

THE ANTI-ESTROGENIC DIET

Many diseases are affected by high levels of estrogen including fibrocystic breast disease, ovarian cysts and premenstrual syndrome or PMS. The liver is important in breaking estrogen down into an almost totally impotent form. It also converts estrogen into compounds that can be excreted from the body through urine and bile. The purpose of this diet is to support the liver, to reduce sources of estrogen found in foods, and to support other glands such as the adrenal glands and the thyroid gland that influences estrogen.

THE DIET

- Eliminate sugar, white flour, and refined foods.
- Eliminate things such as coffee, tea, chocolate, colas and other foods or beverages that contain caffeine or similar substances.
- Eliminate meat and poultry—unless organically GRASS FED/GRASS FINISHED.
- Decrease fats, especially animal fats. Use instead unsaturated fats such as those in unrefined high oleic vegetable oils such as extra virgin olive oil and unrefined high oleic safflower oil, and Earth Balance Vegetable Spread. Only ORGANIC butter.
- Decrease dairy products such as milk, cheese, cream, and other dairy products. Eat only organic dairy products and eat them in moderation. Use soy as a dairy alternative, although do not only use soy as a protein source.
- Increase foods found in the cabbage family such as cabbage, Brussel sprouts, cauliflower, broccoli, etc. It's best to not eat them raw that much; steamed or stir fried is recommended.
- Increase complex carbohydrates such as vegetables, whole grains, and fruits.
- Increase the consumption of garlic and onions.
- Be sure you are taking a good multivitamin, and essential fatty acids such as flax seed, both ground up and in oil form. Your clinician may wish to have you take other products.
- Use spices such as rosemary, turmeric, garlic, and onion.

Coupling this diet with an adequate intake of fluids, fiber and exercise will help to improve your health.

Recipe for Anti-Estrogen Smoothie:

In blender mix 1/2 to 1 tsp. kelp, 1 Tb of granulated lecithin, 1 – 2 Tb rice or soy protein, 1 Tb freshly ground Flax seeds