



# NSIPM & Sano Wellness Center

## Estrogen Dominance

### DEFINITION:

Estrogen dominance is a condition in which a woman can have deficient, normal, or excessive levels of estrogen, but has too little progesterone to balance the estrogen levels.

### COMMON CAUSES

- Stress
- Xenohormone exposure
- Use of oral or injected contraceptives
- Conventional HRT
- Adrenal Fatigue
- Hypothyroidism
- Poor diet (usually high in carbohydrate, low fat)
- Consumption of trans-fats
- Nutritional deficiencies (especially magnesium, zinc, copper and B complex vitamins)
- Luteal Insufficiency (insufficient ovarian progesterone production)
- Anovulatory cycles (cycles where menstruation occurs, but no ovulation, and therefore no ovarian progesterone is produced)
- Obesity (in postmenopausal women, estrogen is made in the fat cells; excess fat cells make excess estrogen).

### COMMON SYMPTOMS

Anxiety	Foggy thinking	Allergic tendencies
Cramps	Irritability	Memory difficulties
Water retention	Heavy bleeding	Anger
Breast tenderness	Weight gain	Prolonged bleeding
Mood swings	Lumpiness	Bloating
Sweet cravings	Depression	Enlargement
Blood sugar instability	Chocolate cravings	Headaches/Migraines
Gallbladder problems	Insulin resistance	Muscle/Joint/Back pains
Endometriosis	Infertility	Irregular periods
Cervical Dysplasia	Adenomyosis	Insomnia

Polycystic ovaries

Autoimmune disorder

Fat Gain – abdomen, hips,  
and thighs

Agitation

Clots

Mood swings

Fibrocystic breasts

Food cravings

Acne

Decreased sex drive

Osteoporosis

Uterine fibroids

Breast, uterine, cervical or  
ovarian cancer

Cold hands / feet – low  
thyroid function because  
estrogen blocks thyroid  
hormones

If you feel like a stranger in your own skin and are experiencing any of these symptoms,  
make your appointment today to get your hormone levels checked!

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