



Anti-Estrogenic Diet & Lifestyle

Many conditions are affected by high levels of estrogen including fibrocystic breasts, ovarian cysts and premenstrual syndrome (PMS). The liver is important in breaking down estrogen and converting into compounds that can be excreted from the body through urine and bile. The purpose of this plan is to support the liver, reduce sources of estrogen found in foods and products, and support other glands such as the adrenals and thyroid. This will help detoxify the liver and promote healthy, balanced hormonal production.

Directions:

- Foods to Avoid/Limit Intake:
 - Sugar, white flour, and all refined foods.
 - Coffee, tea, chocolate, colas and other foods or beverages that contain caffeine or similar substances.
 - Meat and poultry, unless organically grass-fed AND grass-finished.
 - Fats, especially animal fats.
 - Dairy products such as milk, cheese, and cream. Eat only organic dairy products if consumed. Use non-soy dairy alternatives.
- Foods to Increase Intake:
 - Foods found in the brassica family such as cabbage, brussel sprouts, cauliflower, broccoli, etc. It's best to avoid raw consumption; steamed or stir-fried is recommended.
 - Wild-caught, cold-water fish (salmon, tuna, rainbow trout, sardines, cod, tilapia, etc).
 - Organic eggs and non-soy plant proteins.
 - Complex carbohydrates such as organic vegetables, fruits, and whole grains.
 - Oils: extra virgin olive oil, coconut, grapeseed, or unrefined safflower oil.
 - Spices: rosemary, turmeric, garlic, and onion.
- Reduce Exposure to Xenoestrogens.
 - Plastics:
 - Avoid #3 Vinyl/PVC and #7 Other (usually polycarbonate).
 - PETE, HDPE, LDPE, Polypropylene and Polystyrene do not contain phthalates or use BPA during production or package-forming.
 - Personal Products:
 - Avoid acetone.
 - Use paraben-free, natural ingredient and non-toxic cosmetics.
 - Use natural soap, shampoo, toothpaste, antiperspirant, lotions, perfumes and other toiletries.

- Household Products:
 - Replace Teflon cookware with ceramic, glass, stainless steel, or cast iron.
 - Store and heat foods and liquids in glass or ceramic. Heated #3 plastics leach very quickly into food. Most food-services use #3 cling-wrap containing phthalates.
 - Use non-toxic “green” detergents, fabric softeners, dishwashing detergent, cleaning products. Get rid of fragranced dryer sheets.
 - Do not dry-clean clothing.
 - Replace vinyl shower curtains with fabric.
 - Minimize exposure to chemical solvents such as methanol, aldehydes, ketones in paints, paint remover, varnishes, glues, cleaning products, carpet, fiber board and other processed woods.
 - Avoid lawn and garden sprays and indoor insect sprays. Use natural herbicide or pesticide control.
 - Avoid artificial air-fresheners. Use essential oils in a diffuser or lightly heated.

- Water Intake: Drink at least half your body weight of filtered water in ounces, daily.

- Exercise: Perform moderate aerobic exercise 45 minutes per session, at least 3 days per week and weight-bearing exercise 30 minutes per session, at least 2 days per week.