



Some of the foods and nutrients that can help combat low estrogen naturally.

1. Soybeans

Soybeans and the products produced from them, such as tofu and miso, are a great source of phytoestrogens

2. Flax seeds

Flax seeds also contain high amounts of phytoestrogens. The primary phytoestrogens in flax are called lignans, which are beneficial in estrogen metabolism.

3. Sesame seeds

Sesame seeds are another dietary source of phytoestrogens.

The researchers found that a 2-month diet supplemented with these oils was able to improve bone health markers. This research suggests a positive estrogen-like effect of both sesame and soy seeds, although further human research is needed.

Vitamins and minerals

4. B vitamins

B vitamins play an important role in the creation and activation of estrogen in the body. Low levels of these vitamins can lead to reduced levels of estrogen.

5. Vitamin D

Vitamin D functions as a hormone in the body. One study

The link between these hormones is due to the role that vitamin D plays in estrogen synthesis. This indicates a potential benefit of vitamin D supplementation in low estrogen levels.

6. Boron

Boron is a trace mineral that has a variety of roles in the body. It's been researched for its positive benefits on reducing the risk of certain types of cancer. Boron is also necessary for the metabolism of the sex hormones testosterone and estrogen.

Researchers believe that boron influences estrogen receptors by allowing the body to more easily use the estrogen available.