

INSTEAD OF SYNTHETIC HORMONE THERAPY - 11 FOODS WITH NATURAL OESTROGEN:

1. Black cohosh

The rootstock of the plant, which is native to North America and Canada, contains phytohormones that are similar to the body's own oestrogen. Black cohosh has a regulating effect on female hormone metabolism.

2. Monk's pepper

The active ingredients of this medicinal plant from the Mediterranean region regulate the entire hormonal balance. Since the plant influences the release of the “happiness hormone” dopamine, it also has a mood-lifting effect. Monk's pepper is administered in capsule form or in tea mixtures which often also contain lady's mantle herb or St. John's wort in addition to monk's pepper seeds.

3. St. John's wort

In addition to its effect on women's hormonal balance, St. John's wort is used as a natural mood enhancer. For mild to moderately depressed mental state, extracts from the medicinal plant can often be as effective as chemical antidepressants. Preparations with a combination of St. John's wort and black cohosh extract are also available in pharmacies.

4. Hops

Due to the mixture of oestrogen-like phytohormones and essential oils, hops help during menopause and with hormonal disorders. The plant is also said to have a calming, slightly sedative effect.

5. Soy

The positive effect of soy on menopausal symptoms is due to the isoflavones contained in the plant. Studies have shown that these phytoestrogens can, among other things, reduce hot flushes and sweating and have a positive effect on cardiovascular functions.

6. Red clover

Due to its high content of phytoestrogen, red clover alleviates all complaints associated with a lack of oestrogen. At the same time, the medicinal plant is said to improve concentration, mood and sleep patterns, as well as helping to maintain bone density. Red clover can be taken as an extract or prepared as a tea.

7. Linseed

Linseeds are particularly rich in lignans. These phytohormones, which are similar to the body's own oestrogen, have a balancing effect on the hormone balance.

8. Sunflower seeds, pumpkin seeds and sesame seeds

Lignans in increased concentration are not only found in linseed, but also in sunflower seeds, pumpkin seeds or sesame seeds. This makes the nutty-tasting seeds, which are good as salad toppings, among other things, a good source of phytoestrogens.

9. Dried fruit

Dried apricots, dates, plums or other dried fruits also contain phytoestrogens that can positively influence the female hormone balance. Dried fruit is also rich in important vitamins, minerals and fibre.

10. Legumes

Legumes such as beans, lentils and chickpeas are rich in phytoestrogens that balance hormone levels.

11. Maca

The root, which originates from the Peruvian Andes, is becoming increasingly popular as a new super food. Maca is said to stimulate hormone production and reduce complaints such as mood swings, hair loss and insomnia. In this country, the super food is mostly available as a powder.

12. Nettle extract sitosterol

Nettle extract Sitosterol is a natural active ingredient for men and women with proven effects on hair loss, hormonal acne and unwanted body hair. Sitosterol (beta-sitosterol) naturally reduces the negative effects of the male hormone testosterone and its active form dehydrotestosterone on hair roots and sebaceous glands. Nettle extract sitosterol can also be taken in capsule form, e.g. with the nutrient capsules by Dr. Sabine Schwarz.

These foods are also available as complex remedies without a prescription in pharmacies or health food shops (e.g. Isoflavon, Menoflavon).