



WHAT IS RELATIVE ESTROGEN DOMINANCE?

The Signs of Estrogen Dominance

Relative estrogen dominance is one of the most common hormonal imbalances affecting menopausal women. Essentially, relative estrogen dominance is high estrogen levels in relation to other hormones such as progesterone. While estrogen levels decline as we age, progesterone levels begin dropping years prior to the decline in estrogen, creating a state of estrogen dominance. When there is not enough progesterone, estrogen goes unopposed causing significant symptoms such as:

- Anxiousness

MENOPAUSE WORKSHOP 2022

This information is not intended to diagnose or prescribe treatment. The information provided is for educational purposes only and does not take the place of medical advice.

www.WellnessWithGina.com

- Cravings, especially sugar
- Dry skin, hair and eyes
- Feeling overly emotional
- Feeling tired or unmotivated Hot flashes
- Hair loss
- Hormonal ups and downs
- Low thyroid function
- Mood imbalance
- Swelling
- Weight gain

WHAT CAUSES RELATIVE ESTROGEN DOMINANCE?

- Natural decline in progesterone
- Low progesterone levels due to stress
- Adrenal fatigue
- Alcohol (just 1 glass raises estrogen levels)
- Poor estrogen metabolism in the liver
- Xenoestrogens, Endocrine System Disrupting Chemicals, and Synthetic hormones (hormonal birth control and HRT)

HOW TO RESTORE BALANCE

- Manage stress
- Support your adrenals with Ashwagandha and licorice root
- Reduce exposure to xenoestrogens and endocrine system disruptors
- Maintain a healthy weight
- Eat more cruciferous vegetables (DIM)
- Add maca root powder to your smoothies
- Consider a natural progesterone cream

MENOPAUSE WORKSHOP 2022

This information is not intended to diagnose or prescribe treatment. The information provided is for educational purposes only and does not take the place of medical advice.

www.WellnessWithGina.com