
PROTOCOLS FOR SPECIFIC ESTROGEN DOMINANT CONDITIONS

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Protocols for Specific Estrogen Dominant Conditions

The following is an exclusive list of common protocols and supplement recommendations we make to our patients struggling with specific estrogen-dominance related conditions. Make sure to add the dietary and lifestyle recommendations we provided as well.

Please note that these are just suggestions and we never recommend self-prescribing! It is your responsibility to discuss these options with your health provider. If you would like a consultation with one of the practitioners on our team, make sure to reach out to us!

PMS, Heavy/Painful Periods, Mood Swings:

Fem-Guard Balance: by Designs for Health- Take up to four capsules per day with food (a few hours before and/or after taking other medications). Take up to 3 months.

This is a very balancing formula, which is great if you rely on symptoms but haven't had any testing done. This product contains a mixture of botanicals (chaste tree/vitex for progesterone support, DIM - see below) as well as vitamins (such as magnesium, calcium, B vitamins and higher dose B6 - see info below) that work synergistically to support healthy levels of female hormones. Taking this formula can replace the rest of the options below.

To learn more about its safety and specific ingredients, [read here](#). If you would like this supplement, or any others, shipped to you, [contact us here](#)!

DIM - DIM supports a healthy balance of estrogen in the body, and specifically helps phase I detoxification of hormones. Although this is naturally found in cruciferous vegetables (ie. broccoli, cauliflower), additional supplementation at 100 mg per day up to 3 months may be beneficial for those with high estrogen symptoms and/or poor metabolite detoxification.

Magnesium and B vitamins - both magnesium and B-vitamins are useful because they help support specifically phase II liver detoxification of hormones. phase II is the phase which converts the harmful metabolites from phase I into a water soluble form so they can be excreted from the body by urine and feces.

Magnesium (glycinate form is easier on the bowels) taken at a starting dose of 200-300 mg per day. Taking a B-complex is the best way to get all B-vitamins, but ensure that the activated (ie. methylated) forms of the vitamins are in the complex. If you specifically suffer with mood swings and notable irritability before your periods, you may need higher doses of B6. Consider either adding extra B6 to your B-complex, or getting a B6-complex formula that has B6 along with the other B-vitamins (NFH B6 SAP brand is a great option for that).

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FIBROCYSTIC BREAST:

Breast cysts are very common and benign. They are not considered cancerous! Nonetheless they may feel uncomfortable, lumpy and painful around your periods. The general PMS recommendations outlined above should help these as well. There are also more targeted recommendations if this is one symptom that is very prominent for you.

Natural (bio-identical) progesterone cream: can be very effective for this condition. We've seen women get rid of their breast pain within one month of applying the cream. Progesterone helps protect the breasts from excess estrogen that causes them to swell up. It requires a prescription and we highly recommend you go to a practitioner who understands and can prescribe bio-identical hormones.

[Reach out to us](#) if you need a consult.

Assess for iodine deficiency - iodine has been shown to play an important role in **breast health**, and has been proposed to play a causative role in **breast cancer**. Deficiency in North America is very high, especially in vegans/vegetarians, those trying to avoid iodized salt and athletes who perspire lots.

There are ways to test for iodine deficiency, which you can ask us about, but if you can't access testing, try first increasing iodine in your diet by eating kelp and seaweed on regular basis or supplementing with iodine (12.5mg). Start low dose and don't supplement for longer than a few months.

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ENDOMETRIOSIS & FIBROIDS:

Unlike fibroids that are easily posted on a pelvic ultrasound, endometriosis is a complex condition that is not always easy to diagnose. Symptoms for both can be more intense than just PMS, and may present with very heavy and/or painful periods on top of the usual estrogen-dominance symptoms. With endometriosis there should be a strong focus on anti-inflammatory efforts and commonly women also need to consider adding progesterone to support their symptoms.

Curcumin (from Turmeric) - was studied at a dose of 100 mg/day for female-hormone related concerns, which equates to ½ a teaspoon of turmeric. While it's great to add to your diet to sauces, soups, curries and it always best mixed with a pinch of black pepper for optimal absorption. For treating endometriosis and fibroids, you may need a higher therapeutic dose and will likely need supplementation for a few months.

NAC (N-Acetyl Cystine). (500mg per capsule). Take 1-2 capsules twice daily on an empty stomach to reduce endometrial inflammation. NAC can help reduce the growth of endometriosis, decrease cyst growth, and reduce pain. It is also very supporting of the liver and help hormone detoxification.

Omega 3. Potent anti-inflammatory and antiangiogenic (stops the formation of new blood vessels supplying the endometriomas).

Topical Castor Oil. Massage a tablespoon over your uterus before bedtime. When applied over the uterus, it can increase blood flow and activate your parasympathetic nervous system (your resting and relaxing nerves) to calm uterine and bowel spasms. Be sure to wear an old tee shirt and cover any furniture/bed with towel as castor oil can stain.

You can make castor oil packs at home or buy ready made packs. See application instructions through this link: <https://goodnessme.ca/blogs/goodness-me/castor-oil-packs-how-to-heal-with-this-legendary-toolsee>

Also check out this video: <https://www.youtube.com/watch?v=3N7Mn2HJw3g>



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