

Excess Estrogen And The Bowel

The bowel is the favored route of elimination of estrogens once they are filtered out by the liver, so if a woman has a history of constipation this elimination route is blocked. If the waste is allowed to remain in the bowel for longer than the ideal 18 hour transit time, the friendly bacteria in the colon actually recycles the estrogen back into the blood. This recycled estrogen, in addition to the new amounts being produced, causes a severe overage of estrogen that has been connected to menopausal symptoms such as thinning hair and bones, vaginal dryness to name a few.