

OESTROGEN BALANCE DIET

Considered the queen bee of our sex hormones, oestrogen divinely determines our experience of many life stages. From puberty to fertility potential to menopause, it ebbs and flows through natural cyclical shifts and alongside a dynamic hormonal cascade to shape our reproductive health. Beyond the ovaries, oestrogen is produced by all genders and in a number of metabolite forms – some are beneficial, and some can be problematic, when disharmony arises.^{1, 2}

OESTROGEN IMBALANCE – WHAT DOES THIS REALLY MEAN?

When oestrogen deviates from its ideal form and function – too much or too little has the potential to cause chaos. Unfortunately, our modern lives tend to drive oestrogen's detrimental metabolites which are strongly impacted by **endocrine disrupting chemicals (EDCs) in our diet and environment**. Genetics, stress, excess weight and dysbiosis can compromise our detoxification capacity that keeps hormonal fluctuations in check. When oestrogen is chronically elevated beyond optimal range, we may experience:^{1, 2}

- Cyclical breast tenderness, fullness, cysts
- Heavier or irregular periods
- Shorter menstrual cycles (<21 days)
- Allergies
- Constipation or IBS
- Water retention and bloating
- Mood swings or anxiety
- Hormonal migraines or headaches
- Weight gain or weight loss resistance

What is the purpose of an Oestrogen Balance Diet Plan?

Replenishing key nutrients and removing underlying triggers of dysfunction, can improve metabolic detoxification and oestrogen clearance - especially when exposure is beyond our control. Nourishing the body with what it needs and making lifestyle choices that are health affirming, will provide both immediate and long term hormonal harmony.

What to expect from these dietary changes?

Specific nutrients and herbs reduce oestrogen excess by converting toxic compounds into more stable ones and support the liver and bowels to facilitate oestrogen metabolism, detoxification and excretion. The aim is to not only **restore oestrogen to its predictable queen bee rhythm**, but also provide **insights to whole health ideals, to benefit for life**.

Your practitioner may wish to use this guide to better manage **oestrogen-related conditions** including: PMS, acne, worsening endometriosis, PCOS, fertility challenges, hypothyroidism, depression, uterine fibroids, perimenopause, metabolic syndrome and autoimmune conditions. It can also support risk reduction in those with family history of oestrogen-sensitive cancer.^{3, 4}

How do I know this diet is right for me?

Always be guided by your health care practitioner as we all have unique health stories and individual sensitivities. **Histamine exposure and lifestyle and environmental sources may need to be further investigated**. With dietary and gut care, measurable levels of oestrogen can show improvements in as little as a few weeks – following this guide over 3-6 months, will have you feeling more balanced and in control. Like you've returned, to you.

PERMISSION TO NURTURE AND NOURISH

Daily Aims:



2 cups of **cruciferous** vegetables



2 tbs of fresh ground **flaxseeds**



30 - 35g of **fibre**



2.5L pure filtered water



Movement/exercise



'Low-tox' (food and life) – prioritise restorative sleep, stress reduction and moments for self-care

'Phyto benefits': the importance of leafy greens and phytoestrogens

Leafy greens, especially cruciferous vegetables and bitter greens, provide **phytonutrients** to assist **metabolic detoxification** and **gut health** for **excess oestrogen** removal. They are a great source of **fibre** to support regular bowel motions, and additionally provide prebiotics for a healthy microbiome.

Phytoestrogens are a group of antioxidants found in plant foods and herbs. Relying on a healthy microbiome, they gently interact with oestrogen receptors to **balance both high and low oestrogen states**.

Common food sources, also supportive of **protein** vital for hormonal health, include:

- **Lignans**: flaxseeds (linseeds), chickpeas, sesame seeds, tahini
- **Isoflavones**: organic non GMO soy, tempeh, edamame beans, miso

Gut health and detoxification - everything is connected

Our gut microbiome regulates circulating oestrogen and the liver helps to package up excess amounts for elimination via the gastrointestinal tract and the bowels. The **oestrobolome** consists of beneficial gut bacteria that regulates oestrogen for use or excretion. If imbalanced we may reabsorb oestrogen meant for excretion.^{4, 5}

Key factors compromising balance: what are EDCs?

EDCs block, stimulate or disrupt the natural function of our hormone processes and metabolism. They are easily absorbed, at times presenting in higher concentrations than our actual hormones. **Xenoestrogens** specifically relate to those toxins/chemicals that imitate oestrogen and contribute to an overloaded body burden, inflammation and immune dysregulation.^{2, 5}

❗ Common Disruptors	✅ Alternatively Embrace
Dairy - a significant source of oestrogen exposure	• Leafy greens, tahini, chickpeas, hummus, sardines with bones, red beans - as sources of calcium
Red meat and poultry	• 'Hormone free' , grass-fed, free-range (organic) meat and poultry
Ultra-processed foods, additives, preservatives; pesticides and herbicides	• Wholefoods, plant-based • Certified organic - see 'Dirty Dozen' or 'Clean Fifteen' lists • Local Farmers Markets - for fresh, seasonal produce with minimal packaging
Alcohol, caffeine Tap water	• Filtered water, whenever possible – <i>hydration remains priority</i> • Herbal teas - try roasted dandelion root or sparkling water with mint and lime
Extra high cooking temps Non-stick or copper cookware Plastic containers, drink bottles or food wraps	• Steam, poach, braise, stew or lightly stir-fry to optimise nutrient retention • Glass, ceramic or stainless steel storage, drink vessels and cookware - BPA free • Paper or beeswax food wraps • Extra resources to support 'low tox' living

FOODS TO ENJOY AND AVOID

FOOD GROUP		ENJOY	AVOID
	Vegetables	All – fresh and diverse choices. Focus on cruciferous: broccoli, radish, cabbage, kale, bok choy, cauliflower, collards, Brussel sprouts, mustard greens. Bitter greens: rocket, endive, radicchio, silverbeet, cos lettuce (outer leaves), artichoke, chicory, dandelion. Garlic, onion, mushroom, beets.	High histamine foods, as per individual practitioner guidance. Note: lightly cooking cruciferous vegetables, rather than consuming raw, can be easier on digestion and benefit some thyroid conditions.
	Fruits	All – fresh and diverse choices. Focus on antioxidant dense berries, pomegranate. Lemon, lime, grapefruit.	High histamine foods, as per individual practitioner guidance. Dried fruits, juices.
	Grains	Focus on wholegrains. Oats, rye, spelt, sourdough, gluten free pseudo grains such as buckwheat, quinoa, amaranth. Brown, long grain or basmati rice. Coconut flour, psyllium husks.	Refined or processed grains: white bread, white rice, processed cereal (lacking beneficial fibre), 'quick oats'. Reduce gluten (wheat) intake, as per practitioner guidance.
	Legumes	Chickpeas. Sprouted alfalfa. Mung, edamame, kidney, cannellini, fava beans. Lentils, pulses.	Canned or BPA-free. Ensure washed and soaked thoroughly prior to cooking.
	Fish	Small, sustainably farmed or wild, fresh caught. Focus on sardines, anchovy, herring, whiting, wild caught Atlantic salmon, ocean trout, blue-eyed cod, bream, snapper, John Dory, flathead, mackerel.	Canned, marinated, salted, dried, smoked or pickled fish and seafood. Sword fish, marlin, shark (flake), orange roughy, catfish - due to potential methyl-mercury content.
	Other protein source	Focus on plant-based proteins: legumes, nuts/seeds, non-GMO tempeh or tofu. Free range, organic (hormone free) chicken, eggs, turkey.	Processed soy, soy extracts, concentrated soy protein or isolates. Charred, BBQ meat, fried proteins. Choose grass-fed organic red meat.
	Nuts & seeds	Raw nuts or seeds. Focus on flax, sesame, sunflower, pumpkin seeds. Hemp and soaked chia seeds.	Peanuts, nuts or seeds that are roasted or salted.
	Dairy & dairy alternatives	A2 dairy. Unsweetened dairy alternatives with minimal processing or additives: coconut yoghurt, nut, or seed milk. Soy milk – choose whole soy beans.	Overall dairy intake. Extra additives, preservatives, sugars in non-dairy milks, yoghurts. Tip: try making your own nut/seed milks, store in glass.
	Fats & oils	Cold pressed flax, hemp. Tahini/seasame, olives, extra virgin olive oil (EVOO), coconut oil, nut butters. Avoid cooking in oil – add it afterwards. If required choose coconut, ghee, or olive.	Trans fats. Fried foods, deli meats, or products that contain vegetable oils such as mayonnaise, margarine. Plastic packaging. Tip: Ensure oils are stored in dark, glass packaging.
	Naturally fermented foods	Chickpea and rice miso, tempeh. Sauerkraut, coconut yoghurt, pickled vegetables, kimchi.	These may be limited to reduce high histamine foods, as per individual practitioner guidance.
	Herbs and spices	All - focus on rosemary, turmeric, coriander, dill, dandelion (leaf and root), caraway, ginger, cinnamon.	Artificial flavours, additives and preservatives.
	Sweeteners	Stevia, raw/dairy free 80-85% dark chocolate, cacao, raw honey, maple syrup, unrefined coconut sugar.	White (refined) sugar, artificial sweeteners, high-fructose corn syrup, artificial sweeteners, pre-packaged, ultra-processed snack foods.
	Condiments	Tamari, pesto, dukkha, za'atar, tahini, lemon juice, avocado, hummus, vinaigrette, capers.	All, as they will often be processed or include hidden sugars: jams, processed spreads, sauces.
	Beverages	Water: filtered, spring, sparkling mineral. Herbal tea. Focus on green tea, roasted dandelion root. Turmeric latte, vegetable juice, plant-based smoothies.	Alcohol, coffee (especially in single use plastic). Soft drinks. Dairy drinks. Artificial sugars, flavours.

Your practitioner may make further transient modifications to reduce histamine (amine) exposure that is linked with elevated oestrogen.

FIBRE GUIDE ⁶⁻⁸

Aside from being fibre rich, these foods naturally provide beneficial protein, fats and oils + complex carbohydrates.
Daily fibre goals: 15g from vegetables and legumes, 10g from wholegrains, 5g from fruit, top up with seeds and nuts.

Food Group	~ Fibre content per serve
Vegetables	• 1 cup cooked broccoli or kale (5g) • 1 cup cooked Brussels sprouts (7g) • 1 cup sweet potato, skin on (6g)
Legumes	• ½ cup cooked chickpeas, lentils or green peas (5g) • 1 cup edamame beans (8g) • 80g firm tofu - soybeans (2g)



Food Group	~ Fibre content per serve
Wholegrains	• ½ cup steel cut oats (8g) • 1 cup cooked quinoa (5g) • 1 cup cooked long grain brown rice (3.5g) • 1 cup cooked pearled barley (6g)

Food Group	~ Fibre content per serve
Seeds & nuts	• 1 handful (30g) of almonds (3g) • 2 tbs flaxseeds (6g) • 1 tbs soaked chia seeds (4g)
Fruit	• 1 medium pear, skin on (5g) • ½ cup blackberries (4g) • Half an avocado (6g)

SAMPLE DIET

Upon rising

Hydrate, with a large glass (or two) of warm water.

Breakfast

Sustenance smoothie: combine a handful of greens (try spinach leaves, cucumber, avocado), berries, ½ banana, 2 tbs of ground flaxseeds (*see tip**) with water/coconut water/yoghurt or milk alternative.
 Option to blend in a slice of tofu, cacao, nut butter, pea protein, psyllium or oats.

Lunch

Za'atar tofu with chickpeas and tahini.

Serve with simple side salad of rocket, sliced pear, a sprinkle of almonds and/or pomegranates. Option to add a dressing of olive oil with a dash of honey and sea salt to taste.

Dinner

Baked fresh fish in lemon juice with grated beetroot, ginger and coriander cashew pesto. Serve with lightly steamed (heated but still slightly crunchy) cruciferous vegetables or Asian greens.

Dessert

½ cup mixed berries with fresh mint, 2 chopped squares of dark plant-based chocolate with sprinkle of flax, sunflower seeds or coconut flakes.

Snacks

Hummus + crudites, edamame, miso soup, boiled egg.

***Tip:** grind flax fresh (coffee grinders work well), refrigerate any excess and store in glass jar.

