

Estrogen Dominance

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Estrogen is an essential hormone for women's health, but when it becomes too high in relation to progesterone, it can throw the body out of balance. This state, known as estrogen dominance, can contribute to symptoms like heavy or irregular periods, PMS, bloating, breast tenderness, weight gain around the hips and thighs, mood swings, or trouble sleeping.

Why It Matters

Estrogen dominance can affect more than just your cycle. It influences thyroid function, slows metabolism, disrupts blood sugar balance, and can worsen anxiety or depression. Over time, it may also increase the risk of uterine fibroids, endometriosis, and certain cancers.

What We're Going To Do About It

At NuBloom, we don't just look at estrogen levels; we look at the whole picture, including progesterone, thyroid, gut health, and detox pathways. Supporting estrogen balance often means improving how your body processes and clears hormones, which we approach through lifestyle strategies, targeted nutrition and supplements, and (when appropriate) medical support. Our goal is to help your body restore equilibrium so your energy, mood, and metabolism feel stable again.

