



# 10 Tips For Reducing Estrogen Dominance

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## Small changes that make a big difference.

Many of my clients experience a condition called “estrogen dominance.” Estrogen dominance refers to a higher than optimal ratio of estrogen to progesterone. This means that high estrogen, low progesterone, or both can cause it. And, because it is a ratio issue, it can also occur when both hormones are at physiologically low levels. Aside from being annoying from a charting and birth control perspective, it is also a common cause of heavy and painful menstruation. More importantly, prolonged estrogen dominance is one of the risk factors for developing endometriosis, fibroids, and breast cancer. As such, it is an important issue to address. Below are ten ways you can work to reduce estrogen dominance in the body.

### 1. Reduce your alcohol consumption

Did you know that having just 2 drinks can more than double the amount of estrogen in your blood?

### 2. Reduce your exposure to endocrine disruptors

Be especially careful of plastics and pesticides.

### 3. Maintain a healthy weight

Fat produces a type of estrogen called estrone.

#### 4. Maintain healthy intestinal bacteria

Unhealthy bacteria cause conjugated estrogen to be reabsorbed through the bowels into the bloodstream.

#### 5. Increase your Iodine intake

Take 1-2 drops of Lugols iodine daily, or increase your consumption of dietary sources of iodine, such as sea vegetables.

#### 6. Take probiotics to help normalize your intestinal flora



#### 7. Add freshly ground flax to your breakfast

If you tolerate seeds, flax is excellent for binding to conjugated estrogen in the gut and helping to escort it out of your body through the bowels.

#### 8. Consider taking a supplement that supports estrogen detoxification

Two options are Indole-3-Carbinol and Calcium D-Glucarate.

## 9. Consider taking a vitamin B supplement

Look for one that contains activated versions of folate, B6 and B12.

## 10. Reduce inflammation

Inflammation impairs the manufacture of progesterone. Reduce inflammation through increased sleep and reduced consumption of inflammatory foods such as alcohol, sugar, wheat, dairy, and vegetable oils.



## Interested in learning more?

When you're implementing lifestyle changes, it's not always obvious which ones are making a difference. Without that motivation, it can be challenging to stay committed, especially if you're giving up things you love! Thankfully, charting can help.

If you'd like support interpreting your cycle, please get in touch! We have several programs designed to help, including [Hormonal Tune-Up](#) and [Fertility Management Secrets](#).



We also have lots of resources on our website, including [blog posts](#) and [videos](#). As always, if you have questions please email us at [thesisters@redtentsisters.com](mailto:thesisters@redtentsisters.com)!

Love,

Kim & Amy