

19 Estrogen Balancing Superfoods

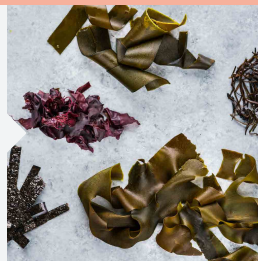
CRUCIFEROUS VEGETABLES

Liver detoxing, estrogen balancing, rich in antioxidants, anticarcinogenic, immune boosting, anti-inflammatory, rich in sulfurs, rich in fiber



SEAWEED

Sugar balancing, food for the brain and breasts, nutrient dense, detoxifying, high in fiber, rich in iodine and magnesium, rich in B vitamins



BROCCOLI SPROUTS

Support breast health, liver detoxing, detoxifying, anti-inflammatory, anticarcinogenic, immune boosting, rich in sulfurs



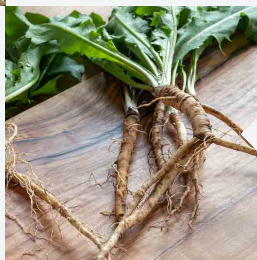
FLAXSEED

Gut healing, estrogen boosting, estrogen detoxifying, high in good fats, rich in zinc, rich in omega 3 fatty acids



POMEGRANATES

Gut healing, anti-inflammatory, estrogen balancing, anticarcinogenic, rich in antioxidants, high in good fats



DANDELION LEAF + ROOT

Bitter - stimulates bile production (binds up estrogens), supports liver detoxification, leaf: kidney detox, root: liver detox

SAUERKRAUT

Gut healing, anti-inflammatory, rich in good bacteria, immune boosting



SALMON

Thyroid balancing, antioxidant, anti-inflammatory, rich in omega 3 fatty acids, good source of protein



SULFUR-RICH FOODS

Support liver detoxification, clear "dirty" estrogens, anti-inflammatory (quercetin), antibacterial



COLLAGEN

Gut healing, anti-inflammatory, rich in protein, immune boosting



CACAO

High in magnesium, highly alkalizing, 20x more antioxidants than blueberries, also a good source of protein, calcium, carotene, thiamin, riboflavin

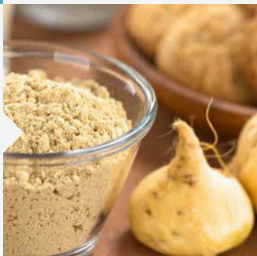


TURMERIC

Anti-inflammatory, helps GI health, boosts immune system, helps brain health, supports cardiovascular system, detoxes the liver

MACA

Contains phytoestrogens, can help peri- & menopause, can help with infertility, energy, sex drive, PMS relief, adrenal nourishment, hit or miss with some women



THYME

Contains phytoestrogens, can help peri- & menopause, can help with infertility, energy, sex drive, PMS relief, adrenal nourishment, hit or miss with some women



BEETS (ROOT + LEAVES)

Detoxes the liver, anti-inflammatory, helps GI health, boosts immune system, helps brain health, supports cardiovascular system



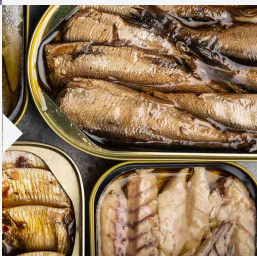
BERRIES

Low glycemic index (won't elevate your blood sugar), high in antioxidants, good source of fiber, highly anti-inflammatory, Anthocyanins



SARDINES

Low level of toxins (compared to big fish like tuna), great source of calcium and magnesium (from the bones), good source of protein



Estrogen Reset Anti-Foods

INFLAMMATORY FOODS:

- * Gluten (breads, pastas, cookies, muffins, etc)
- * Dairy (milk, yogurt, cheese)
- * For some: Corn, eggs, grains
- * Processed foods; packaged, with additives, preservatives, including protein powders (whey, pea, rice etc)
- * Soy
- * Conventionally grown meat and dairy
- * Coffee (especially so) and caffeine – reduce or stop
- * Heating foods in plastic - xenoestrogens!



ESTROGEN RESET

HORMONESBALANCE.COM/ER

DONG QUAI

Nervous and uterine relaxant – great for pain like PMS, ovulation pain, headache, abdominal pain, promotes menstruation and labor, yet mitigates lack of period and regulates cycle

LEMON + LEMON ZEST

Contains d-limonene – a potent liver detoxifier, highly alkalizing, stimulates stomach acid production

