

Winchester Chiropractic & Wellness Center

Symptoms of Estrogen Dominance

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 erthematosus 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 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
- Prostate cancer
- Sluggish metabolism
- Thyroid dysfunction mimicking hypothyroidism
- Uterine cancer
- Uterine fibroids
- Zinc deficiency

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 what 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.