



Module 11: Estrogen; The Lean Legs Hormone

Estrogen is one stubborn hormone when it comes to detoxifying your body.

You may well ask, why bother?

Well, elevated estrogen (particularly from synthetic sources) can not only increase fat storage in your lower body (as you have a lot of estrogen receptor sites around your gluts and thighs), but it can increase risk of all types of cancers and lower libido and fertility. It can also make you moody and grumpy, with bad breath!

MODULE 11 GOALS AND OUTCOMES: Understand how excess self-made or externally absorbed estrogen affects the way you store body fat around your hips, butt and thighs, as well as its impact on your digestion, metabolism, emotions, libido and energy. Learn specific strategies to eliminate and stop absorbing excessive estrogen and other chemicals by making simple change to your nutrition and certain lifestyle habits.

SUGGESTED MODULE 11 EXERCISE: Focus on estrogen detoxification by committing to a 3-week (at least) challenge of eating at least one cruciferous vegetable per day.

MODULE 11 SUPPLEMENT: Dim. Dim is a compound found in the stalks of cruciferous vegetables such as broccoli, kale and cauliflower. It is known for its ability to bind to toxic estrogens stored in your fat cells, and release them into the blood stream. Taking [Dim](#), in conjunction with a clean diet and adequate fiber (for toxin elimination) can help you to reduce excess estrogen and lower body fat.

MODULE 11 BONUS: Kat's article for Oxygen Magazine Australia (on estrogen! You will also receive several case study food diaries throughout this module. All of your bonuses can be found [over here](#), on your dashboard.

WHAT ELSE? [Go to the forum \(Transformation Tools\)](#) and click on the Module 11 thread. Answer the discussion question I've left there for you, or just share any thoughts you have!



A LITTLE MORE ABOUT MODULE 11

In this three-week module I'll be teaching you:

- An overview of estrogen
- Determining if excess estrogen is an issue for you. Hint: it is for nearly every woman in the modern world!
- Estrogen and your digestive system, how they both effect each other and must work together in order to achieve fat loss
- Nutrients – such as B vitamins – which are critical to your ability to detoxify stored estrogen
- How to avoid producing excessive estrogen
- How to avoid absorbing synethtic environmental estrogen
- And a whole lot more 😊

This module is likely one of our most 'sciency' modules, and one during which you may like to re read each digest in order to really get a grasp on this complex modern day issue. It's worth understanding well, as an excess of estrogen is a key reason for women not being able to shift lower body fat, in some cases even despite achieving a very lean belly. Due to the many aspects of good health – including emotions, energy and fertility – also affected by estrogen, I know you will want to learn as much as possible on this topic.

And that's what I'm here for 😊

Life is Now. Press Play.

Kat

PS: Don't forget to add your thoughts on the forum! [Go to 'Transformation Tools'](#) and [click on the Module 11 thread](#). You can answer the discussion question I've left there for you, ask questions, or leave some feedback.