

HORMONE RESET PROGRAM

With: Sara Gottfried, MD

Estrogen Cliffnotes (Part 1)

- ❖ You don't have much estrogen in your body until puberty.
- ❖ Estrogen has a lot of jobs:
 - It makes you care about your appearance
 - It makes you have your menstrual cycle (especially the first part)
 - It makes you feminine
- ❖ Just like the other two Charlie's Angels (cortisol and thyroid), you want it in the sweet spot: not too high or too low!
- ❖ If you have too much estrogen you will...
 - Be cranky
 - Have PMS
 - Be predisposed to depression
 - Resistant to weight loss
- ❖ If you have too little estrogen you will...
 - Be dry *everywhere* (mouth, eyes, vagina)
 - Be less lubricated in the joints
 - Have hot flashes and night sweats
 - Be disinterested in sex
- ❖ When estrogen is *just right*, you will...
 - Feel feminine
 - Feel content
 - Have a steady mood
 - Have a clear face
 - Have a well-rested body
 - Feel like your breasts are relatively normal in size
 - Have a normal sex drive
- ❖ Estrogen makes you gain weight in a different way than cortisol. Cortisol is the muffin top, or belly fat. Estrogen is the "pear shape", with fat on the hips, butt, breasts, and more all over.

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- ❖ Risks involved with too high estrogen include...
 - Breast cancer
 - Endometrial cancer
 - Depression
- ❖ Risks involved with too low estrogen include...
 - Osteoporosis
 - Loss of cognitive function
- ❖ If you keep yourself well-hydrated but are still on the dry side (joints, eyes, vagina), then estrogen might be the culprit!
- ❖ 75-80% of women aged 35-50 have estrogen dominance!
- ❖ Your progesterone to estradiol ratio should be 300:1. At the very least, it should be 100:1, meaning you want to have at least 100 times as much progesterone as estradiol.
- ❖ There is definitely some overlap between the Charlie's Angels, so if one hormone was screaming out to you "That's me!" pay attention and focus on that one first!
- ❖ There are three estrogens:
 - Estrone (E1) (Bad Estrogen)
 - Estradiol (E2) (Good Estrogen)
 - Estriol (E3) (Good Estrogen)
- ❖ One glass of wine (or serving of alcohol) can raise your estrone by 7%. If you have estrogen dominance, having too much alcohol (3-6 servings per week) is not your friend!