

Hormonal Balancing

Many of the health problems that we associate with the reproductive system are due to hormonal imbalances. These can be real (and measurable by blood tests) or apparent, i.e. the body interprets what is going on as an imbalance.

Real Hormonal Imbalance Most women with real hormonal imbalances have a dominance of oestrogen in relation to progesterone. Restoring balance can be encouraged by:

- . Increasing dietary fiber (not wheat bran) eg. oats, fruits and vegetables. This is thought to improve the clearance of oestrogen from the body.
- . Increasing phytoestrogens and lignans. These compete with other oestrogens or reduce available oestrogen with a net result of a reduced oestrogen effect.
- . Increasing intake of the cabbage family - these increase the ability of the liver to remove oestrogen from the body.
- . Have a good intake of protein - higher intakes of protein improve the metabolism of oestrogen.
- . Increasing foods containing B6 which, if deficient, the tissues in the body are more susceptible to stimulatory effects of oestrogen. Other essential nutrients are Vitamin E and Zinc.
- . Improve liver clearance by eating some bitter foods each day such as dandelion or puha leaves. These can be cooked with other greens or added to salads.
- . Reduce your exposure to xenoestrogens by eating organic foods where possible and by not storing foods in plastics especially soft plastics.
- . Reduce your intake of saturated fats. You do need some daily but too much causes an increased oestrogen response.
- . Exercise to maintain a healthy weight for your height and body type.

Apparent Hormonal Imbalance Increases the requirements for B6, low B6 reduces the efficiency with which the body tissues makes use of Essential Fatty Acids, a decrease in EFA's increases the sensitivity to prolactin even if it is present in normal amounts and that results in metabolic disturbance attributable to hormonal imbalance. M. Tierra