

Whether you are struggling with heavy/painful periods, PMS, cyclical irritability/ mood swings, tender breasts, or diagnosed conditions such as fibroids, endometriosis, or cystic breasts, these diet and lifestyle tips are all applicable!

**Seed Cycling:** certain seeds act as hormone modulators. Eating a therapeutic dose of specific seeds on specific days of your cycle, is a great way to naturally balance hormones. Days 1-14 (day 1= first day of bleeding)- consume 1 Tbs of ground flaxseed and/or pumpkin seeds. Days 15-menses consume 1 Tbs of ground sunflower seeds and/or sesame seeds. For more details interactions read this post:

<http://www.hormonerebalance.com/using-seeds-to-balance-your-hormones-regulate-your-periods/>

**Cruciferous vegetables:** this group of foods helps the body better metabolize and detoxify of excess estrogen. Eat at least 1 service per of the following foods (in raw or cooked form): cabbage, broccoli, cauliflower, kale, Brussels sprouts, etc.

**Avoiding exposure to xenoestrogens:** These are molecules that mimic our own estrogen and can bind our receptors. They can be found in pesticides, beef and dairy products, certain cosmetics, plastics like BPA, cleaning and bleaching chemicals, fabric softeners and dryer sheets. Review the following great resource on how to avoid common environmental xenoestrogens/ endocrine disruptors: [Environmental Working Group \(EWG\) Dirty Dozen: 12-altering hormone disruptors and how to avoid them.](#)

**Avoid excess alcohol:** an greatly exacerbate your estrogen dominance because they put a strain on your liver and its ability to do its job as it pertains to hormone detoxification. Do not drink more than 4 alcoholic beverages per week.

**Fix your constipation:** the gut plays a vital role in hormone detoxification and elimination. Being constipated means hormones that were meant to be excreted and re-circulating back into the system and could be driving your excess estrogen symptoms. Increasing your fiber intake (doing the seed cycling is actually a great way to up your fiber!), taking probiotics and eating fermented foods such as sauerkraut, kefir/Greek yogurt/fermented coconut yogurt, kimchi or kombucha can all be helpful!