

Samantha Prabhu asks PCOS nutritionist about key signs that indicate estrogen dominance: 'When your breasts feel...'

Stress management through mindfulness, meditation, or yoga can also contribute to hormonal stability

Samantha Ruth Prabhu, a self-proclaimed wellness advocate, often uses her social media platforms to spread awareness and valuable information regarding public health. In a recent conversation with PCOS and endometriosis-focused nutritionist Rashi Chowdhary, the Citadel: Honey Bunny actor unearthed the risks and pitfalls of developing estrogen dominance in your body.

When Samantha asked how one can find out if there is estrogen dominance in the body, Chowdhary replied: "When your breasts feel heavy, you are experiencing acne, you feel like you are not losing weight, you have a thyroid problem, chances are your estrogen is high."

"If you bleed too much or there are clots in your blood, that's a hallmark sign of high estrogen," added the expert.

According to Rashi Chowdhary, an excess of estrogen in the body can also manifest as the following symptoms:

Concurring, Dr Mahesh D M, Consultant – Endocrinology, Aster CMI Hospital, Bangalore, said such a condition occurs when estrogen levels in the body are disproportionately high relative to other hormones, especially progesterone. "Common conditions thought to be associated with or exacerbated by estrogen dominance include fibroids, endometriosis, and polycystic ovarian syndrome (PCOS)," he continued.

A post shared by Rashi Chowdhary (@rashichowdhary)

Dr Geetha P, senior consultant, Department of Obstetrics and Gynaecology, KIMSHEALTH, Thiruvananthapuram, told indianexpress.com that the "greatest problem of estrogen dominance is that it increases the risk of breast cancer in women".

Dr Geetha recommended avoiding having fatty food like fried items, sweets, chocolates, ice creams and all things made from maida (flour) that can increase fat. "This excess fat causes unnecessary production of estrogen, which eventually ends up in the ovary, stimulates it and leads to a dominance," she explained.

The gynaecologist also advised regular exercise, and staying away from excess estrogen supplementation during menopause or perimenopause, since it can lead to endometrial hyperplasia (abnormally thick uterus (endometrium) due to hormonal imbalances) and breast-related diseases.

"Besides exercise and weight loss, isoflavones such as soy and flaxseed, omega-3 fatty acids, green tea polyphenols, and broccoli derivatives are some natural interventions that can play a powerful role in rebalancing hormone levels," said Dr Mahesh. Stress management through mindfulness, meditation, or yoga can also contribute to hormonal stability, he revealed.

DISCLAIMER: This article is based on information from the public domain and/or the experts we spoke to. Always consult your health practitioner before starting any routine.