



Support Healthy Oestrogen Detoxification [Patient Handout]

Variants this may be helpful for: CYP17A1, CYP19A1, CYP1B1, GSTP1, GSTT1, COMT (genes that regulate oestrogen clearance)

Oestrogen clearance or detoxification refers to the body's process of metabolising and eliminating excess oestrogen. Proper clearance is essential for maintaining hormonal balance and overall health. The liver plays a central role in this process by converting oestrogen into metabolites that are then excreted through urine and faeces, so optimal digestion is important too.

Why is it important to support healthy oestrogen clearance?

- **Hormonal balance** - proper clearance prevents oestrogen dominance, which can disrupt hormonal balance and contribute to symptoms such as tender breasts, water retention, issues with weight management and heavy, clotty periods.
- **Reduced risk of hormone-related cancers** - efficient clearance lowers the risk of cancers like breast and endometrial cancer, which are influenced by high oestrogen levels.
- **Menstrual health** - healthy clearance balances oestrogen levels to maintain regular menstrual cycles and alleviate symptoms of hormonal imbalances such as PMS (premenstrual syndrome), PCOS (polycystic ovarian syndrome) and endometriosis.
- **Metabolic health** - helps manage healthy weight and reduce the risk of metabolic syndrome associated with hormonal imbalances.
- **Mood regulation** - balanced oestrogen levels contribute to stable mood and mental wellbeing.

Symptoms of poor oestrogen clearance

- **Irregular menstrual cycles in women** - unpredictable, heavy or painful periods can indicate imbalanced oestrogen levels.
- **PMS in women** - severe symptoms such as bloating, mood swings, and breast tenderness.
- **Increased risk of hormone-related cancers** - such as breast cancer (men and women), ovarian, and endometrial cancers.
- **Weight gain** - particularly around the stomach, hips and thighs.

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- **Fatigue** - chronic tiredness and low energy levels.
- **Mood disorders** - anxiety, depression or mood swings related to hormonal imbalances.
- **Hot flashes and night sweats** - common in women experiencing hormonal changes such as perimenopause where oestrogen can fluctuate dramatically
- **Digestive issues** - such as bloating, constipation or irregular bowel movements due to oestrogen impacting gut function.
- **Skin issues** - acne or increased sensitivity, often linked to hormonal fluctuations.
- **Histamine intolerance** - elevated oestrogen levels can exacerbate histamine intolerance, leading to symptoms such as headaches, hives, or nasal congestion.

Strategies to support healthy oestrogen detoxification

Dietary:

- **Increase cruciferous vegetables** - include 1-2 servings of cruciferous vegetables everyday such as broccoli, Brussels sprouts, cabbage and cauliflower to support healthy oestrogen metabolism by promoting the formation of beneficial oestrogen metabolites and promoting 2-OH pathway (a pathway that converts oestrogen into less active, protective metabolites, reducing cancer risk and supporting hormonal balance).
- **Incorporate flax seeds** - incorporate 1-2 tablespoons of flax seeds provide lignans that may help balance oestrogen levels by influencing oestrogen receptor activity and metabolism. Flax seeds are also rich in omega-3. They are best freshly ground and can be sprinkled on porridge or chia pudding or blended up into smoothies.
- **Focus on fibre** - fibre promotes healthy, regular bowel movements to aid in the excretion of oestrogen. Aim for 30g fibre per day and make sure you are having fibre-rich foods such as whole grains, vegetables, fruits, nuts and seeds with each meal.
- **Limit processed foods** - reducing processed foods helps minimise exposure to xenoestrogens (synthetic compounds that mimic oestrogen) and inflammatory substances, which can disrupt natural oestrogen and overall hormone balance.

Lifestyle:

- **Reduce toxin exposure** - toxin exposure can impact many areas of physical and mental health and can burden liver function, which could impact oestrogen detoxification and contribute to oxidative stress. To reduce your toxic load:
 - Increase the percentage of organic produce you eat - check the Dirty Dozen ○



- Use a water filter if you aren't already
- Avoid cooking and storing food in plastic and aluminium (foil, cutlery, cooking pots) - choose glass or BPA free containers
- Eliminate any mould in your home/work environment - if you have concerns about mould exposure, you can test your levels
- Use natural cosmetics and cleaning products - you can browse our range here <https://mybodyfab.co.uk/collections/wellness-products>
- Avoid fragrance skincare and air fresheners.
- **Ensure you are properly hydrated** - aim to drink at least 2-2.5 litres of filtered water per day to support liver health and healthy oestrogen detoxification.
- **Regular exercise** - engaging in regular physical activity helps balance hormones by influencing how oestrogen is processed and used in the body. It also helps to improve liver function, which is crucial for breaking down and removing excess oestrogen.
- **Stress management** - practices such as mindfulness, meditation and relaxation techniques help manage stress hormones like cortisol. By reducing chronic stress, these practices support overall hormonal balance and can prevent stress-induced hormonal imbalances, including those affecting oestrogen levels.

This holistic approach addresses oestrogen clearance and supports the function of related genes, promoting balanced hormone levels and reducing inflammation.

Further testing to assess oestrogen clearance

The DUTCH test assesses phases 1 and 2 oestrogen detoxification, oestrogen levels and metabolites, as well as looking at overall hormone balance and oxidative stress levels

<https://www.mybodyfabulous.co.uk/test-kits/precision-labs-dutch-testing>.