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Estrogen Dominance - An Elevated Estradiol to Progesterone Ratio

Estrogen dominance is a term coined by Dr. Lee in his first book on natural progesterone. It describes a condition where a woman can have deficient, normal or excessive estrogen, but has little or no progesterone to balance its effects in the body. Even a woman with low estrogen levels can have estrogen dominance symptoms if she doesn't have any progesterone.

ESTROGEN DOMINANCE SYMPTOMS

The symptoms and conditions associated with estrogen dominance are:

- Acceleration of the aging process
- Allergies, including asthma, hives, rashes, sinus congestion
- Autoimmune disorders such as lupus erythematosus and thyroiditis, and possibly Sjogren's disease
- Breast cancer
- Breast tenderness
- Cervical dysplasia
- Cold hands and feet as a symptom of thyroid dysfunction
- Copper excess
- Decreased sex drive
- Depression with anxiety or agitation
- Dry eyes
- Early onset of menstruation
- Endometrial (uterine) cancer
- Fat gain, especially around the abdomen, hips and thighs
- Fatigue
- Fibrocystic breasts
- Foggy thinking
- Gallbladder disease
- Hair Loss
- Headaches
- Hypoglycemia
- Increased blood clotting (increasing risk of strokes)
- Infertility
- Irregular menstrual periods
- Irritability
- Insomnia
- Magnesium deficiency
- Memory loss
- Mood swings
- Osteoporosis
- Polycystic ovaries
- Premenopausal bone loss
- PMS

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HORMONE TESTING FOR WOMEN AND FOR MEN

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Saliva testing is a simple, accurate way to determine your "free" or bioavailable hormone levels. This is the best way to answer your questions about hormone balance--or imbalance--in the privacy of your own home.



- Prostate cancer (men only)
- Sluggish metabolism
- Thyroid dysfunction mimicking hypothyroidism
- Uterine cancer
- Uterine fibroids
- Water retention, bloating
- Zinc deficiency

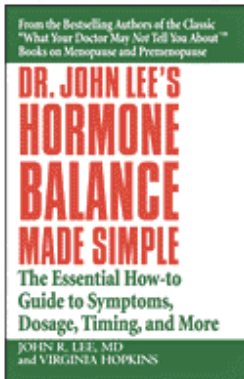
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THE CAUSES OF ESTROGEN DOMINANCE

Strictly speaking, it's possible that we are all -- men, women and children -- suffering a little from estrogen dominance, because there is so much of it in our environment. You would have to virtually live in a bubble to escape the excess estrogens we're exposed to through pesticides, plastics, industrial waste products, car exhaust, meat, soaps and much of the carpeting, furniture and paneling that we live with indoors every day. You may have on-and-off sinus problems, headaches, dry eyes, asthma or cold hands and feet for example, and not know to attribute them to your exposure to xenohormones. Over time the exposure will cause more chronic problems such as arthritis and premenopause symptoms, and may be a direct or indirect cause of cancer.

To read more about estrogen dominance and its causes, please read Dr. Lee's books, *What Your Doctor May Not Tell You About Menopause*, or *What Your Doctor May Not Tell You About Premenopause*.

John R. Lee, M.D. Hormone Balance Made Simple



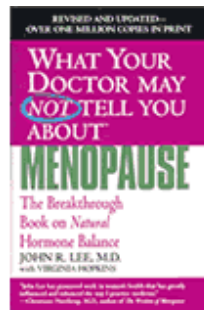
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The John R. Lee, M.D. Medical Letter

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What Your Doctor May Not Tell You About Menopause

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