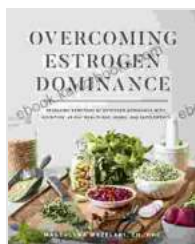


Overcoming Estrogen Dominance: Resolving Symptoms of Estrogen Dominance with Diet and Lifestyle

What is Estrogen Dominance?

Estrogen dominance is a condition in which the body has too much estrogen relative to progesterone. Estrogen is a female hormone that is produced by the ovaries. Progesterone is another female hormone that is produced by the ovaries and the adrenal glands. Progesterone helps to balance the effects of estrogen and prevent it from becoming too dominant.

Estrogen dominance can occur for a variety of reasons, including:



Overcoming Estrogen Dominance Resolving Symptoms of Estrogen Dominance with Nutrition, 28-day meal plans, herbs and supplements

by Magdalena Wszelaki

★★★★☆ 4.7 out of 5

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- Polycystic ovary syndrome (PCOS)
- Endometriosis
- Menopause
- Obesity
- Exposure to environmental toxins

Symptoms of Estrogen Dominance

The symptoms of estrogen dominance can vary from person to person, but some common symptoms include:

- Weight gain
- Fatigue
- Mood swings
- Insomnia
- Bloating
- Breast tenderness
- Heavy or irregular periods
- Acne
- Infertility

How to Overcome Estrogen Dominance

The good news is that estrogen dominance can be overcome with diet and lifestyle changes. Here are some tips:

1. Eat a healthy diet

A healthy diet is essential for overall health, including hormone balance. To overcome estrogen dominance, focus on eating plenty of fruits, vegetables, and whole grains. These foods are rich in fiber, which helps to bind to estrogen and prevent it from being reabsorbed into the bloodstream.

Also, limit your intake of processed foods, sugary drinks, and unhealthy fats. These foods can contribute to inflammation and hormone imbalances.

2. Exercise regularly

Exercise is another important part of a healthy lifestyle. Exercise helps to improve circulation, which can help to reduce estrogen levels. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

3. Get enough sleep

Sleep is essential for overall health and well-being. When you don't get enough sleep, your body produces more estrogen. Aim for 7-8 hours of sleep per night.

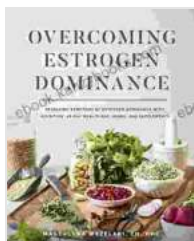
4. Manage stress

Stress can contribute to estrogen dominance. Find healthy ways to manage stress, such as exercise, yoga, or meditation.

5. Avoid environmental toxins

Environmental toxins can disrupt hormone balance. Avoid exposure to environmental toxins, such as pesticides, herbicides, and BPA.

Estrogen dominance is a common hormonal imbalance that can lead to a variety of symptoms. However, estrogen dominance can be overcome with diet and lifestyle changes. By following the tips in this article, you can help to balance your hormones and improve your overall health and well-being.

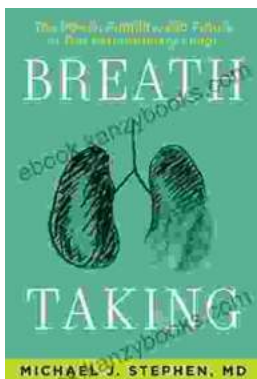


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