



Dr. Julia Gonen, N.D.
7 hate'ena street
bnei atarot 60991
p: 050.933.6004
e: julia@gaianaturopathic.com
www.gaianaturopathic.com

Optimizing Estrogen Metabolism

1. Minimize exogenous estrogens – meats, dairy, use of plastics, etc... (Use organic where possible).
2. Regulate bowel activity – maintain optimal elimination via making time to eliminate regularly, ensuring adequate exercise and increasing fiber content in diet. (see below).
3. Liver support:
 - Increase foods to support healthy liver i.e. lemon water; beets; carrots etc...
4. Maintain good weight control:
 - Increased fatty tissue increases estrogen synthesis
 - Maintaining good weight control has an effect on balancing androgenic hormones
 - Eat foods that have low glycemic index
5. Decrease pesticide/herbicide exposure – organochlorides bind to estrogen receptors and have estrogen-like effect (organic lawn and garden care and organic foods recommended).
6. Do not microwave or store food in plastics. Plastics have been shown to mimic estrogen in the body. (Yes, those Nalgene bottles too! – Bisphenol A, Pthalates)
7. Eat only unprocessed yogurts and chesses (preferably organic choices). No commercial milk and milk products – milk is very high in estrogen b/c dairy cattle are continuously pregnant.
8. Water – drink only good quality water. Best source is reverse osmosis and to support with extra minerals. But drink at least filtered or spring water. Drink at least 8 – 10 glasses each day.
9. Increase complex carbohydrates in the form of whole grains (i.e. buckwheat, kasha, brown rice, millet, quinoa, etc.), starchy vegetables (no fluffy white potatoes), legumes (they decrease glycemic index). Increased glucose means increased insulin, which in turn decreases SHBG (SHBG normally binds to free estradiol) resulting in an increase of free estrogen in the blood.
10. Eliminate simple carbohydrates. This means **no** breads, cakes, cookies, muffins, sugar etc. Anything made with processed flours must be eliminated.
12. Decrease saturated fats and Increase omega-3-fatty acids.:
Fish oil (from a good source – Nutrasea, Nordic Naturals). Omega-3 FAs enhance 2-Hydroxyestrone and shunt pathway away from 16- α -Hydroxyestrone (more carcinogenic than original estrogen that is being broken down).
13. Increase fiber in diet. Fiber binds unconjugated estrogens in gut. Fiber also increases bowel function decreasing the likelihood of reabsorption of estrogen products from gut due to stagnation of fecal matter.
14. Probiotics:
 - a. Decrease insulin
 - b. Decreases abnormal bacteria and balances gut microflora
 - c. Decreases transit time of waste matter
 - d. Increases bowel function
15. Flaxseed meal – highest lignan content (lignans decrease aromatase activity and increases SHBG (converts androstenedione to estrone). Eat 3 TBSP ground flax per day (buy a coffee grinder and grind it fresh daily). Make it part of your morning ritual.
16. Think twice about drugs/medications – Cimetidine, marijuana, birth control pills, synthetic estrogen (Premarin),