

Hormone Health - Value Email With Soft Sell

6 surprising reasons behind your estrogen dominance

Hi [subscriber name]!

So many of my clients are struggling with symptoms of estrogen dominance when we first work together.

They come to me with frustrating and debilitating symptoms like heavy and painful periods, PMS, menstrual headaches, tender breasts, water retention, crazy mood swings, acne that takes them back to their teenage years, weight gain, fertility problems, and endometriosis.

Because we're taught so little about hormones at school, most of my clients don't realise that they're experiencing signs of estrogen dominance. They just know they can't keep living like this and they want my help to get back to normal.

Estrogen is a super important female sex hormone and it's crucial for a healthy menstrual cycle, reproductive health, gorgeous skin, strong bones, and heart health.

But it's a delicate balance and too much estrogen can cause problems, especially if your progesterone levels are also out of whack.

So let's talk about what causes estrogen excess ...

Not pooping regularly: If you're not doing a #2 daily, you're not eliminating estrogen. It doesn't just hang around for longer, though. It can be recirculated back into your bloodstream, where it can cause more problems.

Exposure to xenoestrogens: Your food, water, personal care products, and plastics can all contain substances known as xenoestrogens. These mimic estrogen and stimulate estrogen receptors in your body. Limiting your exposure to these xenoestrogens is a huge part of balancing estrogen levels.

Poor gut health: If you've got an imbalance of gut bacteria, you've probably also got lower levels of bacteria that help metabolise estrogen. This metabolic conversion is crucial for excreting excess estrogen. Your balance of gut bacteria is more likely to be disrupted if you're also on hormonal birth control (which I'll talk a little bit about later!).

Chronic stress: When your body is under stress, progesterone production can be affected. Emotional stress is the obvious culprit but physical stressors also play a key role. Infections and strenuous exercise can be common examples.

Weight: Since estrogen is stored in adipose tissue, your weight has a direct effect on estrogen.

Hormonal birth control: Hormonal birth control disrupts your natural production of hormones. Crucially, it lowers the production of progesterone and paves the way for estrogen dominance.

How do you know for sure if your estrogen levels are too high? One of the tests I use on my clients is the DUTCH test. This is a great test for getting a detailed handle on what your hormones are doing. That's why I've included it in the cost of my 1:1 packages.

With love,



PS - I'm still taking on a limited number of 1:1 clients and I'd love to support you on your journey towards hormone health. If you're ready to get started, [\[click here\]](#) for details of how to apply. Let's get your hormones naturally balanced over the next 12 weeks!