



KAREN MARTEL NUTRITION

KARENMARTEL.COM | ONTRACK

WEIGHT LOSS HACK

#2

Detox Estrogen

OVERVIEW

Estrogen Dominance is a leading cause of weight loss resistance in women.

SIGNS AND SYMPTOMS

- WEIGHT AROUND THE HIPS, THIGHS AND BUTTOCKS
- INFERTILITY
- WEIGHT LOSS RESISTANCE
- DEPRESSION AND ANXIETY
- MOOD SWINGS
- PMS
- BREAST TENDERNESS
- ENDOMETRIOSIS
- FIBROCYTIC BREASTS
- PCOS
- FIBROIDS
- LOW SEX DRIVE
- WATER RETENTION
- ACCELERATED AGING

THE HACK

- **DETOX YOUR HOME**

You must detox your home from estrogen mimickers. These estrogen mimickers include all artificially scented products like perfume, lotions, shampoo, soaps, cleaning supplies.

- **BUY ORGANIC**

Pesticides are also full of estrogen like compounds. Whenever you can buy organic produce and meat.



KAREN@KARENMARTEL.COM



ONTRACK PODCAST



250-571-1142



@KARENMARTELNUTRITION



KAREN MARTEL NUTRITION

KARENMARTEL.COM | ONTRACK

- **SKIP THE GRAINS**

If you haven't switched to eating a paleo or ketogenic based diet then now is the time! Grains are very high in mold and pesticides that act like estrogen in the body.

- **DO AN ESTROGEN DETOX**

Taking certain supplements will help your body to detox the excess estrogen out of your body. See below for details on which supplements are best.

- **IMPROVE YOUR GUT HEALTH**

Improving your gut health will help your body to break down the excess estrogen.

- **DO A LIVER CLEANSE**

Your liver is the hub of processing your hormones. Giving it an added boost and some much-needed support, will help detox those harmful estrogens.

- **INCREASE YOUR PROGESTERONE**

Increasing your progesterone while you detox the estrogen can be a great temporary solution. Having a healthy balance between estrogen and progesterone can help you feel better, lose weight and stabilize your mood.



KAREN@KARENMARTEL.COM



ONTRACK PODCAST



250-571-1142



@KARENMARTELNUTRITION



KAREN MARTEL NUTRITION

KARENMARTEL.COM | ONTRACK

SUPPLEMENT SUGGESTIONS

- Calcium D Glucarate – Supports the liver’s role in detoxifying and eliminating excess estrogen and its harmful metabolites.
- DIM (**diindolylmethane**)– These vegetable extracts from the Brassica family (which includes broccoli and cabbage) help maintain safe estrogen levels by aiding the conversion of dangerous estrogen fractions to more favorable metabolites and by promoting restoration of healthy hormone ratios.
- Formulas-AOR Estro Adapt or Estro Smart by Lorna Vanderhaug

BIGGEST TAKEAWAY

By detoxing not only your home and body from harmful estrogens you will help balance out other hormones and lose weight. Hormonal imbalance is the number one cause of weight loss resistance in women!



KAREN@KARENMARTEL.COM



ONTRACK PODCAST



250-571-1142



@KARENMARTELNUTRITION