



Melbourne  
Natural Medicine Clinic

### **Oestrogen Metabolising Diet**

This is a list of the beneficial foods and lifestyle recommendations for healthy oestrogen detoxification.

Organic options are always ideal (refer to the dirty dozen and clean fifteen).

White button mushrooms  
Oranges  
Parsley  
Celery  
Coriander  
Onion  
Dill  
Fennel  
Grapes  
Berries  
Alfalfa Sprouts  
Chickpeas  
Organic green tea (2-3 cups per day)  
Rosemary  
Turmeric

- Decrease trans fats such as deep fried foods and chips.
- Increase omega 3, fish, walnuts, eggs, chia and flax seeds in the diet.

*Also*

- Regular exercise
- Stress reduction
- Organic skin care (Mukti Organics is a great option and it is available at Melbourne Natural Medicine Clinic).