

# Estrogen Toxic Side Effects

By Lita Lee  
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By estrogen I mean not only what the female (and male) body produces, which includes estriol, estradiol and estrone, but also all estrogenic foods, such as soy products (all of them except the occasional use of tamari or soybean oil as a condiment); unsaturated fatty acids (all seed, nut, bean, fish and plant oils, such as soybean, safflower, sesame, corn, canola, flaxseed, fish, Evening Primrose and borage oils); herbs (black cohosh, sage, licorice, pennyroyal); pesticides (all of them are estrogen mimics) and other environmental poisons such as fluoride and the mercury in your silver amalgam fillings. Estrogen is NOT the female hormone as is commonly believed. Progesterone is THE female hormone and unless you have ten times more progesterone than estrogen, you are in trouble. It doesn't matter whether you have a low or a normal or a high estrogen level. What matters is how much of the protective progesterone you have to oppose this estrogen.

## Toxic Side Effects of Estrogen Dominance – Progesterone Has the Opposite Side Effects

(Source: Peat, Raymond, Ph.D., *From PMS To Menopause*, P.P. Box 5764, Eugene OR 97405. \$15 including S & H)

- Early menses (<age 13): early menopause
- Body shape: short legs, broad hips
- Female problems (all of them): PMS (cramps, anxiety, breast pain, excessive, scanty or absence of menses); fibrocystic breast disease, uterine fibroids, ovarian cysts; infertility or miscarriage at the 9<sup>th</sup> or 10<sup>th</sup> week of pregnancy, birth defects; endometriosis; hair loss with abnormal facial hair; post partum depression.
- Breast, uterine and ovarian pathology (tumors, fibroids, cystic ovaries, etc.). This can occur even in children who are fed meat and dairy products containing hormones.
- Cancers of all kinds: Female (breast, ovaries, uterine, cervical); Male: testicular, prostate; General: Lung, liver, colon, kidney, brain and others such as Melanoma.
- Migraine headaches, worse in women during ovulation and menses
- Seizures, worse in women at ovulation and menses (don't exclude other sources of seizures such as excess sugar, NutraSweet, etc.)
- Increased fat storage
- Hypoxia (tissue oxygen starvation)
- Fibromyalgia, which means edema, low blood sugar and inflammation
- Bruising or pigmentation (dark spots) or discoloration of face and skin (proof of estrogen dominance = damage)
- Gallbladder disease which increases in women over men at the rate of six times, especially in women who take ERT
- Increased aging of skin: estrogen makes the skin thinner (skin atrophy); decreases cell size; eliminates dendritic branches. This is also true of cortisone.
- Causes osteoporosis (progesterone prevents or cures osteoporosis).
- Cardiotoxic: promotes irregular heart beat, blood clots, stroke, heart disease, blood vessel spasms and blood clots
- Promotes production of prolactin (like cortisone), lutenizing hormone (LH) and follicle stimulating hormone (FSH) in abnormal amounts. Excess prolactin leads to prolactinoma (pituitary tumor), which is prevented and reversed by adequate progesterone therapy.

Articles: Estrogen - Progesterone And Female Problems; Menopause - Osteoporosis And The ERT Fairy Tale; Progesterone - Absorption And Safety; Progesterone Anti-Tumor Properties;

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Lita Lee, Ph.D.

<http://www.litalee.com>

[Lita@litalee.com](mailto:Lita@litalee.com)

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