



## SIGNS AND SYMPTOMS OF ESTROGEN DOMINANCE

- \* Water retention, edema
- \* Breast swelling, fibrocystic breasts
- \* Premenstrual mood swings, depression
- \* Loss of libido (sex drive)
- \* Heavy or irregular menses
- \* Uterine fibroid
- \* Craving for sweets
- \* Weight gain, fat deposition at hips and thighs

## EFFECTS OF ESTROGEN AND PROGESTERONE

### ESTROGEN EFFECTS

- \* Creates proliferative endometrium
- \* Breast stimulation
- \* Increased body fat
- \* Salt and fluid retention
- \* Depression and headaches
- \* Interferes with thyroid hormone
- \* Increased blood clotting
- \* Decreases libido (sex drive)
- \* Impairs blood sugar control
- \* Loss of zinc and retention of copper
- \* Reduced oxygen levels in all cells
- \* Increased risk of endometrial cancer
- \* Increased risk of breast cancer
- \* Slightly restrains osteoclast function
- \* Reduces vascular tone

### PROGESTERONE EFFECTS

- \* Maintains secretory endometrium
- \* Protects against breast fibrocysts
- \* Helps use fat for energy
- \* Natural diuretic
- \* Natural anti-depressant
- \* Facilitates thyroid hormone action
- \* Normalizes blood clotting
- \* Restores libido
- \* Normalizes blood sugar levels
- \* Normalizes zinc and copper levels
- \* Precursor of corticosterone production
- \* Prevents endometrial cancer
- \* Helps prevent breast cancer
- \* Stimulates osteoblast bone building
- \* Necessary for survival of embryo