

# What is ESTROGEN DOMINANCE? Do I have it?

*An article by Dr. Michael Lam*

In the past 40 years, we have seen a dramatic rise in female-related illnesses never seen before in history. Today, we see the age of **puberty (menarche) dropping to as low as 10 years of age, endometriosis afflicting 10% of all perimenopausal women (Age 45-50); Premenstrual Syndrome (PMS), rising and afflicting close to 30% of perimenopausal women, uterine fibroids affecting close to 25 % of women from age 35 to 50, and breast cancer afflicting close to 10% of all women.** Being a woman in the 21st century is certainly a high risk profession. Navigating through this hazardous profession is not easy. Imagine having endometriosis, PMS and fibrocystic breasts when you were young, progressing to uterine fibroids, hysterectomy, misguided hormone replacement and ultimately breast cancer as your menopause approaches. The very thought of this journey can send chills up through anyone's spine. Fortunately, scientific evidence is mounting that hormone disruption is the key cause of all these seemingly separate but related diseases.

For too long, we have ignored the importance of hormone balance. For too long, physicians have been misguided on the real truth on hormonal balance. Now, we know **that the common thread in many female hormone diseases such as those mentioned above is a little known condition known as estrogen dominance.** The underlying problem is a relative excess of estrogen and an absolute deficiency in progesterone. In the west, the prevalence of estrogen dominance syndrome approaches 50 percent in women over 35 years old.

**What is so bad about estrogen dominance?** It is the root cause of a myriad of illnesses. Conditions associated with this include fibrocystic breast disease, PMS, uterine fibroids, breast cancer, endometriosis, infertility problems, endometrial polyps, PCOS, auto-immune disorders, low blood sugar problems, menstrual pain, liver toxicity, gall bladder problems, among many others.

Men are even more sensitive to estrogen elevations since we normally have low levels. Even slight increases begin to disrupt normal functions. "Guy PMS", for lack of a better term, is my description of signs and symptoms of elevated estrogen in men. Acid reflux, irritability, reduced stamina, weakness, endurance issues, fatigue, sex drive diminished, bloating, burping and unable to handle stress are the primary symptoms. Men typically "treat" these symptoms by either ignoring them, avoiding foods that don't agree with them, consume large amounts of acid reducing meds or tums, or drink caffeine excessively. The vicious cycle is initiated by the chronic high stress response most men are under, as well as, the overconsumption of hormone laced meat products. We all know that we should eliminate stress, but how can that effectively be done? Quit

your job? Move to the Bahamas? Forget about your bills? Impossible. I cringe when patients tell me that their doctors advise them that, to get better, they need to eliminate stress. I think it's a far better idea to, "buffer" the stress as you try to manage it better. This has been extremely successful in my clinic. It has allowed men to regain their man-ness, their "androgen dominance", even with the same stress.

The biggest challenge has been to get guys to realize and admit there's a problem and perform the proper tests to evaluate the extent of their hormonal imbalance. Losing androgen dominance is the clinical term. Some call it andropause but this implies a more permanent situation and losing dominance is extremely treatable through diet and lifestyle changes. However, if androgen dominance is lost in more than one or two ways, it takes longer to balance. I have seen men who have lost their androgen dominance in 8-9 areas! Extreme.

Women with estrogen dominance have extremely higher risks of heart disease, breast uterine and cervical cancer, gall bladder issues, cholesterol elevations, PMS, mood swings, heavy and long lasting periods, fibroids, PCOS, and endometriosis. Research is showing more, and more that women have a 26% increased risk of developing breast cancer when using HRT for 5+ years.

What we need is a way to balance hormones naturally. This can only be achieved when proper testing is performed to evaluate the extent of the disparity. Focusing a supplement protocol based on the results of the testing has far better results than guessing. When patients undergo our nutrition program, results can be staggering. Improved digestion, reduction in acid reflux, improved fat digestion, weight loss, improved memory, clear thoughts, less illnesses, increased strength, and overall optimal health.

Sincerely,

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