

## HORMONE RESET PROGRAM

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### Estrogen Cliffnotes (Part 2)

- ❖ Be careful of xenoestrogens like Bisphenol A (BPA). There are over 700 xenoestrogens in our environment, and they like to interact with our estrogen receptors. This is one reason why eating organic and pasture-fed meats is so important!
- ❖ You need 35-40 grams of fiber per day to be able to get rid of bad estrogens.
- ❖ Prunes get rid of alpha-hydroxyestone (the bad estrogen).
- ❖ Good foods for lowering your bad estrogen (estrone, E1):
  - Prunes
  - Beets
  - Beet greens
- ❖ Diindolymethane (DIM for short) is a potent promoter of good estrogens!
- ❖ Diet soda and green tea raise your estradiol, so if you are estrogen dominant, you may want to avoid them.
- ❖ If you are struggling with both cortisol and estrogen, then you need to cut the caffeine. If you are cutting your caffeine, then freshly made vegetable juice (especially greens) is the best!
- ❖ Your liver is your best friend for making more good estrogens and less bad estrogens.
- ❖ If you are suffering from hormone imbalance, if you're cranky, overwhelmed, have weight loss resistance, and don't want to have sex, then it's easier to fix the problem than live with the symptoms!
- ❖ You want your genes to live in a good neighborhood. When you have inflammation, it's a bad neighborhood, but if you fight the inflammation then you can make it a good one! Turmeric is great for inflammation, and so is resveratrol (but NOT in the form of wine!).
- ❖ Create a good neighborhood for your body and everything else will fall into place!