

Estrogen-Boosting Foods

Including **estrogen-boosting foods** into the diet is a natural way women can begin taking healthy steps toward hormonal balance.

FOODS THAT INCREASE ESTROGEN

They contain large amounts of phytoestrogens:

- **Soy:** tofu, soybeans, edamame
- **Nuts and seeds:** flaxseeds, cashews, walnuts
- **Grains:** barley, millet, oats
- **Vegetables:** broccoli, cabbage, kale
- **Fruits:** apricots, strawberries, kiwis



OTHER METHODS TO INCREASE ESTROGEN



- Phytoestrogenic herbal supplements
- Hormone-regulating supplements

Natural Estrogen Diet

AW Chickering



Natural Estrogen Diet:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Natural Estrogen Diet** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

<https://pinsupreme.com/data/uploaded-files/Documents/On%20Y%20Va%20Level%201.pdf>

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