

A Holistic Nutritional Approach to Breast and Hormonal Health and Prevention

Eight ways to lower estrogen toxic load

1. Improve gastrointestinal health
2. Improve diet- Aim for whole foods, plant protein and individualized your plan
3. Decrease body fat
4. Use phytoestrogens to improve estrogen detoxification
5. Improve estrogen metabolism
6. Ensure complete elimination of bowels
7. Supplement with essential nutrients
8. Limit chemical estrogen exposure



Phytochemicals as Therapeutic Tools Source: *International Journal of Molecular Science* 2015 ISSN1422-0067

Natural compounds within various foods and spices (synergy and variety) such as:

1. EGCG: Green tea extract
2. Curcumin: The primary polyphenol in turmeric
3. Resveratrol: A phytochemical found in grapes, red wine
4. Lycopene: Red carotenoid found in watermelon, pink grapefruit, tomatoes
5. Pomegranate extracts
6. Luteolin: A flavonoid found in peppers and various green vegetables
7. Genistein: A phytochemical found in soy
8. Piperine: A phytochemical found in black pepper
9. Beta carotene: An orange carotenoid found in various vegetables
10. Sulforaphane: A phytochemical found in cruciferous vegetables (broccoli, cauliflower, brussels sprouts)

How to Eat for Hormonal Balance

- **Clean protein**
- Raw nuts - to be soaked
- Beans - Soaked or sprouted
- Seeds - pumpkin, sunflower , sesame seeds
- Quinoa, millet, buckwheat, hemp hearts
- Lentils, chickpeas
- Wild Fish (salmon, sardines, mackerel)
- Organic pasture-raised/grass-fed chicken, turkey, egg, tempeh

Healthy Fats

- Coconut oil - MCT, Lauric Acid
- Avocados - Fiber, Magnesium, B Vitamins
- Egg yolks - Choline, Vitamins A, D, E, B
- Nuts and seeds
- Olives, Olive Oil, Flax Seeds
- Flaxseeds ,walnut,brazil nuts

Healthy Choices

- Antioxidant-rich vegetables and berries
- Dark leafy greens
- Cruciferous
- Mushrooms
- Foods that support thyroid - kelp, sea vegetables, seaweed

Herbs and Spices

- Cinnamon
- Turmeric
- Cayenne
- Parsley
- Garlic
- Ginger

Be Good to your Microbiome

- Fermented Foods
- Kefir
- Kimchi
- Sauerkraut
- Bone Broth



**MARSHA
FENWICK
NUTRITION**