



## Oestrogen Dominance

When the sympathetic nervous system is overloaded for too long, the adrenal glands can fatigue, leading to a reduction of cortisol production. Cortisol is a progesterone building-block and a natural anti-inflammatory. Low cortisol production can lead to low progesterone levels and more inflammation.

Oestrogen and progesterone normally work in balance, so low progesterone levels can cause an oestrogen imbalance. This can lead to symptoms such as:

- Painful or heavy periods
- Irregular periods
- Shorter cycles
- Mid-cycle spotting
- Uterine fibroids
- Polycystic ovarian syndrome
- Infertility due to lack of ovulation
- Depression, anxiety or irritability
- Weight gain – especially around the hips, thighs or abdomen
- Gallbladder disease
- Headaches
- Hair loss
- Insomnia
- Fluid retention
- Bloating
- Thyroid dysfunction
- High blood pressure

## What to Do About Oestrogen Dominance

1. Management of sympathetic dominance through specific chiropractic adjustments and lifestyle advice.
2. Magnesium supplementation to support adrenal and neurological function.
3. Reduce exposure to xeno-oestrogens such as found in some skin creams, moisturisers, fake tanning formula, agricultural chemicals on non-organic food, food and drinks stored in plastic bottles or containers unless those containers are BPA available from some compounding pharmacies or from reputable online retailers. Ensure the product you buy is USP (US Pharmacopia) certified and bio-identical.
4. Withania – a herb shown to support adrenal fatigue.
5. Chaste Tree (Vitex Agnus) – works best in women under 30 years old.

# What Is Sympathetic Dominance?

Our lives are moving faster than ever before. We're bombarded with information and there are seemingly constant demands on our minds and bodies.

Our nervous systems aren't set up to deal with it all - and our bodies are paying the price for constant exposure to this unnatural level of input.

## YOUR NERVOUS SYSTEM

Your nervous system can be divided up into various parts. Your brain and spinal cord form your central nervous system. The nerves that branch off the central nervous system are divided into two types:

1. somatic nerves: which control conscious movement and sensation
2. autonomic nerves: which control the body's automated functions like digestion, sleep, immunity, reproductive capacity, etc.

The autonomic nervous system can be further divided into two parts:

- sympathetic nervous system, responsible for the fight/flight response, and
- parasympathetic nervous system, responsible for rest, digestion and relaxation.

The sympathetic and parasympathetic nervous systems should work in harmony to allow the body to respond appropriately to what goes on around it and inside it.

As a result of stress load and postural habits, we're seeing more and more cases of **sympathetic dominance** leading to a wide range of symptoms, such as:

- Rounded shoulders
- Forward head posture
- Tight shoulders
- Restless leg syndrome
- Difficulty getting to sleep or staying asleep
- Headaches that get worse over the day and decrease with rest
- Light and noise sensitivity
- Poor digestion: bloating, constipation and irritable bowel symptoms, etc.
- High blood pressure
- Increased perspiration
- High blood sugar
- Elevated heart rate
- Feelings of tension, depression, anxiety or sadness
- Altered thyroid function
- infertility, polycystic ovaries, uterine fibroids, etc.
- Precursors to auto-immune disorders such as psoriasis, lupus, rheumatoid arthritis, Parkinson's disease and other degenerative neurological conditions
- Symptoms of hormonal imbalance, such as endometriosis

**If you've been noticing any of these or similar symptoms, talk with your chiropractor today about how we can help you and what you can do to help yourself. If you know someone experiencing these symptoms, please encourage them to talk with us too.**

\* Much of this information comes from Dr Wayne Todd, DACBN, chiropractor. Wayne is one of our great friends and mentors and we're grateful for his work in this area. It's no exaggeration to say that it really is life-changing.