



Dr. Heidi Lescanec ND

NATUROPATHIC MEDICINE & CULINARY NUTRITION

CLINICAL RESOURCES

Estrogen Dominance & Hormone Disruptors

Page 1

Environmental Toxins

Our world is now overrun with many substances that are harmful to the natural environment. Chemicals from fertilizers, insecticides, plastics, and heavy metals have disrupted many delicate ecosystems on our planet. These same *environmental toxins* can also contribute to imbalances in the intricate ecosystem of the human body. Some of these chemicals and substances can mimic our body's own natural hormones and cause **endocrine disruption**. Hidden in our air, water, food, and even everyday common household products like cleaning sprays and cosmetics, you may not even realize the vast accumulation of environmental toxins you are exposed to each day.

Xenoestrogens

A delicate balance of reproductive hormones is essential for normal functioning of the immune and reproductive system in people of all genders. One of the most common hormones that is imbalanced by environmental toxins is Estrogen. The synthetic chemicals and toxins that disrupt Estrogen are called **Xenoestrogens**. Xenoestrogens can block or bind to hormone receptors in our tissues and upset our body's balance of *natural estrogen and progesterone*, often resulting in a condition called **estrogen dominance**.

Sources of Xenoestrogens:

- Antibacterial soaps and wipes (parabens)
- Unfiltered water (industrial pollutants: eg: atroxine, perchlorate, arsenic pharmaceuticals: eg. birth control pills, HRT -Hormone Replacement Therapy)
- Plastic bottles, containers and cans (BPA- Bisphenol-A)
- Pesticides, herbicides and contaminated soil (organophosphates, perchlorate, dioxins)
- Milk products and meat treated with growth hormones
- Added flavours or colour (FD and C Red Dye #9,)
- Preservatives (BHA)
- Cosmetics and skincare (parabens, acetone, phthalates etc.)
- Sunscreen (4-MBC- 4-Methylbenzylidene camphor and benzophenones)
- Conventional cleaning products (glycol ethers)
- Non-stick pans
- Upholstery, electronics and automobiles treated with fire-retardants (PBDE)

For a comprehensive list of endocrine disrupting chemicals, see the EWG (Environmental Working Group) website.

How do Xenoestrogens accumulate?

The liver is one of the main organs responsible for cleansing and detoxifying the body. It also plays a significant role in regulating hormone levels as it is responsible for metabolizing and eliminating excess hormones. When the body is overburdened with environmental toxins, the liver can become overwhelmed and its functioning diminished. As the detoxification and elimination pathway through the liver is slowed or blocked, an accumulation of toxins and hormone imbalances ensue.



Dr. Heidi Lescanec ND

NATUROPATHIC MEDICINE & CULINARY NUTRITION

CLINICAL RESOURCES

Estrogen Dominance & Hormone Disruptors

Page 2

Estrogen Dominance

Estrogen Dominance occurs when the body does not have enough Progesterone to balance out the influence of Estrogen.

Symptoms of Estrogen Dominance:

- Women/assigned female at birth: PMS, mood swings, fatigue, tender or fibrocystic breasts, weight gain (especially around the hips and waist, headaches, heavy or irregular bleeding, decreased libido, thinning of scalp hair, endometriosis, uterine fibroids, infertility, breast cancer, ovarian cysts.
- Men/assigned male at birth: Decreased energy, motivation, low libido, issues with fertility (low sperm count), prostate and testicular disease.

Testing for Estrogen Dominance and hormone status:

- Hormone testing is highly recommended for the diagnosis of imbalances and the monitoring of treatment. As each individual is unique in their genetic makeup, endocrine system, and hormone status, the treatment is most effective if catered to a person's exact requirements. Dr. Lescanec, ND specializes in this type of testing and can direct the best course of action based on your individual results.
- Hormones can be tested through the urine or saliva. There are instances where one method of testing may be preferable based on an individual's needs.

How to prevent and treat Estrogen Dominance?

Naturopathic Medicine is well equipped to provide evaluation and guidance for rebalancing hormones and treating/preventing estrogen dominance. We do this with diet and lifestyle counseling, nutrients (supplements, minerals, vitamins), herbs and if necessary bioidentical hormone supplementation.

The focus of treatment is:

- Avoiding xenoestrogens in your environment (see list above)
- Managing stress → High cortisol (one of our stress hormones) can steal your progesterone "building blocks"!
- Maintaining a healthy weight (toxic chemicals are stored in our fat cells)
- Supporting detoxification pathways (lighten the chemical load)
- Supporting your endocrine system (hormones)