Supporting Optimal Estrogen Metabolism and Detoxification

Why Estrogen Metabolism Matters

Estrogen plays a key role in mood, energy, metabolism, skin, and reproductive health. Your body must not only produce estrogen—but also **properly break it down and eliminate it**. When this process is sluggish or imbalanced, symptoms may include:

- Fatigue or low motivation
- PMS or heavy/irregular cycles
- Bloating
- Breast tenderness
- Headaches
- Weight gain (especially hips/thighs)
- Hair thinning

Supplements and Food Sources to Support Estrogen Metabolism and Detox

You can find the specific supplements recommended below on our Fullscript site: Fullscript

- **DIM (diindolylmethane)**
  - Foods: cruciferous vegetables like broccoli, cabbage, cauliflower, brussels sprouts
  - DIM Complex by Metabolic Maintenance or DIM Detox by Pure Encapsulations
- **Glutathione**
  - Foods: also in the above cruciferous vegetables plus asparagus, spinach, avocado, okra, kale, chicken, salmon, eggs, strawberries, peaches, melons
  - Cooking and prolonged storage will reduce glutathione in food
  - Increasing protein intake and exercise supports glutathione production
  - S-Acetyl Glutathione Synergy by Designs for Health
- **Selenium**
  - Foods: brazil nuts, sunflower seeds, eggs, dairy
  - Trace Minerals by Thorne
- **Calcium-D-Glucarate, NAC (N-acetylcysteine), and Milk Thistle**
  - Also found in DIM Detox by Pure Encapsulations
- **Magnesium**
  - Magnesium (Glycinate) by Pure Encapsulations
- **Turmeric and rosemary** are
  - Great to add to food / cooking
  - Curcumin Phytosome by Thorne
- **Fiber**
  - At least 25-30 grams daily, good hydration - at least 80 ounces daily, and regular bowel movements are also very important

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THESE INSTRUCTIONS ARE MEANT FOR CURRENT WELLKC PATIENTS. IF YOU ARE NOT A CURRENT WELLKC PATIENT, THIS INFORMATION IS FOR GENERAL INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. YOU SHOULD ONLY TAKE MEDICAL ADVICE FROM A PROVIDER WHO HAS SPECIFICALLY EVALUATED YOU AND HAS AN AGREED ON PROVIDER - PATIENT RELATIONSHIP.
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Other Key Ways to Support Estrogen Metabolism

Support Your Liver

Your liver does the heavy lifting for hormone detox.

- Eat **cruciferous vegetables** (broccoli, cauliflower, Brussels sprouts, kale)
- Prioritize **protein** (helps detox pathways function)
- Stay hydrated
- Limit alcohol and processed foods
- Other foods and supplements listed previously
- Other helpful nutrients: B vitamins (especially B6, B12, folate) and antioxidants such as vitamin C

Improve Gut Health (Critical for Elimination)

If estrogen isn't eliminated properly, it can be reabsorbed.

- Aim for **daily bowel movements**
- Eat **fiber-rich foods** (vegetables, flax, chia) - **At least 25-30 grams of fiber daily**
- Support the microbiome (fermented foods, probiotics if needed)
    - Good *general* probiotic: Ther-Biotic Complete Probiotic by Klaire Labs

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Support Healthy Estrogen Balance

- Maintain stable blood sugar (avoid frequent spikes/crashes)
- Manage stress (cortisol can disrupt hormone balance)
- Get adequate sleep (7–9 hours per night)
- Sweat regularly (exercise, sauna)
- Avoid excess exposure to endocrine disruptors (plastics, fragrances, pesticides)
- Choose clean personal care and household products when possible

Questions? Reach out to us anytime by texting 913-513-2166 or schedule an appointment here

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