

Title:

Breast Cancer - Estrogen Dominance & The Imbalance Of Hormones

Word Count:

380

Summary:

How do we become estrogen dominant? Our food chain is laced with toxic pesticides, herbicides and growth hormones - a sea of endocrine-disrupting chemicals that mimic estrogen in the body. If we are overweight, our body's store of excess fat can be converted into estrogen. Insulin resistance also leads to estrogen dominance. Then there is estrogen found in ERT, HRT and Birth Control Pills.

Keywords:

breast,cancer,hormones,women,health,medical,hrt,saliva,testing,estrogen

Article Body:

Estrogen Dominance is a term coined by the late John R. Lee, M.D., author of a number of books on the topic of women's hormones. The theory of Estrogen Dominance describes a condition where a woman can have deficient, normal or excessive estrogen but has little or no progesterone to balance its effects in the body. Even a woman with low estrogen levels can have estrogen dominance symptoms if she doesn't have any progesterone. Basically estrogen dominance reflects hormones that have gone out of balance. Out of balance hormones can affect women from 14 to 94.

How do we become estrogen dominant? Our food chain is laced with toxic pesticides, herbicides and growth hormones - a sea of endocrine-disrupting chemicals that mimic estrogen in the body. If we are overweight, our body's store of excess fat can be converted into estrogen. Insulin resistance also leads to estrogen dominance. Then there is estrogen found in ERT, HRT and Birth Control Pills.

Estrogen dominance also occurs in men. As men age, estrogen gradually rises, while saliva levels of progesterone and testosterone gradually fall. We often find men of fifty having higher saliva estrogen levels than women of fifty! A sign of estrogen dominance in men is the tendency for some to develop breasts.

An imbalance of hormones in our bodies results in hormone-related health problems such as PMS, endometriosis, uterine fibroids, infertility, post-partum

depression, weight gain, increased blood clotting, thyroid dysfunction, even breast and uterine cancer in women and in men breast cancer, prostate problems and prostate cancer.

Estrogen Dominance can be detected by taking a saliva test. This simple test can accurately reveal hormone levels. Men can also take this simple at-home test to determine if their hormones are out of balance.

A saliva test evaluation will either move a man or woman to take action to bring balance to their own hormones or cause them to sit back and reflect on their good hormone health. Those over 50 can take an annual saliva test to keep track of their hormone levels.

Men and women who experience hormone imbalance feel unwell - bringing balance to their hormones is often a key to their wellness. There are safe natural alternatives available to drug therapies. Women and men must become more informed about their own hormone health.