

# 19

# Estrogen Balancing Superfoods

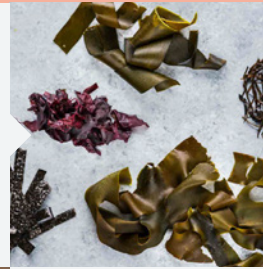
## CRUCIFEROUS VEGETABLES

Liver detoxing, estrogen balancing, rich in antioxidants, anticarcinogenic, immune boosting, anti-inflammatory, rich in sulfurs, rich in fiber



## SEAWEED

Sugar balancing, food for the brain and breasts, nutrient dense, detoxifying, high in fiber, rich in iodine and magnesium, rich in B vitamins



## BROCCOLI SPROUTS

Support breast health, liver detoxing, detoxifying, anti-inflammatory, anticarcinogenic, immune boosting, rich in sulfurs



## FLAXSEED

Gut healing, estrogen boosting, estrogen detoxifying, high in good fats, rich in zinc, rich in omega 3 fatty acids



## POMEGRANATES

Gut healing, anti-inflammatory, estrogen balancing, anticarcinogenic, rich in antioxidants, high in good fats



## DANDELION LEAF + ROOT

Bitter - stimulates bile production (binds up estrogens), supports liver detoxification, leaf: kidney detox, root: liver detox

## SAUERKRAUT

Gut healing, anti-inflammatory, rich in good bacteria, immune boosting



## SALMON

Thyroid balancing, antioxidant, anti-inflammatory, rich in omega 3 fatty acids, good source of protein



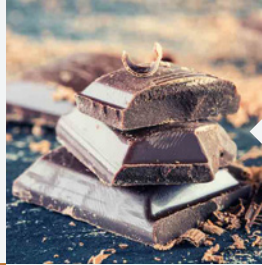
## SULFUR-RICH FOODS

Support liver detoxification, clear "dirty" estrogens, anti-inflammatory (quercetin), antibacterial



## COLLAGEN

Gut healing, anti-inflammatory, rich in protein, immune boosting



## CACAO

High in magnesium, highly alkalizing, 20x more antioxidants than blueberries, also a good source of protein, calcium, carotene, thiamin, riboflavin



## TURMERIC

Anti-inflammatory, helps GI health, boosts immune system, helps brain health, supports cardiovascular system, detoxes the liver

## MACA

Contains phytoestrogens, can help peri- & menopause, can help with infertility, energy, sex drive, PMS relief, adrenal nourishment, hit or miss with some women



## THYME

Contains phytoestrogens, can help peri- & menopause, can help with infertility, energy, sex drive, PMS relief, adrenal nourishment, hit or miss with some women



## BEETS (ROOT + LEAVES)

Detoxes the liver, anti-inflammatory, helps GI health, boosts immune system, helps brain health, supports cardiovascular system



## BERRIES

Low glycemic index (won't elevate your blood sugar), high in antioxidants, good source of fiber, highly anti-inflammatory, Anthocyanins



## Estrogen Reset Anti-Foods

### INFLAMMATORY FOODS:

- \* Gluten (breads, pastas, cookies, muffins, etc)
- \* Dairy (milk, yogurt, cheese)
- \* For some: Corn, eggs, grains
- \* Processed foods; packaged, with additives, preservatives, including protein powders (whey, pea, rice etc)
- \* Soy
- \* Conventionally grown meat and dairy
- \* Coffee (especially so) and caffeine - reduce or stop
- \* Heating foods in plastic - xenoestrogens!

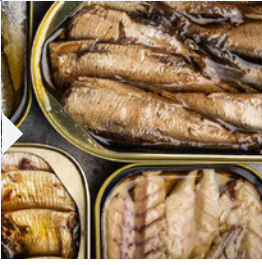


## LEMON + LEMON ZEST

Contains d-limonene - a potent liver detoxifier, highly alkalizing, stimulates stomach acid production

## SARDINES

Low level of toxins (compared to big fish like tuna), great source of calcium and magnesium (from the bones), good source of protein



## DONG QUAI

Nervous and uterine relaxant - great for pain like PMS, ovulation pain, headache, abdominal pain, promotes menstruation and labor, yet mitigates lack of period and regulates cycle



**FOR WOMEN WHO  
STRUGGLE WITH:**

- Haywire hormones
- Resignation and fear
- Anger and loss of control
- Not feeling like yourself

**FOR WOMEN WHO  
ASPIRE TO:**

- Regain energy and life vitality
- Lower inflammation
- Get back to a healthy weight
- Kick anxiety, depression, and brain fog
- Feel strong and fit within their bodies



# Overcoming Estrogen Dominance

RESOLVING SYMPTOMS OF ESTROGEN DOMINANCE  
WITH NUTRITION, 28-DAY MEAL PLANS,  
HERBS, AND SUPPLEMENTS

MAGDALENA WSZELAKI, CH, HHC



## Order today



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