

Is Estrogen Dominating Your Life?

Female problems seem to be on the rise. Between 40% and 60% of all women in North America suffer from PMS. In addition, women suffer from a plethora of symptoms, some menopausal and others not. Something quite serious seems to be happening. There is strong evidence that the proper hormonal balance necessary for women's bodies to function healthily is being interfered with by a number of factors.

A major factor contributing to this imbalance between estrogen and progesterone, the 2 main female hormones, is the industrialized world we now live in. We are immersed in a rising sea of petrochemical derivatives. They are in the air, food and water and include pesticides and herbicides (such as DDT, dieldrin, heptachlor, etc.) as well as various plastics (polycarbonated plastics) and PCBs. These estrogen-mimics are highly fat-soluble, not biodegradable or well excreted, and accumulate in the fat tissue of animals and humans. These chemicals have an uncanny ability to mimic natural estrogen and thus are given the name "xeno-estrogens". Although they are foreign chemicals, they are taken up by the estrogen receptor sites in the body, seriously interfering with natural biochemical activity. Drinking sodas out of plastic bottles is one of the leading causes of estrogen dominance.

Dr. John Lee, MD has discovered a consistent theme running through women's complaints of the distressing and often debilitating symptoms of PMS, peri-menopause and menopause: too much estrogen or, in other words, estrogen dominance. Now, instead of estrogen playing its essential role within the well-balanced symphony of steroid hormones in a woman's body, it has begun to overshadow the other players, creating biochemical dissonance.

Symptoms of Estrogen Dominance

- Fibrocystic breasts or tender breasts
- Heavy menstrual bleeding
- Irregular menstrual cycles
- Mood swings
- Hot flashes
- Weight gain
- Uterine fibroids
- Hypothyroidism

Comprehensive hormone testing can assist in the detection of imbalanced hormones. Naturally derived treatments can then serve to relieve symptoms and completely restore balance back to the body.

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