



Knowledge is  
your secret  
weapon to good  
health.

## WOMEN'S HEALTH

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### Estrogen Dominance

*Estrogen dominance is a common hormone imbalance in women. Estrogen may be deficient, normal, or excessive, but has little or no progesterone to balance estrogens' effects in the body. Conditions associated with estrogen dominance are PCOS, fibroids, endometriosis, PMS, infertility, and breast cysts. Other symptoms may include dry skin, acne, depression, weight gain, insomnia, fatigue, mood swings, thyroid issues, hot flashes, night sweats, migraines, heavy periods, digestive disturbances, low libido and irregular menstrual cycles.*

#### Contributing Factors

Overloaded liver, chronic stress/taxed adrenals, insomnia, poor digestion, candida, poor diet/ nutrient deficiencies, high caffeine and/or alcohol consumption, underactive thyroid, blood sugar imbalance, birth control, poor water quality (tap water), xeno estrogen exposure

#### Lifestyle Recommendations

- Xeno estrogens are hormone mimicking chemicals found in plastics, chemicals, cosmetics, body care products and cleaning products. Avoid these as much as possible by choosing naturally raised, hormone-free animal products, organic foods, and using natural cosmetics, body care and cleaning products.
- Be sure to include plenty of liver supportive foods such as pomegranate, turmeric and cruciferous vegetables. The liver is responsible for detoxifying excess hormones, making liver support a crucial part of hormone balance.
- Manage stress. Chronic stress depletes progesterone, increasing risk of estrogen dominance.
- Check your thyroid with your healthcare practitioner. It is crucial to have thyroid hormones in balance for estrogen and progesterone balance. Especially important for fertility!

#### Product Recommendations

- Hormone balancing and liver supporting nutrients: Indole 3 Carbinol, Calcium D Glucarate, Milk Thistle, Sulforaphane, Green Tea, Turmeric (hormone balancing formulas typically contain many of these)
- Support digestion/elimination to help with elimination of excess hormones: Fibre, Probiotics, Enzymes, Betaine Hydrochloride, Gut Repair Formula (containing L-Glutamine), Laxative Formula
- Nutrients required for hormone balance: Protein, Magnesium, B, C, D, & E Vitamins, Multivitamin/Mineral, Essential Fatty Acids (Omega 3 Fish Oil, Omega 6 GLA Oil)
- For irregular periods, infertility, severe PMS: Choose formula with Vitex (Chasteberry) to increase progesterone levels and normalize ovulation
- For PCOS specifically: D-Chiro Inositol to help manage blood sugar and reduce excess male hormones

**Book a free 15 minute consult with a GNN Product Advisor!**

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