



Thrive: High Estrogen Recommendations

Eating certain foods may reduce the body's levels of estrogen, including:

- *cruciferous vegetables, such as broccoli, cabbage, cauliflower, and [kale](#)*
- *mushrooms*
- *red grapes*
- *flaxseeds*
- *whole grains*

Also, losing weight may decrease estrogen levels in people who are overweight or obese. This is because fat cells produce extra estrogen.

If medication is causing high estrogen levels, a doctor may recommend a lower dose or an alternative treatment.

If [hormone replacement therapy](#) is causing high estrogen symptoms, speak to the doctor, who may need to change the treatment plan.

Doctors can also prescribe medications that lower estrogen levels.