

Understanding Estrogen

A key hormone for mood, memory, metabolism—and more.

What Estrogen Does

Estrogen isn't just about reproduction—it supports vital systems throughout the body.

- ✓ Maintains bone density
- ✓ Supports brain function and memory
- ✓ Regulates mood and sleep
- ✓ Keeps the vaginal and urinary tissues healthy
- ✓ Enhances skin elasticity and collagen
- ✓ Protects heart and blood vessels
- ✓ Supports metabolic balance

Signs of Low Estrogen

When estrogen levels drop, especially during perimenopause or menopause, symptoms can show up across multiple systems:

- Hot flashes and night sweats
- Vaginal dryness or discomfort
- Irregular or absent periods
- Mood swings, anxiety, or depression
- Trouble sleeping
- Brain fog or memory issues
- Dry skin, hair thinning
- Low libido
- Bone loss or increased fracture risk

Functional Medicine Insight

Estrogen plays a powerful role in the **brain, bones, heart, skin, and immune system**. It also interacts with cortisol, thyroid, and gut health—so imbalances often show up

in more ways than one. In functional medicine, we look at estrogen in the context of your full hormone picture, inflammation levels, and detox capacity.

Supporting Healthy Estrogen Levels

- **Lifestyle**

- Prioritize quality sleep
- Reduce stress (estrogen and cortisol are tightly linked)
- Strength training for bone and metabolic health

- **Nutrition**

- Eat cruciferous veggies (broccoli, kale, cauliflower)
- Include flaxseed, lentils, and fermented foods
- Support liver detox with leafy greens and hydration

- **Supplement Support**

- B-complex vitamins
- DIM or calcium-D-glucarate (under guidance)
- Omega-3 fatty acids

- **Hormone Therapy**

- Bioidentical estrogen therapy may be recommended to relieve symptoms and protect long-term health, especially when started early in the menopausal transition. Transdermal (patch or cream) options are often preferred.