



ESTROGEN DOMINANCE

DEFINITION:

Estrogen dominance is a condition in which a woman can have deficient, normal, or excessive levels of estrogen, but has too little progesterone to balance the estrogen levels.

COMMON CAUSES

- Stress
- Xenohormone exposure
- Use of oral or injected contraceptives
- Conventional HRT
- Adrenal Fatigue
- Hypothyroidism
- Poor diet (usually high in carbohydrate, low fat)
- Consumption of trans-fats
- Nutritional deficiencies (especially magnesium, zinc, copper and B complex vitamins)
- Luteal Insufficiency (insufficient ovarian progesterone production)
- Anovulatory cycles (cycles where menstruation occurs, but no ovulation, and therefore no ovarian progesterone is produced)
- Obesity (in postmenopausal women, estrogen is made in the fat cells; excess fat cells make excess estrogen).

COMMON SYMPTOMS

Anxiety	Irritability	Anger	Agitation
Cramps	Heavy Bleeding	Prolonged Bleeding	Clots
Water Retention	Weight Gain	Bloating	Mood Swings
Breast Tenderness	Lumpiness	Enlargement	Fibrocystic Breasts
Mood Swings	Depression	Headaches / Migraines	Food Cravings
Sweet Cravings	Chocolate Cravings	Muscle/Joint/Back Pains	Acne
Blood sugar instability	Insulin Resistance	Irregular Periods	Decreased Sex Drive
Gallbladder problems	Infertility	Insomnia	Osteoporosis
Endometriosis	Adenomyosis	Polycystic Ovaries	Uterine Fibroids
Cervical Dysplasia	Allergic Tendencies	Auto immune Disorder	Breast, uterine, cervical or ovarian cancer
Foggy thinking	Memory Difficulties	Fat Gain – abdomen, hips, and thighs	Cold hands / feet – low thyroid function because estrogen blocks thyroid hormones.

If you feel like a stranger in your own skin and are experiencing any of these symptoms, make your appointment today to get your hormone levels checked!

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