

TIPS FOR BETTER ESTROGEN HEALTH

From Functional Hormone Specialist, Cami Grasher



TEST. DON'T GUESS
Learn Your Estrogen DNA

TIP 1

EAT GREEN VEGETABLES

2 servings/day from cruciferous family PLUS

2 servings/day of antioxidant-rich

Consider: Nutritional DIM, Vit. C



TIP2

AVOID PESTICIDES

Buy organic. Wash produce with baking soda.

TIP 3

USE 'CLEANER' PRODUCTS

Investigate Environmental Working Group

www.ewg.org product ratings.



TIP 4

EAT HEALTHY FOODS

Avoid Sugar & Ultra-Processed Foods.

Keep an Average Weight.