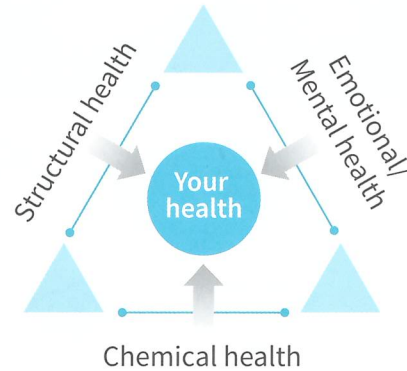


Oestrogen Dominance can include

- Painful and/or heavy periods
- Irregular period cycles
- Mid-cycle spotting
- Uterine Fibroids
- Polycystic Ovarian Syndrome
- Infertility due to anovulatory cycles
- Depression, anxiety or irritability
- Weight gain (especially around the hips, thighs and abdomen)
- Gallbladder disease
- Headaches
- Hair loss
- Insomnia
- Water retention and bloating
- Thyroid imbalances
- Elevated blood pressure

These symptoms can all point back to a common starting point: **Sympathetic Dominance** resulting from a system that is overwhelmed and stuck in survival mode.

There is good news! The way out of this health maze can be remarkably simple.



It comes back to this: Physical, emotional/mental and chemical health all affect each-other. If you are under strain in one area, it will have run on effects into the others.

You can regain control of your hormonal system and boost your wellbeing by restoring balance to your Sympathetic Nervous System.

Ask your chiropractor about the SD Protocol, and how you can regain control of your health.



I feel better at fifty than I did at thirty! The world is at my feet again.

***Catherine, SD Protocol success story**



www.sdprotocol.com.au



Oestrogen Dominance

Long-standing Sympathetic Dominance can result in adrenal fatigue and subsequent hormone imbalances.

For too many women, oestrogen dominance results in hormone hell. The domino effect this creates can be truly overwhelming in terms of your health.

The good news is that there is something you can do about it.

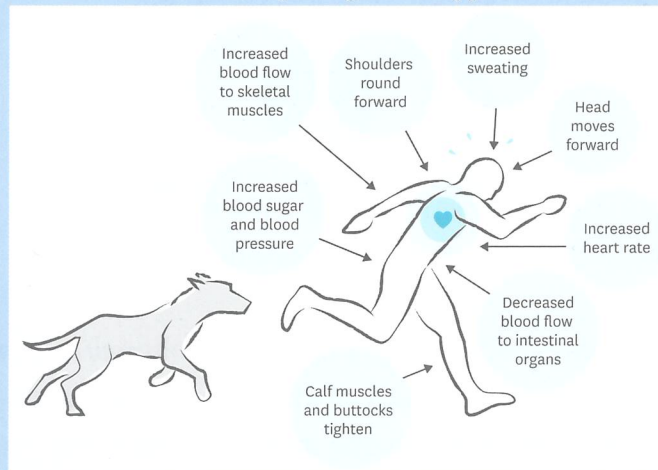
What is Sympathetic Dominance?

The Autonomic Nervous System is the part of the nervous system that controls everything that happens in our body without conscious thought. It's broken into two parts: Sympathetic and Parasympathetic

These two parts exist in a see-saw like balance. However, when the Sympathetic side is more dominant, you are in "Fight or Flight." Your body responds as if it's running from a lion, a bear or a big barking dog.

The same set of neurological and physiological reactions occur whenever we enter this wound-up, fight or flight ready state, no matter what the stressor.

In this state, our hormonal, and reproductive systems are all suppressed and placed under pressure.



How this affects Oestrogen Dominance:

Long-standing Sympathetic Dominance often results in adrenal fatigue which can impact the way hormones are produced and synthesized.

When fight or flight is triggered, the reproductive system is suppressed meaning Progesterone production is less important than other hormones. Hence, Progesterone levels can fall. Whilst this isn't a problem if stress is only short term, it becomes problematic if we stay in that wound-up state.

Oestrogen and Progesterone function in a balanced ratio in the body, so a lower level of progesterone can create a dominance of oestrogen.

This can open the door to the list of symptoms in this leaflet.

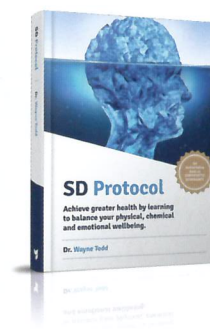
Did You Know:

Xenoestrogens are chemicals in our environments that mimic oestrogen and can therefore elevate our overall oestrogen levels. These can be found in:

- Some skin creams, fake tanning lotions and moisturizers
- Foods containing pesticide and herbicide residue
- Food or carbonated water stored in plastic containers or bottles, specifically those containing BPA numbers 3 or 7.

What Can You Do About This?

1. See your chiropractor about a functional neurology review and be assessed for Sympathetic Dominance and Oestrogen Dominance. This may help you see the links behind many aspects of your health.
2. Take a magnesium supplement as it supports your adrenal function, thus supporting greater hormone function.
3. Consider a Withania supplement to help support your adrenals and relieve adrenal exhaustion.
4. Consider sourcing a natural, USP certified, bio-identical Progesterone cream. Talk to your chiropractor about which supplements you can use to increase Progesterone and decrease Oestrogen.
5. Structure in chill-out time every day, when your brain gets to switch off and relax. Yes, we're talking about meditation which can have a big impact on molecular biology and healing.
6. Avoid using plastics with BPA 3 or 7, so as to avoid the build-up of unhealthy xenoestrogens that can exacerbate Oestrogen Dominance.
7. Be mindful that some herbicides and pesticides can contribute to xenoestrogen build-up.



The groundbreaking first book on this issue is now available! Learn how to take control of your health and regain energy, vitality and wellness.