



ESTROGEN DOMINANCE

Estrogen Dominance is all too common these days. It is the most common condition women present with unbalanced hormones. Estrogen is the general term used for the several types of estrogen made by the ovaries. Estrogen is also made in fat cells, which is the primary site for menopausal women. There are three major estrogens: Estrone, Estradiol (considered the strongest because of its ability to cause cell proliferation) and Estriol. Estrogen and Progesterone are the two primary hormones produced in the ovaries.

Estrogen only functions correctly when it is in the right proportion with progesterone, its primary partner and synergist. In a cycling woman, these proportions change throughout the cycle. In menopausal women, the proportion of progesterone to estrogen remains fairly constant. Estrogen Dominance occurs when there is insufficient progesterone in the second half of a cycling woman's cycle or at any point in a menopausal woman.

Estrogen Dominance is caused from an inadequate production of progesterone due to stress, inadequate signaling from the HP Axis (brain and master gland), use of oral or injected contraceptives, Conventional HRT, weak adrenal glands, xenohormones (man-made chemicals that give hormonal signaling in the body), non-organic meat and dairy, poor diet (high carb and low fat), obesity, and/or liver and gallbladder congestion and dysfunction which leads to the inability to effectively metabolize and eliminate estrogen.

Symptoms of Estrogen Dominance include: Heavy bleeding, clotting, cramping, water retention, bloating, breast tenderness, lumpiness, cystic breasts, enlarged breasts, fibrocystic breasts, weight gain, headaches, migraines, emotional hypersensitivity, depression, irritability, anxiety, anger, agitation, decreased sexual response, thyroid dysfunction, cold hands and feet, blood sugar instability, sweet/carb cravings, insomnia, gallbladder dysfunction, acne.

Other problems that may develop with Estrogen Dominance include: Endometriosis, PCOS, Ovarian cysts, cervical dysplasia, uterine fibroids, infertility, irregular periods, auto immune disorders, Fibromyalgia, Chronic Fatigue Syndrome, breast/endometrial/uterine cancers.

Proper testing through saliva will determine all hormone levels and their relationship to one another. Natural protocols will correct the imbalance and restore the body's ability to heal and function normally. For more information please contact Dr. Maegan Davis. (See contact information below.)