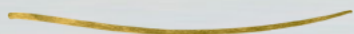


THE
integrative
women's health
INSTITUTE



ALCOHOL & PERIMENOPAUSE Do They Mix?

A Guide to the Benefits and Risks
of Drinking over 40.



How Does Alcohol Impact Hormonal Health for Women over 40?

- During perimenopause, estrogen levels become less predictable
- Some women struggle with symptoms of estrogen dominance
- Estrogen dominance means having high estrogen relative to progesterone, which can be due to high estrogen and/or very low progesterone)
- Symptoms of estrogen dominance include breast tenderness, headaches, and PMS symptoms such as painful cramping
- Other women struggle with low estrogen, which can lead to low libido, vaginal dryness, and joint stiffness
- Aromatase is an enzyme (a chemical in the body) that converts testosterone to estrogen
- Alcohol impacts aromatase

How Does Alcohol Impact Hormonal Health for Women over 40?

- Red wine decreases aromatase conversion in your body (keeping estrogen levels lower, but supporting higher testosterone levels - assuming some other factors)
- One 5 oz. glass of red wine daily may be protective against breast cancer
- Red wine also contains the antioxidant resveratrol, which can be protective against heart disease. But, not in high enough doses in wine to have a significant effect

Thus, when deciding what kind of alcohol to drink, keep in mind...

- Drinking most alcohol (even in small doses) may increase breast cancer risk
- The exception is red wine, which in moderate amounts may be protective
- Drinking alcohol may be beneficial for cardiovascular health
- If you have low estrogen, drinking moderate amounts of white wine may help your libido and vaginal dryness

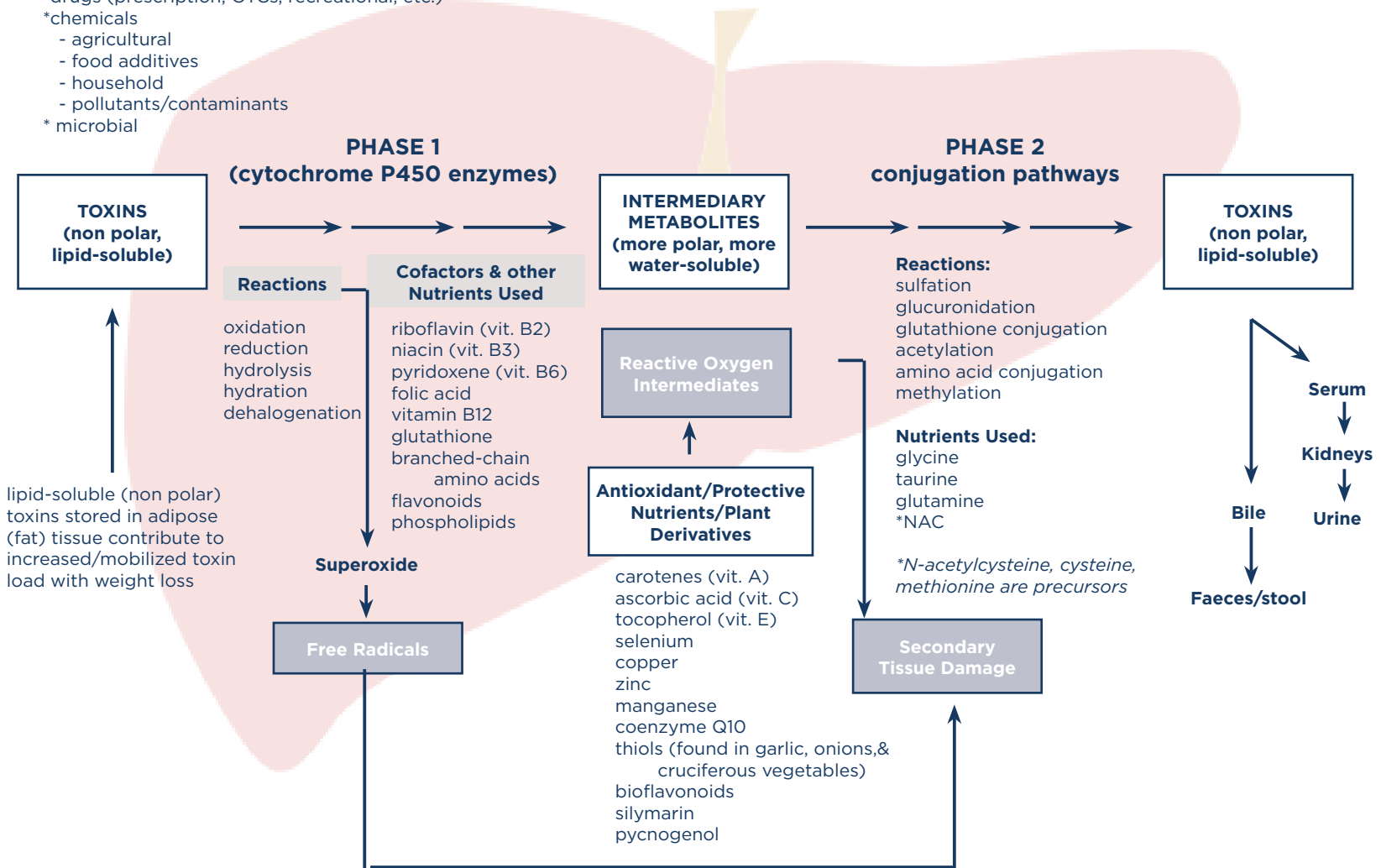
Alcohol Impacts Hormone Balance, Cancer and Heart Disease Risk

- White wine and most other alcoholic beverages increase aromatase conversion in your body (increasing estrogen levels)
- One 5 oz. glass of white wine or 1.5 oz of alcoholic spirits (such as tequila, vodka, or gin) daily may be protective against cardiovascular disease, especially if your estrogen levels are low
- Drinking moderate amounts of alcohol daily (1 drink per day) for women can be protective against cardiovascular disease
- But, even this small amount of alcohol daily can increase breast cancer risk

Liver Detoxification Pathways & Supportive Nutrients

Endotoxins
 *end products of metabolism
 *bacterial endotoxins

Exotoxins
 *drugs (prescription, OTCs, recreational, etc.)
 *chemicals
 - agricultural
 - food additives
 - household
 - pollutants/contaminants
 *microbial



Alcohol and Liver Health

Alcohol is toxic to the liver, which can have an impact on your hormone balance since estrogen must also be metabolized by the liver.

If you're struggling with constipation or dehydration, you will have difficulty eliminating the toxic byproducts of alcohol.

Here is how things work...

Alcohol toxins enter the liver



Phase one: detoxification occurs
(Glutathione, vitamins, and micronutrients are necessary for this process)



Intermediate stage
(Need adequate antioxidants to protect the liver)

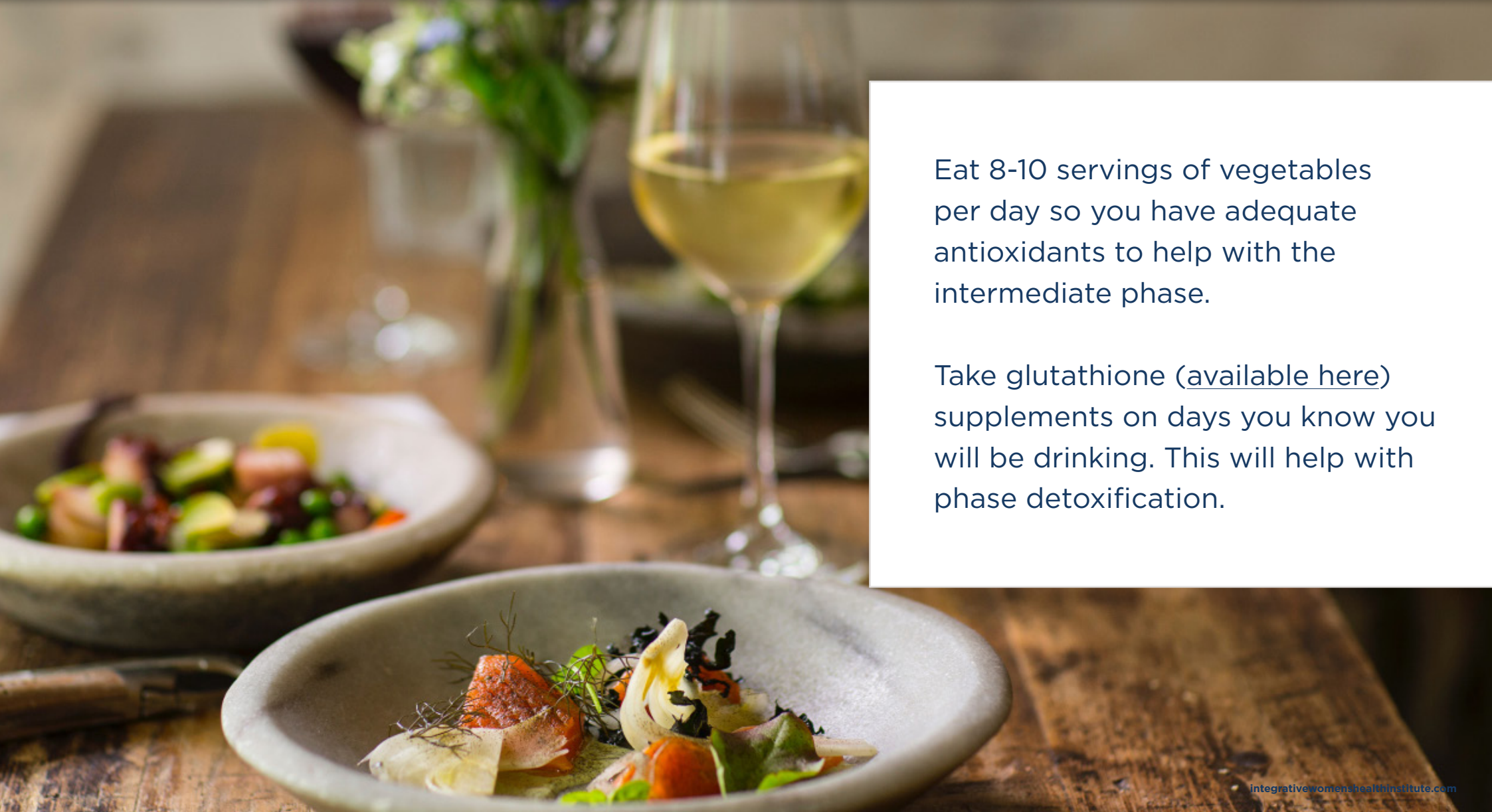


Phase two: need amino acids



Excrete molecules
(kidneys > bladder > urine and colon > rectum > stool)

How Can I Support My Liver?

A photograph of a dining table with a wooden surface. In the foreground, there are two light-colored ceramic bowls filled with fresh, colorful vegetables and herbs. In the background, a tall, elegant glass is filled with white wine, and a vase holds a bouquet of green and purple flowers. The scene is softly lit, creating a warm and inviting atmosphere.

Eat 8-10 servings of vegetables per day so you have adequate antioxidants to help with the intermediate phase.

Take glutathione ([available here](#)) supplements on days you know you will be drinking. This will help with phase detoxification.

Next steps...

If you're struggling with symptoms of hormonal imbalance, such as:

- Weight gain (or difficulty losing weight)
- Hair loss
- Fatigue
- Insomnia
- Low sex drive
- Vaginal dryness
- Anxiety
- Hot flashes
- Night sweats

Learn more about our simple,
3-step Approach to Hormone Balance.

[CLICK HERE >>](#)