



Soaring Crane Natural Health Center

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Anti-Estrogenic Diet/Hormonal Balancing

- **Decrease** saturated animal fats, especially if non-organic. Focus instead on omega-3 and 6 fats, which support healthy cells. These can be found in:
 - Cold-pressed vegetable oils
 - Olive
 - Coconut
 - Grapeseed (do not cook with grapeseed oil as it rancidifies and oxidizes easily. Great for salad dressings or vegetable drips).
 - EPO
 - Borage
 - Fatty Fish and fish oils.
 - Wild Alaska Salmon
 - Cod Liver Oil
- **Eliminate** sugar, white flour, and all refined foods.
- **Eliminate** all methyl-xanthines: caffeine, theophylline, theobromine
Or in the terms we all know: coffee, black tea, chocolate and cola.
- **Eliminate** milk and dairy products. Dairy is a rich source of exogenous estrogens.
- **Increase** complex carbohydrates
 - Vegetables
 - Whole grains.
 - Nuts and Seeds
- **Increase** organic eggs, garlic, onions and beans.
- **Increase** anti-oxidants: Vitamin C, E, and Selenium
 - Found in leafy green vegetables, whole fruits and berries
- **Increase** ground seeds, especially flax seed daily. Add to your smoothie or hot breakfast cereal. Do not heat these seeds once they have been ground.