THE ANTI-ESTROGENIC DIET

Supporting Liver Health, Hormone Balance & Estrogen Detoxification — Larrea Naturopathic Medicine / Tecaya Health

Why estrogen balance matters: High estrogen levels — or the inability to break estrogen down properly — are linked to fibrocystic breast disease, ovarian cysts, PMS, melasma and skin conditions, certain cancers, anxiety, and depression. In men, estrogen excess is increasingly linked to weight gain, mood issues, metabolic syndrome, and infertility.

The liver is the key: Your liver is responsible for breaking estrogen down into a nearly neutral form and converting it into compounds that can be excreted through urine and bile. This diet supports liver function, reduces dietary estrogen sources, and supports the adrenal and thyroid glands that influence estrogen activity.

The goal: Aim for 70% of your plate to be vegetables and plant foods. The remaining 30% should be clean proteins and healthy fats. This ratio powerfully shifts your body's hormone environment.

UNDERSTANDING XENOESTROGENS — THE HIDDEN HORMONE DISRUPTORS

What Are Xenoestrogens?

Xenoestrogens are synthetic chemicals that mimic estrogen in your body. They attach to estrogen receptors and send false signals — confusing your hormone system and adding to your total estrogen burden. They are found in everyday products most people use without thinking twice.

Common sources:

- Personal care products: shampoo, lotion, deodorant, makeup, perfume
- Plastics: water bottles, food containers, plastic wrap
- Cleaning products: laundry detergent, dish soap, surface sprays
- Conventional produce: pesticide residues act as endocrine disruptors
- Non-organic meat and dairy: growth hormones and antibiotics
- Receipts, canned food liners, and plastic packaging

What to Avoid

Key chemicals to eliminate:

- BPA and BPS — found in plastics and can liners
- Phthalates — found in plastic packaging and "fragrance" in products
- Parabens — common preservatives in personal care products
- Pesticides and herbicides — choose organic whenever possible
- Synthetic fragrances — in cleaning products, air fresheners, candles
- Triclosan — found in some antibacterial soaps

Simple swaps:

- Glass or stainless containers instead of plastic
- Fragrance-free, plant-based personal care and cleaning products
- Organic produce — especially the Dirty Dozen
- Natural deodorant, phthalate-free cosmetics

For a comprehensive list: womeninbalance.org/xenoestrogens

CORE DIET PRINCIPLES

Fats & Oils — Get This Right

Cook with:

- Coconut oil — stable at high heat, anti-inflammatory
- Grass-fed butter (KerryGold) or ghee — rich in fat-soluble vitamins
- Lard or tallow from grass-fed animals

Use raw / on salads:

- Extra virgin olive oil — do not cook at high heat
- Avocado oil — neutral flavor, good for dressings

Never use:

- Canola, corn, soybean, cottonseed, or vegetable oil
- Margarine or any partially hydrogenated oil
- Trans fats — these act as "plastic fats" in cell membranes

Protein — Quality Matters

- Grass-fed, grass-finished beef, lamb, bison
- Wild-caught fish: salmon, sardines, trout, cod
- Organic pasture-raised poultry
- Pasture-raised eggs
- Raw nuts and seeds (especially walnuts, almonds, flax, chia)

Avoid corn-fed conventional meat — the fat profile is pro-inflammatory and estrogenic.

Vegetables — The Star of the Show

Aim for 70% of your diet. Vegetables are your most powerful tool for clearing estrogen.

Prioritize the cruciferous family:

- Broccoli, cauliflower, Brussels sprouts, cabbage
- Kale, collard greens, bok choy, arugula
- Best prepared lightly steamed or stir-fried — not raw too often
- These contain DIM and indole-3-carbinol — compounds that directly support estrogen metabolism in the liver

Also emphasize:

- Garlic and onions — eat daily; powerful liver support
- Leafy greens: spinach, Swiss chard, beet tops
- Colorful vegetables: beets, carrots, asparagus, artichokes, zucchini
- Cleansing herbs: cilantro, parsley (great in smoothies)

Grains & Carbohydrates

- Eliminate gluten: wheat, barley, rye
- Choose instead: brown rice, red rice, quinoa, amaranth, teff
- All grains in moderation — vegetables are the primary carb source
- Eliminate refined carbohydrates and sugar entirely

Dairy & Beverages

Dairy:

- Reduce conventional dairy significantly
- When you do use dairy: organic only, in moderation
- Best alternatives: goat or sheep milk, A2 dairy, aged cheeses
- Dairy alternatives: coconut milk, almond milk, rice milk (unsweetened)
- Do not rely on soy as a primary protein source

Beverages:

- Eliminate caffeine: coffee, caffeinated tea, chocolate, energy drinks, colas
- Caffeine stresses the adrenals and impairs liver detoxification
- Drink plenty of filtered water throughout the day
- Herbal teas are a great alternative

Spices & Supplements

- Use rosemary, turmeric, garlic, onion, ginger daily — all support liver and hormone balance
- Take a high-quality omega-3 fish oil or use flax/chia seeds daily
- Take a comprehensive multivitamin daily
- Consider DIM (diindolylmethane) and Calcium-D-Glucarate as targeted estrogen-clearing supplements — ask your provider

Optimizing blood glucose, insulin, cortisol, and thyroid hormone levels are all crucial for proper sex hormone balance.

AT A GLANCE — WHAT TO EAT, LIMIT & AVOID

✓ EMPHASIZE THESE	~ USE IN MODERATION	✗ AVOID OR ELIMINATE
Cruciferous vegetables: broccoli, cauliflower, Brussels sprouts, kale, cabbage, collards, bok choy (lightly steamed or stir-fried)	Organic whole dairy: goat or sheep milk, A2 dairy, aged cheeses in moderation — always choose organic	Sugar, white flour, refined carbohydrates, candy, soda, fruit juice
Garlic and onions (daily — powerful estrogen-clearing compounds)	Brown or red rice, quinoa, amaranth, teff (gluten-free ancient grains)	Wheat, barley, rye (gluten-containing grains)
Wild-caught fish: salmon, sardines, mackerel, cod, trout	Organic, pasture-raised eggs	Canola oil, soybean oil, corn oil, cottonseed oil, vegetable oil blends, margarine
Grass-fed, grass-finished meat: beef, lamb, bison	Legumes (beans, lentils, chickpeas) if well-prepared and tolerated	Non-organic, corn-fed conventional meat, poultry, and dairy
Organic pasture-raised poultry: chicken, turkey	Soy as an occasional food only — do not rely on soy as a main protein source	Processed meats: deli meat, hot dogs, sausage with additives
Healthy fats & oils: extra virgin olive oil (raw/salads), coconut oil, avocado oil, grass-fed butter (KerryGold), ghee, lard/tallow (grass-fed)	Moderate fruit — focus on low-sugar options: berries, green apple, citrus	Trans fats and "plastic fats" — any hydrogenated or partially hydrogenated oils
Raw nuts and seeds: flaxseeds, chia seeds, walnuts, almonds, pumpkin seeds (ground flax daily is especially helpful)	Coffee and tea — reduce or eliminate; caffeine stresses the adrenals and liver	Caffeine: coffee, caffeinated tea, chocolate, energy drinks, colas
Colorful vegetables: leafy greens, beets, carrots, asparagus, artichokes, celery, zucchini	Dark chocolate (85%+ cocoa) in very small amounts if craved	Conventional produce — especially the Dirty Dozen; always choose organic when possible
Spices: rosemary, turmeric, garlic, onion, ginger, cumin (anti-inflammatory and liver-supportive)	Organic berries, banana (half), citrus fruits — in smoothies or as snacks	Artificial sweeteners, food colorings, preservatives, MSG, chemical additives
Dairy alternatives: coconut milk, almond milk, rice milk (unsweetened, organic)	Fermented foods: sauerkraut, kimchi, kefir (if tolerated) — support gut-liver axis	BPA-lined cans, plastic food containers, non-organic packaged snacks

Daily Anti-Estrogen Smoothie — Have One Every Day

This smoothie is designed to support liver detox, provide hormone-balancing compounds, and flood your body with nutrients that help clear excess estrogen. Make it daily for best results.

BLEND TOGETHER:

- ½ tsp kelp powder (iodine for thyroid support)
- 1 tbsp granulated lecithin — non-GMO or sunflower (supports liver and cell membranes)
- 1–4 tbsp grass-fed whey protein or collagen peptides
- 2–4 tbsp ground flaxseeds (daily flax is one of the most powerful estrogen-clearing foods)
- ½–1 organic apple
- 1–2 cups greens: kale, beet tops, Swiss chard, spinach, or a mix
- Cleansing herbs: handful of cilantro and/or parsley
- Organic fruit: berries, half a banana, or citrus
- Liquid base: filtered water, rice milk, organic almond milk, or coconut milk

Your Daily Action Checklist

Post this somewhere visible. Each habit reinforces your body's ability to clear estrogen.

DIET

- ☐ 70% of my plate is vegetables and plant foods
- ☐ I ate cruciferous vegetables today (broccoli, kale, cabbage, etc.)
- ☐ I included garlic and/or onions today
- ☐ I used only approved oils (coconut oil, olive oil, ghee, avocado oil)
- ☐ I avoided sugar, refined flour, and processed foods
- ☐ I avoided caffeine (coffee, cola, energy drinks)
- ☐ I chose organic produce and grass-fed or wild protein
- ☐ I drank plenty of filtered water today
- ☐ I had my anti-estrogen smoothie with ground flaxseeds

SUPPLEMENTS

- ☐ High-quality multivitamin
- ☐ Omega-3 fish oil OR ground flax/chia seeds
- ☐ DIM or Calcium-D-Glucarate (if prescribed)

Why it works: Flaxseeds provide lignans that bind excess estrogen for excretion. Leafy greens provide folate and magnesium critical for liver Phase II detox. Kelp supports thyroid function. Lecithin supports bile flow. Cilantro and parsley are powerful gentle chelators.

LIFESTYLE

- ☐ I exercised today — even a 20-minute walk counts
- ☐ I avoided plastic food containers and heating food in plastic
- ☐ I used only natural, fragrance-free personal care products
- ☐ I managed stress today — walk, breathe, rest, meditate
- ☐ I got 7–9 hours of sleep (cortisol and estrogen are directly linked)

AVOID TODAY

- ☐ No conventional non-organic meat or dairy
- ☐ No canola, vegetable, corn, or soybean oils
- ☐ No synthetic fragrance in products, candles, or air fresheners
- ☐ No BPA plastics, receipts, or canned food with BPA lining

Support the liver. Reduce the burden. Restore the balance.

Every food choice you make either adds to your estrogen burden or helps your body clear it. Consistent effort over 2–3 months produces meaningful hormonal shifts — reduced symptoms, better mood, more stable energy, and improved weight regulation.