ANTI-ESTROGENIC FOOD RECOMMENDATIONS

Many female problems, including uterine fibroids and ovarian cysts are estrogen dependent. Therefore, it is advisable to decrease sources of exogenous estrogen in the diet. It is also important to enhance the functioning of the liver to optimal function, since it is the liver that is responsible for converting estrogen into a form that can be easily eliminated from the body. Many health issues that affect males can also benefit from these recommendations.

DIET

- **Every morning**, after waking up, squeeze half a lemon into a glass of warm water and drink.

## Avoid these foods [READ FOOD LABELS]

<table>
<thead>
<tr>
<th>Food</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dairy (i.e. cheese, milk, cottage cheese)</td>
<td>Cause inflammation, smooth muscle contraction, vascular constriction</td>
</tr>
<tr>
<td>Decrease methylxanthines - coffee, tea, chocolate, cola</td>
<td>Promotes inflammation</td>
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<tr>
<td>Fat</td>
<td>Produce more estrogen</td>
</tr>
<tr>
<td>- Animal fats - meat and dairy.</td>
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<tr>
<td>- Butter and margarine</td>
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<tr>
<td>Meat and meat products</td>
<td>Promotes inflammation and pain</td>
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<tr>
<td>White Sugar, white flour and any other refined grains/flours</td>
<td>Increase estrogen levels</td>
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</tbody>
</table>

## Try to eat these foods

Have the following as snacks:

- Fruits i.e. apples
- Nuts i.e. almonds, brazil nuts, cashews, chestnuts, hazelnuts, pistachios, walnut
- Raw veggies i.e. carrots, celery, broccoli, cauliflower, pepper
  - Eat with hummus, baba ganoush, bean dip, guacamole, etc.
- Seeds i.e. flaxseeds, pumpkin seeds, sesame seeds, sunflower seeds
- Yogurt
The highlighted vegetables are “liver friendly”, helping with its detoxification. Steam, stir-fry, make soup or add to salads:

- Alfalfa
- Artichokes
- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Cauliflower
- Collard greens
- Dandelion greens
- Dark green leafy vegetables
- Fresh green peas
- Kale
- Lemons
- Lettuce
- Okra
- Potatoes
- Rutabaga
- Spinach
- Squash
- Swiss chard
- Watercress
- Yam

Other foods to try:

- Legumes (dal) i.e. chickpeas, lentils, red beans, lima beans, pinto beans, mung beans, black beans, green beans
- Rice - Brown and wild rice - any variety except white rice
- Soy i.e. soy milk fortified with calcium and vitamin D, soy beans, soy nuts, soy flour, tofu, miso, aburage, atuage, koridofu, tempeh
- Whole grains - such as millet, quinoa, kamut, oats, buckwheat
Meat to eat:
- Cold water fish - salmon, tuna, mackerel, herring, halibut
- Organic chicken
- Organic turkey

Spice it Up
- All Indian spices
- Canola oil
- Fennel
- Flaxseed oil - do not heat
- Garlic
- Ginger
- Honey or molasses
- Olive oil - do not heat
- Onions
- Parsley
- Turmeric

TRY TO BUY ORGANIC FOODS WHERE POSSIBLE 😊

EXERCISE

EXERCISE ➔ improves mood, and helps reduce stress
- Follow a program that elevates the heart rate to at least 60% of maximum for 30 minutes, five times a week
- Walk, jog, swim, aerobic exercises