



杏林中醫
regain your health
without drugs

Almond Wellness Centre
www.oztcm.com.au

Natural Ways to Decrease Oestrogen

Eat cruciferous vegetables

- broccoli is the star but eating plenty of green vegetables of the cruciferous family help the liver metabolise oestrogen.
- Other cruciferous vegetables include: Bok-Choy, Brussels sprouts, Cabbage, Cauliflower, Chinese cabbage, Daikon radish, Horseradish, Kale, Radish, Turnip and Watercress.

Eat high fibre foods to help oestrogen bind in the bowel and assist elimination.

- One source suggests that eating 1/2 cup of raw grated carrots can be enough fibre to assist in elimination

Decrease alcohol consumption

- Assist the liver by drinking St Mary's Thistle and Dandelion tea

Avoid soy

Eat a no sugar and no gluten diet

- sugar and gluten are both highly inflammatory in susceptible people so should be avoided when possible

Be mindful of too many vitamins, supplements, medications and even caffeine that all need to be processed by the liver, where possible space them out through the day.



Natural Ways to Increase Progesterone

Reduce stress

- google progesterone steal if you are more interested in how stress affects progesterone levels

Supplements:

- 750 mg vitamin C per day (increased progesterone 77% and improved fertility)
- 600 mg vitamin E (increased progesterone in 67% of patients)
- 6 g L-arginine (increased progesterone in 71% of patients)

Increasing beta carotene in your diet, as found in:

- Apricots, Asparagus, Broccoli, Carrots, Chinese cabbage, Chives, Dandelion leaves, Grapefruit, Herbs and spices – chilli powder, oregano, paprika, parsley, Kale, Onions, Peas, Peppers, Plums, Pumpkin, Spinach, Squash, Sweet potatoes. So again, get onto those carrots!

Supplementing with

- Vitex Agnus Castus 1000mg daily 120 mg
- Black Cohosh or as we call it in Chinese Medicine ‘Sheng ma’ on days 1 to 12 (increases progesterone and fertility).

Weight loss

Improving insulin sensitivity (for example metformin increases progesterone levels 246%, chromium supplementation can help in regulating blood sugar in combination with a low sugar and low carbohydrate diet)

- Replacing saturated fat in the diet with unsaturated fat
- Eating a high protein, low carbohydrate diet
- Lowering TSH levels in subclinical hypothyroidism