



ENHANCING HEALTHY OESTROGEN METABOLISM – NUTRITIONAL GUIDE

The detoxification of oestrogen in the liver can follow one of two pathways. The more damaging pathway is the 16-OH pathway, which is enhanced by synthetic hormone replacement therapy.

The more favourable pathway is the 2-OH oestrogen pathway, which is enhanced by being aware of certain factors:

- 1. Dietary change to enhance weight loss when required.**
- 2. Enhance the intake of phyto-oestrogens in the diet, e.g. soy, alfalfa, chickpeas, beans, peas, red clover tea, promencil.**
- 3. Gut and liver detoxification – see low stress diet.**
- 4. Regular aerobic exercise.**
- 5. Avoid xeno - oestrogens, e.g. plastic wrap, biphenol, hydraulic fluid, neon tubes, pesticides etc.**
- 6. Reverse omega 3/omega 6 ratios by encouraging oily fish consumption or taking omega 3 fish oils.**
- 7. Nutritional support by eating the following foods:**
 - Soy and phyto-oestrogens
 - Flaxseeds
 - High quality protein (e.g. low animal fat intake), eggs, dairy, beef, lamb
 - onions, garlic
 - Bitter foods help the gut by stimulating secretions throughout the gut, including the pancreas.
- 8. Pharmaceutical therapy when appropriate.**
- 9. No smoking.**
- 10. Reduce alcohol.**
- 11. Reduce stress.**
- 12. Vitamins that help hormone balance include the B vitamins such as 1, 2, 3 and 5. Vitamin B6 influences the steroid signals and prevents vitamin E dominance. Zinc and magnesium are also important.**
- 13. The spices, e.g. black pepper, cinnamon, cloves, nutmeg help the liver enzymes.**
- 14. Monoterpene limonase is found in lemons and oranges, and stimulates the correct oestrogen metabolism.**
- 15. FOS (fructo oligo saccharides) help to stimulate growth of bifido and lacto bacilli by up to tenfold – these are the good bacteria that live in the bowel.**
- 16. Herbal medicines**
 - Dong Quai is a uterine tonic
 - St Johns Wort and Black Cohosh are nerviness,
 - Wild Yam is an anti spasmotic
 - Vitex Agnus Castus helps the hypothalamic pituitary adrenal access (for stress).