



Tips for Healthy Hormones

1. Organic Food

- Avoids potential exposure to estrogenic pesticide residues. Some studies have shown that organic produce contains higher levels of nutrients than non-organic.

2. Include Vegetarian meals

- Try to include 2-3 meatless meals/week.
- Include beans and legumes more often.
- Limit red meat to 1x/week

3. Beneficial Brassicas

- Includes cabbage, broccoli, cauliflower, Brussels sprouts, bok choy, kale, kohlrabi, turnips, rutabagas, radish and collards.
- Contain indole-3-carbinol which helps to inactivate harmful estrogens.
- Should be eaten raw or lightly cooked.

4. Garlic, Onions and Leeks

- Garlic has been shown to inhibit the growth of both estrogen-positive and estrogen-negative tumours.
- Garlic, onions and leeks contain sulfur amino acids which assist the liver in its detoxification process.

5. Know your “good fats” and “bad fats”

- “Good fats” include polyunsaturated and monounsaturated fats which are found in fish, nuts and plant oils.
- Limit saturated fats found in animal foods, palm oil and coconut oil.
- Avoid all trans fats.
- Consider supplementing with omega-3 fats and healthy omega-6 fats.

6. Get your Fibre.

- Soluble = apples, carrots, oatmeal, oatbran, flaxseeds and beans.
- Insoluble = bran, “roughage”, etc.
- Ensures regular bowel movements.
- Higher intakes (35g+) are associated with reduced risk of many cancers.

7. Phytoestrogens

- Two main classes include isoflavones (soy, legumes) and lignans (flax, pumpkin seeds, berries).
- Increase SHBG (steroid hormone binding globulin), the transport system that carries estrogen in the blood before it attaches to a receptor. The more SHBG, the less estrogen is available.
- Act as anti-estrogens, opposing the body's strong estrogens.
- They manipulate the breakdown of estrogens, helping to increase the "good" estrogens.
- Try to get 2-4 tbsp. of ground flaxseed, 1-2 tbsp of raw pumpkin seeds and ½ cup of tofu or 1.5 cups of soymilk/day.

8. Protein

- While it's important to get enough protein, high protein diets can encourage cancer growth.
- Don't get more than 1g/kg of body weight.
- Include non-animal sources of protein (beans, legumes) more often.

9. Avoid White Flour and Refined Sugars

- Both increase insulin levels and are not good sources of essential nutrients.

10. Limit Alcohol

- Interferes with the liver's ability to detoxify.
- As little as 2 drinks/week is associated with higher rates of breast cancer.

Other Points to Consider

1. Limit/Avoid use of plastics, especially those numbered 3, 6 and 7.
2. The endocrine system is more than the sum of its parts.
3. Be aware of the effects of stress, and take action to control it.
4. Choose non-hormonal birth control.
5. Consider saliva and urinary metabolite testing if you are concerned about estrogen dominance.