

Baritz Wellness Center, P.C.

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Estrogen Dominance

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Hormones are powerful biological compounds produced by the body in very small amounts. Hormones help to regulate, control and coordinate most body functions and play a role in all body functions. Overall health is affected by the balance between hormones as well as by hormone levels. Estrogen Dominance is essentially a hormonal imbalance. Among women it can quickly progress to health issues; among men it can affect bone health and occasionally cause enlarged breasts or other health issues.

Estrogen Dominance refers to state of imbalance between the hormones estrogen and progesterone. This balance plays a critical role in deciding the overall health of a woman, including her psychological, physical, sexual and reproductive health. Estrogen Dominance is established when the ratio between estrogen and progesterone is compromised, in favor of estrogen. This can occur in two ways:

1. Estrogen levels rise abnormally
2. Progesterone levels decline significantly

A common form of Estrogen Dominance is found among menopausal women where progesterone levels fall rapidly and estrogen levels rise gradually. This is why menopausal women with normal estrogen levels can be diagnosed with Estrogen Dominance. (Estrogen is too high relative to low progesterone)

Common Symptoms of Estrogen Dominance

Higher vulnerability to breast cancer
Thyroid related problems
Decreased libido
Extreme mood swings
Depression
Anxiety
Vaginal dryness
Disturbed menstruation cycles

Increased abdominal & lower body fat
Unexplained fatigue
Loss of hair or hair thinning
Inability to conceive
Difficulty sleeping
Bone softening or Osteoporosis
Polycystic Ovarian Syndrome (PCOS)
Uterine fibroids

Causes of Estrogen Dominance

- **Cycling imbalance:** estrogen dominance can occur during and just after menstruation.
- **Onset of menopause:** often leads to a severe dip in the progesterone levels.
- **Low fiber diets:** Excess estrogen is cleared from the blood by the liver and secreted in bowel. Low fiber diets can cause constipation allowing estrogen to be reabsorbed from the bowel raising estrogen levels.
- **Hormonal replacement therapy:** can lead to imbalances, causing estrogen levels to rise sharply.
- **Environmental factors:** One of the lesser understood causes of Estrogen Dominance are reactions induced by environmental factors. The body may produce estrogen in response to potent chemicals like pesticides and toxins. This kind of estrogen is not metabolized quickly and is not accompanied by increases in progesterone, thus leads to Estrogen Dominance in two ways.
- **Alcohol use:** tends to impair liver function resulting in poor clearance of estrogen and increased estrogen levels.

To have a custom program created for you or for a free consult call 508 583-2565

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