



ESTROGEN (INSUFFICIENCY OR DEFICIENCY)

Low estrogen can manifest in symptoms such as hot flashes, missing periods, vaginal dryness, joint pain, mood changes, potentially impacting fertility, heart and bone health.



Possible Contributing Factors

- Age-related hormonal changes (late perimenopause or menopause)
- Full hysterectomy or ovarian surgery
- Eating disorders like anorexia and being underweight
- Low cholesterol (possibly due to liver dysfunction, vegan diet, adrenal/thyroid hyperfunction)
- Extreme anything (chronic stress, exercise, dieting) or HPA axis dysfunction
- Premature ovarian failure or primary ovarian insufficiency
- Brain problems / pituitary or hypothalamic issues
- Slow blood flow around ovaries (such as from abdominal surgery)
- Breastfeeding
- Hypothyroidism
- PCOS
- Regular use of opioid medication
- Chemotherapy or radiation

Lifestyle & Dietary Recommendations

- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Avoid vegetable oils (canola/rapeseed, corn, soybean, sunflower, safflower), fried foods, hydrogenated fats/oils, and alcohol
- Consider seed cycling; 1-2 Tbsp crushed flax seeds & pumpkin seeds on day 1 to ovulation, then sesame & sunflower seeds from ovulation until day 1 of period.
- If postmenopausal, consider intermittent fasting
- Hydrate with sole or electrolytes away from meals
- Regular sun exposure, especially upon rising to help reset circadian rhythm
- Stress reduction measures: grounding, meditation, Epsom salt bath, gratitude journaling, yoga, etc
- Prioritize sleep hygiene
- Acupuncture & abdominal body work to help improve blood flow to the ovaries
- Consider 1 tsp to 2 Tbsp gelatinized maca root

Supplement Considerations

- Brain and adrenal glandular support
- DHEA (if warranted)
- Bio-identical hormone replacement therapy
- Black cohosh, maca, red clover, shatavari, dong quai, and isoflavones