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Lecture: Gut and Estrogen

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Lecture: Sugar, Belly fat, and Estrogen

Average American sugar intake -- Cannot find the 130 lbs/year or 35 teaspoons/year references I'm not sure...

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Lecture: Estrogen Re-set Superfoods and Anti-foods

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Lecture: Product Clean-up (skin care and cleaning products)

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Lecture: Supplements (herbs and minerals)

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Lecture: Sleep and Estrogen

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Lecture: Castor oil, saunas, and lymphatics

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Lecture: Birth Control Pills and HRT

BCP -- The Problems (1/2)

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Lecture: ER Foundational Protocol

(None)

Lecture: Estrogen and Fibroids

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Lecture: Estrogen and Endometriosis

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Lecture: Breast Lumps and Fibrocystic Breasts

Worth knowing

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Main causes

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Types of Breast Tenderness



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Lecture: Amenorrhea (lack of periods)

Main causes of amenorrhea

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Lecture: Irregular Periods

Main causes of irregular periods

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Lecture: Dysmenorrhea & PMS

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Lecture: Infertility

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Lecture: Breast Cancer and Estrogen

Alpha-Pregnanediol elevated in daughter of women with breast cancer

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