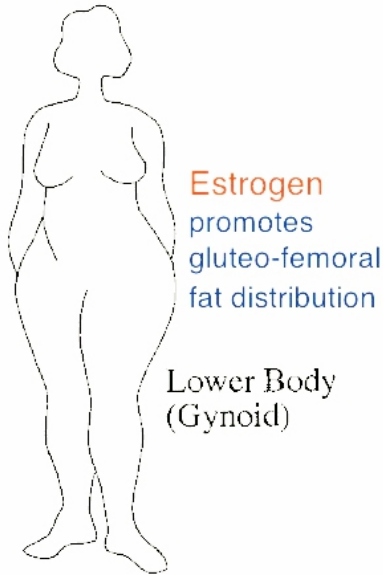


Female Estrogen Fat Distribution Control



The way our body fat is distributed is determined very much by our hormonal make up. In women, an imbalance between Estrogen and Progesterone can create a typical pear shaped appearance where the majority of your body fat is distributed below the waist in the thighs, buttox and sometimes the back of the arms (Bingo Wings).

However, all is not lost as there are a few supplemental and dietary measures that can be taken to reduce estrogen levels, reduce it's effect on the body, and improve correct metabolism of Estrogens.

Unfortunately, there are chemical estrogens all around us, in plastic bottles, cosmetics, shampoos, pesticides and animal hormones.

The body's inability to metabolise estrogen is also directly linked to prostate and breast cancers.

In order to control and reduce Estrogen, we need to:

1. Ensure that estrogen is metabolised correctly in the liver, and excess is eliminated.
2. Improve gastrointestinal Health, to ensure unwanted estrogens can be excreted and there is no reabsorption.
3. Avoid chemical Estrogens.

Measures to reduce Estrogen Levels.

1. Sprinkle Milled Flaxseed on Cereals and/or Salads. Flax contains lignins that bind to estrogen in the digestive tract so it will be excreted from the body.
2. Eat Fibre. Fibre destroys an enzyme that breaks apart estrogen leaving the body.
3. Eat high protein, low carb, and high omega 3 (Oily Fish, Flaxseed Oil, Rapeseed Oil, Hempseed Oil). Get carbs from fruit and veg, as this will provide lignins and fibre. See Above.
4. Eat Phytoestrogens. Flaxseed, Sesame Seed, Leafy Greens, Alfalfa, Licorice Root, Legumes.
5. To Improve Estrogen Metabolism by supplementing B Vitamins, Particularly B6 and B12 and a substance found in Broccoli and Cauliflower called DIM.
6. To assist elimination of Estrogen the body needs magnesium and SAM-e.
7. Restrict Drinking. Alcohol increases estrogen levels. Except for Red Wine.
8. Limit Chemical Estrogen Exposure (BPA). Supplement Curcumin to help rid Chemical Estrogens. Chemical Estrogens are found in many many plastics and chemicals in the modern world. For more information google 'Chemical Estrogens'

Supplements for Estrogen Control.

1. DIMs 200mg Per Day
2. SAMe 1200mg Per Day
3. Curcumin 2000-4000mg Per Day
4. Vitamin D3 5000IU per day
5. Vitamin C 2000mg Per Day
6. Fish Oil 4000mg Per Day
7. Magnesium 500mg Per Day
8. Good Quality Multi Vitamin 1 x Per Day
9. Digestive Enzyme Tablet With meals
10. Pro Biotic Tablets 1 per Day

1,750 Calorie Estrogen Control Diet.

	Fats		Carbohydrates		Protein		
Breakfast							
3 Whole Medium Eggs	12	108	0	0	18	72	
½ Grapefruit	0.1	0.9	9.9	39.6	0.81	3.24	
10g Milled Linseed	3.7	33.3	1.2	4.8	2.6	10.4	
Total	272.24	15.8	142.2	11.1	44.4	21.41	85.64
Meal 2							
150g Smoked Salmon	33	297	0	0	30.75	123	
Leafy Green Salad	0	0	7	28	1	4	
Cider Vinegar		0		0		0	
Total	452	33	297	7	28	31.75	127
Meal 3 (Bean Salad)							
150g Beans (Kidney, Butter, Black, Etc)	0.9	8.1	21.8	87.2	7.8	31.2	
20g Flax Oil	18	162	0	0	0	0	
Herbs and Spices		0		0		0	
Total	288.5	18.9	170.1	21.8	87.2	7.8	31.2
Snacks							
50g Raspberries	0.32	2.88	6	24	0.6	2.4	
25g Cashew Nuts	11	99	7.5	30	4.5	18	
Protein Shake With Water	2	18	3	12	25	100	
Total	306.28	13.32	119.88	16.5	66	30.1	120.4
Meal 4							
200g Chicken/Fish	1	9	0	0	44	176	
150g Green Beans	0.3	2.7	10.5	42	2.7	10.8	
Total	240.5	1.3	11.7	10.5	42	46.7	186.8
Meal 6 (Pre Bed)							
150g Skyr Yoghurt (Or Liberte/Total 0% Greek)	0	0	6	24	17	68	
75g Blueberries	0.23	2.07	10.8	43.2	0.5	2	
Sweeten with Truvia or other Stevia sweeteners		0		0		0	
15g Milled Linseed	5.55	49.95	1.8	7.2	3.9	15.6	
Total	212.02	5.78	52.02	18.6	74.4	21.4	85.6
Daily Totals	88.1	792.9	85.5	342	159.16	636.64	
Total Daily Calories	1771.54						
Macro Percentage	44.76%		19.31%		35.94%		

Disclaimer: Advice in this paper does not claim to cure any illness, nor does it supersede any professional medical advice. Always consult your GP before taking food supplements, or drastically changing diet.

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