

Does Diindolymethane From Broccoli Help With Estrogen Balance?

Diindolymethane from broccoli can help with estrogen balance: There is plenty of evidence to suggest that, but before discussing the whys and wherefores, let's first have a look at the substance, where it comes from and why it should have any effect on estrogen or its balance.

Diindolymethane is an indole contained in brassicas such as broccoli, cabbage, kale, brussel sprouts and cauliflower. It is a dimer of indole-3-carbinol, which is itself formed by the autolytic degradation of glucosinolate glucobrassicin which is found in brassicas. Both this and the dimeric diindolymethane are currently being tested for their antioxidant, anticancer and antiatherogenic properties, although this type of research has been mainly made on animals. When the cell walls of brassicas are ruptured, the enzyme myrosinase is released, that breaks down the glucobrassicin.

Because diindolymethane is oil soluble it is more bioavailable to the body in the presence of vitamin E and other lipophilic substances, and these are normally included in oral supplements. However, back to estrogen and its effects upon human estrogen balance. Estrogen is the name for a group of steroids that function substantially as the female sex hormone. They have many effects on the body, including regulation of the menstrual cycle, breast development and promote the formation of secondary female characteristics such as reduced height and muscle mass.

Estrogen is also present in the male, where it regulates several factors pertaining to the reproductive system. It does not, however, take part in the process that determines sexual desire. If all of these properties are considered it would seem logical to believe that estrogen levels could be used to control weight increase, although claims that it can be used to enhance sexual performance seem ill founded: based more on hope than on science!

What science appears to have found, however, is that estrogen dominance, due to an imbalance between estrogen and progesterone levels in the body, can give rise to increased weight, and even obesity, in women. It can also lead to uterine, ovarian and breast cancers, and cervical dysplasia which, while not cancer, can give rise to cervical cancer if not treated. Estrogen imbalance, therefore, is not good news and something to be avoided if it possibly can. So what can be done to avoid it?

The answer is to find a hormonal balance, and this is where diindolymethane (DIM) comes in. The substance has been found to have a positive effect on the balance between estrogen and progesterone, although eating broccoli will not be sufficient to do the job properly. Insufficient DIM is released by breaking the cell walls of broccoli through chewing to have much effect on the balance, about a kilo of broccoli a day being needed to have any noticeable effect. It is the diindolymethane supplements that are able to have the desired effect in restoring the hormone balance and eliminating the undesirable effects of estrogen imbalance.

But why should estrogen imbalance occur? What are the factors that cause this dangerous condition, and if it is so common how did our ancestors manage without today's science? The answer to the second question lies in that to the first, but before we discuss that don't go thinking that your ancestors managed through thick and thin. Perhaps yours did, but your life expectancy is significantly greater than that of your parents when they were born. In fact, you don't have to go too far up your family tree to when you would be doing well if you hit forty! So the argument about your ancestors doesn't wash.

In fact, an estrogen imbalance can be caused by several factors: a slow estrogen metabolism that leads to an excess of estrogen because it is not broken down quickly enough is common, but far more common is the effect of pollutants such as pesticides, car exhaust fumes, emulsifiers, household cleaners and even some soaps. They contain chemicals known as xenoestrogens that our body believes to be real estrogens. They can stick to estrogen receptors on healthy cells, and can also prevent true estrogen from binding to the cell it should bind to. This results in an increase in free estrogen that cannot bind to the estrogen receptors that it should. Your ancestors did not have these problems with such 'estrogen mimics' and so managed just fine.

There is also the fact that estrogen can be broken down in the liver by means of two different routes: one leads to a form of estrogen that metabolizes to provide many benefits, such as strong bones and a reduction in heart disease, while the other has the opposite effect of causing cancers, depression, osteoporosis and problems with your immune system. That is by no means the full list: you don't want to see that, believe me!

You might think that if estrogen is dominant over progesterone, then taking progesterone would resolve the problem. It would seem to be a good cure. In fact, it is not a good idea since progesterone can be metabolized into yet more estrogen, making the problem even worse. The real answer is to take a supplement containing the substance that solves the problem by changing the estrogen metabolism pathways in the liver: diindolymethane. More of the so-called "good" estrogen metabolites are formed, and less of the bad. The actual estrogen levels are not changed, but the way in which the excess estrogen causes harm is changed. That way, it doesn't matter what the imbalance is, the estrogen cannot do harm to your body.

DIM possesses many potential positive benefits when used as a supplement. It can reduce your chances of getting breast, cervical and ovarian cancers, and also acts as a strong antioxidant, and helps to strengthen your immune system. It might help you to lose weight, but more studies are needed before this can be claimed conclusively. However, there is evidence at the moment that it has a weight reducing effect.

Its effect on sexual health is largely unfounded, but the effect of a placebo in this area can be astounding: that indicates how much psychology has to do with sexual performance. Nevertheless, the known and projected benefits of diindolylmethane are so significant that taking a supplement would seem a reasonable thing to do, and although your mom was right about you eating your broccoli, brassicas alone are not a rich enough source for a significant effect.

About the Author

More information on [dim for estrogen balance](#) is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

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