Banish Man Boobs (Gynecomastia) With No Drugs or Surgery
Man boobs, also known as gynecomastia, is a benign enlargement of breast tissue in males thought to be caused by an imbalance of the hormones estrogen and testosterone. One or both breasts may be affected.

According to some estimates, about half of adolescent boys experience at least some breast development during puberty. Living in Florida where swimming and beach activities are popular year-round, however, I can tell you it surely seems more prevalent than this!

Cases of man boobs are on the rise around the globe no doubt paralleling the rise in obesity rates. Glasgow, Scotland, which boasts the second-highest obesity rate of all countries studied by the Organization for Economic Co-operation and Development, has seen an 80 percent rise in man boobs reduction surgery since 2007.

While most cases of man boobs are related to problems with overweight, it seems that even thin and normal weight men are increasingly experiencing issues with breast enlargement. Go to any water park this summer and look around. Clearly, man boobs of all shapes and sizes are at epidemic levels and it isn’t just the boys and men struggling with their weight that are affected. Something environmental is at play here as I don’t ever remember seeing even one case of man boobs when I was growing up in Florida – certainly never on a thin or normal weight guy!

Male Hormonal Imbalance Can Lead to Man Boobs

Could all the soy that is in the majority of processed foods today which has added plant estrogens (isoflavones) to the male diet at a rate never before seen in history be a factor in the development of man boobs? Not even in Asia was soy ever consumed in the large amounts experienced by those eating a modern diet. Traditional Asian societies primarily consumed soy in small, condimental amounts after careful and long periods of fermentation.
Perhaps the increasing popularity of soy infant formula starting a few decades ago is partly to blame which exposes a male infant to disruptive levels of estrogen at a very vulnerable time for the developing hormonal system. An estimated 25% of North American babies today receive infant formula made from processed soybeans, mostly GMO. An infant exclusively receiving soy formula consumes the estrogenic equivalent of at least 5 birth control pills every single day!

What about all the steroids, hormones and antibiotic laced feed used in the conventional dairy and meat industry? Consumption of foods from factory farmed animals containing pharmaceutical residues could be another contributing factor to the estrogen/testosterone imbalance at the root of gynecomastia.

No doubt there are multiple environmental reasons for the large and very worrisome increases in gynecomastia across the board. For the person who suffers from it, however, the reason for the condition is not nearly as important as resolving it – and quickly!

Conventional Treatments for Man Boobs Not Ideal

Conventional medicine maintains that many cases of gynecomastia resolve on their own within about two years. Even if this were true (anecdotally I would dispute this from the stories I hear), two years is a very long time at a very vulnerable stage in an adolescent’s emotional development.

Enduring the ridicule or avoiding social situations that require a bathing suit for that period of time seems unrealistic particularly in a warm weather climate.

Rather than wait and see for two long years only to resort later to drugs designed for breast cancer like tamoxifen and raloxifene or surgical reduction does not seem like a health promoting plan of action particularly for a young boy possibly already struggling with self-esteem issues.

**Number one cause is Medical doctor synthetic drugs**
Johnson and Johnson Settles Six **Risperdal** Boy Breast Lawsuits, Hundreds of Cases Pending

Prominent witnesses may have spurred resolution; plaintiff’s lawyers at Sheller, P.C. discuss the settlements in video

“I do think that settlement had something to do with the fact that a former chief of the FDA was able to reveal what Johnson and Johnson didn’t want the public to see,” said Sheller, P.C. trial attorney Brian J. McCormick, Jr. (6) McCormick and Sheller attorney Claudine Homolash were preparing to select a jury on Thursday morning in the third trial case when the settlement was finalized.

Risperdal is an atypical antipsychotic drug originally approved by the FDA for psychotic disorders such as schizophrenia and bipolar mania, but not, at that time, for children. Boys prescribed the drug claimed in the lawsuits they developed breasts that, in a number of cases, required mastectomies or other reconstructive surgery. (3, 4) Risperdal was approved for children in late 2006. Sheller attorneys are now petitioning the FDA to revoke that approval. (7) The FDA is accepting public comments. (8) According to Law 360 LexisNexis, attorney Stephen Sheller said he thought J&J made a smart business move by deciding to settle the cases rather than risk what he described as “an atom bomb” in the form of a jury's potential damage award. (6) Dr. Kessler, chief of the FDA for seven years, and also a pediatrician, wrote in his expert report “The promotion of non-approved uses by a manufacturer, because it undercut the system and safeguards of drug regulation, is concerning. The promotion of non-approved uses in the most vulnerable children of powerful drugs is most...
concerning. Janssen's promotion of Risperdal, a powerful drug, for non-approved uses in the most vulnerable children is deeply troubling.” (9)

Risperdal had been a profit center for the drug company with global sales peaking at $4.5 billion as its top seller in 2007, according to Bloomberg reports. (10)

In the past several years, J&J has faced a number of legal challenges involving Risperdal. The New York Times reported last month that J&J agreed to pay $181 million to resolve claims by 36 states and the District of Columbia for promoting the drug and the similar formulation Invega for unapproved uses. (11) Previously, juries in Arkansas ($1.1 billion), Louisiana ($258 million) and South Carolina ($327 million) have decided that J&J illegally marketed the drug. (12,13,14)

A statement from J&J subsidiary Janssen said “Since the early 1990s, Risperdal has improved the lives of countless people throughout the world who suffer from the devastating effects of serious mental illness.” (3)

About Sheller, P.C.

Sheller, P.C. represents plaintiffs injured by drugs and whistleblowers reporting pharmaceutical industry wrongdoing. The firm's defective drug and medical device attorneys are currently litigating cases involving J&J's DePuy metal on metal hip implant injuries, (15) and J&J’s antibiotic Levaquin and ruptured tendons. Other matters under investigation by Sheller attorneys include dialysis using the FDA recalled (17) GranuFlo and Naturalyte compounds at Fresenius and other dialysis centers as reported by the New York Times (18,19) and Allergan Lap-Band systems (20,21).

Details can be found on Sheller.com.

In practice since 1977, Sheller, P.C. has challenged some of the largest corporations in the country including tobacco, auto, and drug and medical device manufacturers. As counsel in three of the largest whistleblower settlements in U.S. history totaling over $4.2 billion (22,23,24), the Sheller whistleblower leadership team continues to represent whistleblowers in other cases across the country.

(1) Aron Banks v. Ortho-McNeil-Janssen Pharmaceuticals Inc. et al., case 100100618, Philadelphia Court of Common Pleas
(3) Bloomberg “Johnson and Johnson agrees to settle five Risperdal suits” businessweek.com/news/2012-10-04/johnson-and-johnson-agrees-to-settle-five-rippersal-suits
(4) The Legal Intelligencer, 10/5/12 “First Risperdal trial ends with settlement” law.com/jsb/pa/PAArticlePA.jsp?id=1202573753392&First_Risperdal_Trial_Ends_With_Settlement
(5) The Philadelphia Inquirer “Philly Pharma” blog “Former FDA chief David Kessler says J&J broke the law in
(6) LexisNexis/Law 360, 10/4/12 “J&J resolves 5 Risperdal off-label marketing cases” law360.com/productliability/articles/384301/j-j-resolves-5-riperdal-off-label-marketing-cases
(7) The Philadelphia Inquirer, 10/5/12 “Johnson and Johnson settles five Risperdal suits” philly.com/philly/business/20121005_Johnson___Johnson_sets_ties_five_Risperdal_suits.html
(8) Regulations.Gov regulations.gov/#/searchResults;pp=25;po=0;s=FDA-2012-P-0857
(11) New York Times “Johnson and Johnson Unit Settles State Cases Over Risperdal” nytimes.com/2012/08/31/business/johnson-johnson-unit-settles-state-cases-over-riperdal.html?_r=1
(13) Caldwell ex rel. State of Louisiana v. Janssen Pharmaceutical, 04-C-3967, 27th Judicial Court, St. Landry Parish, Louisiana (Opelousas)
(14) State of South Carolina v. Janssen Pharmaceuticals, 2007-CP-4201438, Circuit Court for Spartanburg County, South Carolina (Spartanburg)
(17) FDA: Fresenius Medical Care North America, NaturaLyte and GranuFlo Acid Concentrate fda.gov/MedicalDevices/Safety/ListofRecalls/ucm309990.htm

Other Causes

Gynecomastia is triggered by a decrease in the amount of the hormone testosterone compared with estrogen. The cause of this decrease can be conditions that block the effects of or reduce testosterone or a condition that increases your estrogen level. Several things can upset the hormone balance, including the following.

Natural hormone changes

The hormones testosterone and estrogen control the development and maintenance of sex characteristics in both men and women. Testosterone controls male traits, such as muscle mass and body hair. Estrogen controls female traits, including the growth of breasts.
Most people think of estrogen as an exclusively female hormone, but men also produce it — though normally in small quantities. However, male estrogen levels that are too high or are out of balance with testosterone levels can cause gynecomastia.

- **Gynecomastia in infants.** More than half of male infants are born with enlarged breasts due to the effects of their mother’s estrogen. Generally, the swollen breast tissue goes away within two to three weeks after birth.

- **Gynecomastia during puberty.** Gynecomastia caused by hormone changes during puberty is relatively common. In most cases, the swollen breast tissue will go away without treatment within six months to two years.

- **Gynecomastia in men.** The prevalence of gynecomastia peaks again between the ages of 50 and 80. At least 1 in 4 men in this age group are affected.

**Medications**

A number of medications can cause gynecomastia. These include:

- Anti-androgens used to treat prostate enlargement, prostate cancer and some other conditions. Examples include flutamide, finasteride (Proscar, Propecia) and spironolactone (Aldactone).

- Anabolic steroids and androgens.

- AIDS medications. Gynecomastia can develop in HIV-positive men who are receiving a treatment regimen called highly active antiretroviral therapy (HAART). Efavirenz (Sustiva) is more commonly associated with gynecomastia than are other HIV medications.

- Anti-anxiety medications, such as diazepam (Valium).

- Tricyclic antidepressants.

- Antibiotics.

- Ulcer medications, such as cimetidine (Tagamet).

- Cancer treatment (chemotherapy).

- Heart medications, such as digoxin (Lanoxin) and calcium channel blockers.
Street drugs and alcohol

Substances that can cause gynecomastia include:

- Alcohol
- Amphetamines
- Marijuana
- Heroin
- Methadone

Health conditions

Several health conditions can cause gynecomastia by affecting the normal balance of hormones. These include:
• **Hypogonadism.** Any of the conditions that interfere with normal testosterone production, such as Klinefelter syndrome or pituitary insufficiency, can be associated with gynecomastia.

• **Aging.** Hormone changes that occur with normal aging can cause gynecomastia, especially in men who are overweight.

• **Tumors.** Some tumors, such as those involving the testes, adrenal glands or pituitary gland, can produce hormones that alter the male-female hormone balance.

• **Hyperthyroidism.** In this condition, the thyroid gland produces too much of the hormone thyroxine.

• **Kidney failure.** About half the people being treated with regular hemodialysis experience gynecomastia due to hormonal changes.

• **Liver failure and cirrhosis.** Hormonal fluctuations related to liver problems as well as medications taken for cirrhosis are associated with gynecomastia.

• **Malnutrition and starvation.** When your body is deprived of adequate nutrition, testosterone levels drop, but estrogen levels remain constant, causing a hormonal imbalance. Gynecomastia can also occur once normal nutrition resumes.

**Herbal products**

Plant oils, such as tea tree or lavender, used in shampoos, soaps or lotions have been associated with gynecomastia. This is probably due to their weak estrogenic activity.
Man Boobs Respond Well to Dietary Change and Nutritional Support

1. Immediately stop consumption of all sources of soy in order to remove plant estrogens from the diet. Because soy is in the vast majority of processed foods, this means freshly prepared, whole foods at home must become the rule rather than the exception. Many times, this change alone will resolve the problem.

2. Drink 4 oz of Sarsaparilla tea or juice per day. Eat these foods:
   One of the best ways to block estrogen is by eating cruciferous vegetables. This type of food has a high level of phytochemicals and works to block estrogen production. Cruciferous vegetables can be cooked in a number of ways, and some of them, including broccoli and cauliflower, can taste good raw.

   Cruciferous vegetables include:
   - broccoli
   - cauliflower
   - cabbage
   - Brussels sprouts
   - bok choy
   - kale
   - collard greens
   - turnips
   - rutabagas

   Mushrooms
   Varieties of mushrooms such as shiitake, portobello, crimini, and baby button work to block estrogen in the body. They have been known to prevent the production of an enzyme called aromatase. Aromatase is responsible for converting the hormone androgen over to estrogen. Incorporating this food into your diet will help prevent new production of estrogen.
Raw mushrooms can be a great addition to salads. They can also be sautéed with onions and other foods for flavoring. Select mushrooms from grocers, because wild-picked mushrooms may be poisonous. Organic mushrooms are a good choice because they’re pesticide-free.

**Red Grapes**

Another estrogen-blocking food is red grapes. Their skins contain a chemical called resveratrol and their seeds contain a chemical called proanthocyanidin. Both of these chemicals work to block estrogen production.

Red grapes are easy to clean and eat, and they’re great to eat refrigerated or at room temperature. They can be eaten alone or added to fruit or green salads. As with any other fruit or vegetable, organic is a good way to go.

**Seeds**

Certain types of seeds—such as chia, flax, and sesame—contain something called polyphenols. Polyphenols are found in plants and work to reduce estrogen levels in the bloodstream. According to information from Oregon State University, flax seeds contain the greatest amount of polyphenols. Chia, flax, and sesame seeds are available at many grocery stores and health food shops. They can be added to all sorts of cooking and baking recipes and are especially easy to add to fruit smoothies.

**Unrefined Whole Grains**

Unrefined grains aren’t broken down like processed ones. They maintain all of their parts: endosperm, bran, and germ. Like seeds, whole grains contain anti-estrogen polyphenols.
Green Tea

Already known for its healthful properties, green tea is also a great source for phytochemicals. Harvard Health Publications cites green tea as reducing estrogen while it aids in other areas, including cancer prevention, cholesterol reduction, and hypertension reduction. There are many varieties of green tea available at large grocery stores and smaller health food stores. Green tea can be combined with flavorings such as mint, lemon, ginseng, and ginger for added taste and nutrients. It’s refreshing both hot and cold.

Pomegranates

When people think of fruit, the pomegranate may not be the first thing that comes to mind. It turns out, however, that this particular fruit is high in phytochemicals. Pomegranates are becoming more widely known for their estrogen-blocking properties as well as their antioxidant virtues.

Pomegranates can be cut up and eaten like other fruits, or they can be consumed in juice form. Many grocery stores carry pomegranate juice and juice blends.

3. Add iodine supplementation. Kim uses Iodoral or Nascent Iodine in her practice.
5. Castor oil packs over the liver and/or coffee enemas. These two therapies assist the liver in processing all that excess estrogen causing the hormonal imbalance relative to testosterone.
6. Increase dietary animal fats to at least one tablespoon per meal.
7. Eliminate all refined grains for 30-60 days. After that time incorporate properly prepared, soaked germinated grains.
9. Whole Vitamin C (not synthetic ascorbic acid) helps metabolize excess estrogen.
10. Some people are poor methylators (proper methylation in liver detoxification is critical for eliminating excess estrogen) and may benefit from methylated B vitamins Pangamic B15 acid in our sport formula with the addition of trimethylglycine (TMG). Fortunately, this last step is often not necessary.
Ways To Lower Estrogen Toxic Load

Helping your body eliminate estrogen safely can help you lose excess body fat and reduce cancer risk. Estrogen is a problem for men as well as women due to multiple factors, especially the huge amounts of chemical estrogens we are exposed to in our daily lives.

Did you know that there are chemical estrogens in plastic bottles, cosmetics, shampoo and personal care products, oil-based coatings, pesticides, and animal hormones?

That’s right, but the negative effects of estrogen on the body don’t just come from the environment. The ineffective way we metabolize estrogen is directly linked to prostate and breast cancer risk. It also produces poor body composition and inhibits fat loss.

Studies show that genetics and obesity contribute to about 30 percent of the cancers that affect the sex organs (breast, prostate, ovarian), but the cause of the remaining 70 percent is still unclear. It is likely due to chemical estrogen exposure and problems with metabolism due to diet and a sedentary lifestyle.

The solution is to live a lifestyle that both improves elimination of estrogen and minimizes exposure to chemical estrogens. This article will tell you why and how you can do this by changing your lifestyle in the following ten ways:

1) Improve Gastrointestinal Health

2) Improve Diet
3) Decrease Body Fat  
4) Use Phytoestrogens To Improve Estrogen Detoxification  
5) Stop Testosterone From Turning into Estrogen  
6) Improve Estrogen Metabolism  
7) Ensure Complete Elimination  
8) Supplement With Essential Nutrients  
9) Watch What You Drink  
10) Limit Chemical Estrogen Exposure

**Estrogen: The Basics**

Estrogen is a hormone that is produced primarily in the ovaries in women and in the testes in men. For men, it plays an important role in sperm production and bone maintenance. Estrogen is also produced by other tissues in both men and women, including fat and the brain.

The amount of estrogen needed by men to support these functions is very small, and men tend to have excess estrogen in their systems for two reasons. First, an enzyme called aromatase that is found in tissues throughout the body will turn testosterone into estrogen. Aromatase is found in body fat, so men with a higher body fat percentage will produce more aromatase and therefore have higher estrogen levels and lower testosterone.

It’s possible to reduce aromatase by eating or supplementing with nutrients that do this naturally. There are also drugs that inhibit aromatase that are used to prevent breast and prostate cancer, but it’s best to take the natural route without consuming synthetic drugs.

Second, men have excess estrogen because of the chemical estrogens in the environment, such as BPA and phthalates. BPA is a petroleum based chemical that mimics estrogen in the body. For example, one study found that BPA exposure led to lower testosterone and poor sexual function in men because it inhibited the production of androstenedione—the hormone from which testosterone is produced.

Phthalates are another chemical estrogen that are used in plastics and many personal care products such as shampoo and lotion. They contribute to excess estrogen levels and need to be eliminated from the body as safely and quickly as possible in order to minimize the damage they have on tissues.

**How Estrogen Is Metabolized By The Liver**

Estrogen is metabolized by the liver. The liver converts excess estrogens into compounds that can be excreted by the body. The catch is there are three pathways through which estrogen can be metabolized. One is a “toxic” pathway that is linked to cancer development, the second is unfavorable for health, and the third is more benign and preferable.

If your body can convert estrogens along what is called the 2-hydroxy pathway it will be healthier and you’ll decrease your cancer risk, whereas if your body converts along the 16-alpha-hydroxy pathway it will be at greater risk of cancer.

Don’t worry about the chemical names of the pathways, just remember that the C-2 pathway is healthier and the C-16 pathway and the C-4 pathway are unfavorable. The solution is to nutritionally support conversion of estrogen along the C-2 pathway, which can be initiated by ensuring you have a healthy gut.
1) **Improve Gastrointestinal Health**
Poor gastrointestinal health can inhibit excretion of unwanted estrogen from the body and promote its reabsorption. A healthy gut with dietary fiber in the form lignan, such as flaxseeds, can bind to estrogen in the digestive tract so that it will be excreted from the body. Dietary fiber also reduces the amount of an enzyme (called B-glucuronylase) that uncouples or breaks apart bound estrogen that is on its way out of the body. When the estrogen breaks free in the large intestine, it re-enters circulation and is not removed from the body. This is a bad situation.

The solution is to eat adequate fiber and include lignans in the diet, including flax, leafy greens, and bran (oat, rye, barley). Eating plenty of probiotic foods or taking a probiotic is essential because it will increase the “good bacteria” in the gut and support neurotransmitter function.

2) **Improve Diet With Low Carb, High-Protein, Omega-3 Fats**
To avoid excess estrogen, you need to manage insulin because doing so is better for body composition, and persistently high insulin produces a poor endocrine profile that can inhibit estrogen metabolism.

Getting your carbs from vegetable and fruit sources will provide the lignans and fiber needed for gut health and increase antioxidant levels, which can abolish free radicals that produced by estrogen that goes down the C-16 pathway.

Omega-3 fats, which are found in fish, have been shown to promote the C-2 pathway over the 16 pathway, particularly EPA omega-3 fatty acids. On the flip side, diets low in omega-3s have resulted in estrogen being metabolized primarily through the C-16 pathway.

A high-protein diet will produce a better body composition for most people. Plus, low protein diets have been shown to decrease activity of something called cytochrome P450 that metabolizes estrogen. The amino acids lysine and threonine have been shown to support liver function and since estrogen is metabolized by the liver, it is thought that these proteins can help get rid of estrogen from the body.

Lysine and threonine are found in meat, fish, beans, eggs, and some seeds (sesame, fenugreek). Sesame seeds also provide fiber and fenugreek helps lower the insulin response to carbs, making both good additions to your diet.

3) **Decrease Body Fat**
The more fat you have, the more estrogen you’ll have because fat tissue increases levels of the aromatase enzyme that turns testosterone to estrogen. Decreasing body fat and building lean mass are key to cancer prevention and estrogen elimination.

Another way to protect the tissues from circulating estrogen is to keep it bound to sex hormone binding globulin (SHBG). When it is bound to SHBG, estrogen is not available to bind with cellular receptors and won’t have its estrogenic impact. Flaxseed hulls are especially good at increasing SHBG (as well as inhibiting aromatase).

4) **Use Phytoestrogens To Promote the C-2 Pathway**
Include foods with phytoestrogens in your diet because they will take natural and chemical estrogens out of play in the body. Phytoestrogens are plant-based compounds that can bind to estrogen receptors, but they have about 1/1000th of the effect on the body as real or chemical estrogen. When phytoestrogens bind to estrogen receptors they basically take up the parking spot of the true estrogen, and keep it from exerting its effect.

Lignans and isoflavones are the main phytoestrogens, and in addition to binding with estrogen receptors, they can increase SHBG levels (protects the body by binding to estrogen), decrease aromatase (prevents
testosterone turning into estrogen), and shift metabolism of estrogen away from the C-16 pathway to the C-2 pathway (the safer pathway).

The best phytoestrogens to include in the diet are flax, sesame, leafy greens, kudzu, alfalfa, clover, licorice root, and legumes.

5) **Block Aromatase and Stop Testosterone From Turning into Estrogen**

Blocking aromatase is key for getting rid of estrogen because it plays the main role in producing estrogen in men. If aromatase is present, there are two chances for estrogen to be produced in the body.

First, the hormone androstenedione will be turned into testosterone unless aromatase is present in which case it will be turned into estrogen. Then, aromatase will turn testosterone into estrogen as well.

Nutrients that have a proven effect on aromatase include selenium, melatonin, zinc, green tea, and citrus flavonones—substances found in orange and grapefruit rinds along with tomato skins.

6) **Improve Estrogen Metabolism By Promoting the C-2 Pathway**

Promoting the C-2 pathway of estrogen metabolism is probably the most important thing you can do to prevent cancer. The first step of estrogen elimination is for enzymes to initiate metabolism by joining the estrogen molecule. This will happen at either the 2-carbon position or the 16-carbon position of the molecule, which determines the pathway the estrogen will head down.

The C-2 pathway produces very weak estrogenic activity and is termed “good” estrogen. In contrast, the C-16 pathway produces robust estrogenic activity and promotes tissue damage that leads to cancer.

Key nutrients for supporting the C-2 pathway are EPA fish oils, phytoestrogens, and vitamin B complex, including folic acid. B5 and B6 are known to decrease gene activity once estrogen is bound to a receptor, meaning this vitamin can inhibit cell damage and cancer development.

DIM is a compound found in cruciferous vegetables such as broccoli and cauliflower. It is often taken in supplement form because you would need to eat large quantities of these vegetables daily in order to provide sufficient DIM to have an effect on estrogen elimination.

7) **Ensure Complete Elimination of Estrogen**

Once you shift your estrogen elimination to the C-2 pathway you have to make sure it gets excreted from the body. Two things can happen along the way out that cause big problems. First, estrogen that is heading down the C-2 pathway can be easily turned into something called quinones, which are “highly reactive” and can damage DNA and cause cancer.

In order to avoid the production of quinones you must have adequate amounts of two nutrients—magnesium and SAMe. This process of metabolizing estrogen to avoid quinones is called methylation and is the first place that things can go wrong on the estrogen elimination pathway.

As estrogen is heading out of the intestine, it needs to be bound to glucuronic acid, but there is a “bad” intestinal bacteria that contains an enzyme that breaks estrogen apart from the glucuronic acid. This is the second place estrogen detoxification can go wrong.

When the “bad” bacteria, called glucuronidase, un couples the bond between estrogen and glucuronic acid, estrogen re-enters circulation, effectively raising estrogen levels in the body and damaging tissue. To avoid this, you need a healthy gut, which you can get by supporting the probiotic bacteria in your gut and eating lots of fiber and lignans.
8) **Supplement With Essential Nutrients**
To review, the essential nutrients to help metabolize estrogen are the B vitamins, zinc, omega-3 fish oils, DIM (nutrient found in cruciferous vegetables), green tea, magnesium, selenium, and melatonin.

Vitamin E is another potent antioxidant that aids estrogen elimination. Low vitamin E is associated with elevated estrogen and it has been shown to inhibit the growth of breast and prostate cancer cells.

9) **Watch What You Drink**
Alcohol increases estrogen levels in men and women, and it has been shown to decrease testosterone as well. For optimal estrogen metabolism, it's recommended that you eliminate all alcohol besides certain red wine.

Sardinian and Spanish wines are rich in antioxidants that help remove estrogens. Other good choices are Pinot and Merlot.

10) **Limit Chemical Estrogen Exposure**
Avoiding chemical estrogens is one of the most important strategies for preventing cancer and protecting yourself. If you were able to have no contact with chemical estrogens, and you had good nutrition, a lean body composition, and a large proportion of muscle mass, it is very unlikely you’d have excess estrogen or be at risk of cancer.

Unfortunately, chemical estrogens are everywhere. It is only recently that the mainstream medical community has started to seriously consider the connection between cancer and the environment the industry has created with the lax regulation of estrogenic chemicals.

There is even a movement in public health advocacy that government regulatory bodies and chemical companies need to take action to reduce environmental toxins. Although there is an awareness that the responsibility of reducing cancer risk shouldn’t be on the individual because we cannot completely avoid contact with chemical estrogens, the reality is that you have to take responsibility for eliminating estrogen from your body and the bodies of your loved ones.

**Here is a list of ten simple things you can do today** to reduce your chemical estrogen exposure.

**References:**


Fibroids Diet Plan

Introduction

Uterine fibroids are benign tumors that grow outside, inside or within the wall of the uterus (womb). Composed of muscle and fibrous tissue these growths are sometimes known as fibromyomas, leiomyomas or uterine myomas. Scientists are still not certain why fibroids occur but there is some evidence to suggest that the over production of the hormone estrogen plays a role. As a result, most natural treatments for fibroids, including diet therapy, focuses on reducing estrogen to combat fibroid growth. Also any condition which is linked to hormones should also include a treatment to boost the liver so that it can rid the body of excess toxins efficiently.

As the use of medications are restricted for pregnant women, natural therapies are an alternative option. See: Fibroids during pregnancy.

What Are Fibroid Shrinking Foods?

These are foods which are part of an anti-estrogen eating plan. The idea is to include exclude foods from your diet which are likely to encourage estrogen production and in doing so, hopefully reduce the size of fibroids, prevent further growths and reduce symptoms of fibroids. Always aim for organic produce where possible to avoid chemicals and toxins, in particular environmental estrogens (xenoestrogens) which are sprayed on food plants. The following are a list of products which are recommended for women with fibroids:

• Vegetables and fruits like broccoli, cabbage, bok choy, kale, turnip, watercress, radish and rocket (arugula). These are cruciferous vegetables which can help the liver detox and rid of the body of excess estrogens. Avoid overcooking vegetables.

• Foods which can detoxify the blood are garlic, carrots, beets and artichokes. Drink plenty of water to help with detoxification. This also helps if you suffer from breast fibroids. For more, read what are breast fibroids?

• Eat foods containing natural carotenones such as apricots, sweet potato, cantaloupe, carrots, pumpkin and spinach.

• Include foods rich in vitamin E in your diet including almonds, wheat germ, hazelnuts and cod liver oil.

• Green tea, which contains the useful antioxidant polyphenol, can counteract the effects of estrogen.
- Season your food with fresh rosemary and snack on pineapple. Both are a natural anti-inflammatory.

**Fibroids And Weight Gain**: Discover the link between estrogen, body mass index and fibroids.

### Foods To Avoid

- Any food which naturally increases estrogen levels, or which recycles estrogen into a more aggressive form. These foods include alcohol and animal fats such as red meat. Any excess fat on white meat like turkey and chicken should be trimmed before cooking. Also avoid cheese, cream, butter, ice cream and chocolate.

- Replace full fat milk with low fat milk.

- Avoid artificial sweeteners.

- Avoid Soya and Soya products as a few studies indicate that it may have estrogen boosting effects.

- Avoid ready-made entrees which are packaged in plastic containers. Plastic can leech into the food which has an effect on estrogen levels.

- Never leave a plastic food wrap on food while heating in a microwave.

### Natural Alternative Remedies

- Find a good multivitamin and mineral to take daily. Choose one which offers at least 100 percent of the Daily Value (DV-indicated on the label) for vitamins: B1 (thiamin), B2 (riboflavin), B3 (niacin), B12, B6. It should also have 100 percent of the daily value of vitamin C, D, E and folic acid. The multivitamin should contain no more than 15,000 IUs of beta-carotene (vitamin A). It should also contain at least 18 mg of iron and at least 100 mg of magnesium.

- Omega 3, available in fish oils capsules. 5 grams a day may have benefits in regularizing hormone production. Alternatively include oily fish in your diet such as sardines, mackerel, herring and tuna.

- Soya isoflavones, can help regulate hormone levels. Take 50-100mg a day.

- A wild yam natural herb supplement may help reduce excessive bleeding. Also available in a cream it may alleviate menstrual cramps and irritability, as well as lower back and leg pain related to the menstrual cycle.

- Calcium fluoride cell-salts and silica supplements can help break down fibroids. Take 4 of each once a day as a naturopathic remedy.

- Women usually stop ovulating around 35 to 40 years of age
(perimenopause), which means the body no longer continues producing progesterone, but does continue to make estrogen. Talk to your physician about using a natural bio-identical progesterone cream which may help reduce or even reverse fibroids. It also helps to relieve symptoms of premenstrual syndrome (PMS), peri-menopause and menopause.

**Interesting Research**

A clinical test carried out in 2007 on 734 women investigated the likelihood of hysterectomy for women with symptomatic uterine fibroids, uterine bleeding or chronic pelvic pain. Nearly 50 percent of the women had suffered symptoms for more than 5 years and some had already undergone fibroids treatment (surgery to remove fibroids), while others had their uterine lining removed or had hormone treatment. The result: 13.5 percent still underwent hysterectomies within 4 years of treatment. Women with symptomatic painful fibroids were nearly twice as likely to have a hysterectomy as other women.

**Say Goodbye to Your Man Boobs Safely and Quickly**

Ten years ago, I already knew that guys shouldn’t have boobs. Guy have chests, girls have boobs. So you can’t imagine my shock when I found out I had boobs. Man boobs. This is how I met that common, albeit embarrassing medical condition called male gynecomastia, the growth of breast tissue in men. While my doctor assured me this was not going to kill me, he did inform me that this may be the result of an abnormality associated with diseases like Klinefelter syndrome, a decrease in the production of testosterone in older men, a medication side effect, or metabolic disorders.

Male Gynecomastia is mostly treated as a superficial condition that does not have any real bearing on a person’s health. Granted, enlarged male breasts hardly qualifies as a life threatening disease, but it still has a number of physical as well as psychological effects that have be addressed. As with most other conditions, there are a number of choices in terms of gynecomastia treatment depending on the severity of the problem as well as the preference of the person.
Gynecomastia treatment without surgery is mostly preferred by men who suffer from this condition since it does not involve any cutting and all the risks that come with such invasive procedure. Below are some of the best treatments available for gynecomastia, all of which are non-invasive and by far a lot safer than any surgical procedure.

Available Treatments for Gynecomastia

1. Getting Rid of Gynecomastia Through Proper Exercises
   Just as there are specific exercises for building muscles in the chest and arms, there are also workouts that are specifically designed to facilitate losing man boobs. If you are looking into the prospect of joining a gym, you might as well consult with a professional trainer and ask for specific exercises that will help get rid of your enlarged breasts.
   Mild cases are treated with gynecomastia exercises mainly to tighten the muscles in the chest such as:

   - Interval training: alternating a series of short but intense exercises with those that are less intense and take longer to perform sheds off fat in the upper chest.
   - Push-ups: these work to not only tighten the chest’s upper muscles but also help reduce their size.
   - Incline press with dumbbells: the chest fat can become “lifted” and less saggy when doing an incline press using dumbbells to make it appear elevated.
   - Seated row: this helps eliminate man boobs by working the pectoral muscles into firmness.

2. Dietary Plans
   Since breasts are made mostly of lipids, it will definitely do you a lot of good to cut back on fat consumption. If you are already on the hefty side (which is one of the causes of developing man breasts), it is prudent to go on a low fat diet in order to allow the body to burn off excess calories. If you are using creams or pills for male chest reduction, a low fat diet can help speed up the process of converting excess fats to usable energy.
3. Pluses and Minuses of Gynecomastia Surgery

Unless there is a medical rationale for it (i.e. if there are calcification and/or cancerous lumps in your breasts), breast reduction surgery is not a very sensible option for getting rid of man boobs. For starters, it is risky and the cost is too high for most people. In most cases, men are better off exploring natural breast reduction solutions before entertaining the prospect of having invasive procedures.

To those of you who are couch potatoes or want to get rid of your man boobs ASAP well you may need to resort to surgery. Some gynecomastia cases require surgical intervention. I know, I know, it sounds horrifying, especially if the last time you were under the knife was when you were six and had your tonsils out.

But, and this is a word worth considering, if your gynecomastia has been under treatment for more than a year and there is no apparent sign of improvement, your gynecomastia might be the chronic type and will require removal of your glandular breast tissue.

Learn more about gynecomastia surgery here. Given that there are safer and cheaper options on how to lose male breasts, men owe it to themselves to remain prudent and cautious. Keep in mind that your goal is to not only remove unsightly breasts, but also remain healthy and productive for as long as possible.
4. Topical Treatment – Gynecomastia Creams

Men who want to get rid of their enlarged breasts usually turn to topical solutions first before trying anything else. This seems like the logical choice since creams/gels/serums are easy to get hold of and are fairly inexpensive (although there are others that can really put a dent on your credit card).

Needless to say, I would prefer non-invasive treatments such as gynecomastia creams and pills any day over surgery. These are also less costly than surgical treatments, not to mention the fact that it’s virtually painless.

Creams can be easily and conveniently applied without the use of any tools or even assistance; they are portable to take anywhere and accessible from any drugstore or online store to use anytime.

The downside is that the result is not instantaneous and may take some time to be visible, if at all. This is because the skin does not absorb the cream’s ingredients sometimes.

I’ve discovered one of the most proven effective gynecomastia creams available on the market: Gynexol, a cream specifically formulated to fight gynecomastia’s effects by shrinking the fat cells around the affected breast tissue. There have been no side effects reported with the usage of Gynexol.

Gynexol, with natural ingredients such as aloe vera juice, retinol a.k.a. vitamin A, and extract of ginkgo biloba, among others, is formulated in a US Food and Drug Administration (USFDA)-approved facility. Read the user reviews to find out why this gynecomastia cream is recommended by health expert Stewart Perry.

**Pros**

**Easy to Use and Apply** – Topical creams and gels are just about the easiest things to use so you there is no need for any assistance or added equipment to apply the solution. You can
also take the treatment anywhere and use it anytime. **Available Online and Pharmacies** - You can choose to purchase topical gynecomastia solutions from any drug store in your locale or, if this is embarrassing for you, there are always online stores that sell such products.

**Cons**

**Effects are Not Always Impressive** – Many topical products guarantee results in as little as a few weeks, but very few live up to customer expectations. Among the many drawbacks of using topical creams for treating male gynecomastia is that the ingredients may not be thoroughly absorbed by the skin, thereby negating the expected effect. While some products actually have the right ingredients, skin absorption is not the ideal mode of delivery so one cannot be as optimistic in terms of the net result.

Check my [Gynexol cream review here](#).

**5. Male Breast Reduction Pills**

Just as there are products intended to increase breast size (in women), there are also those that cater to males with the need to reduce theirs. Gynecomastia medication is a highly popular treatment option today, as it provides significantly better results compared to other non-invasive methods. Since the active ingredients are consumed and processed by the body, there is a better chance of getting the most out of the components. In most cases, breast reduction pills for men are made of components that either boost testosterone levels or reduce estrogen levels in the body (other products do both), which would eliminate the side effect which is breast enlargement.

For those of you who want to lose man boobs by ingesting the cure rather than spreading it on your chest, take pills specifically formulated for gynecomastia such as **Gynexin**. I’ve tried it myself and it works. Like its cream counterpart **Gynexol**, **Gynexin** has a 99% average success rate in treating gynecomastia.

Formulated using ingredients like green tea extract, caffeine, theobromine cacao, guggulsterones, and scaleorides, among others, **Gynexin** helps reduce both the size as well as the number of fat cells present in the breast tissue, according to my doctor. With a dosage of two **Gynexin** pills a day, I’ve experienced tightening of the torso in three weeks.
The number of testimonials citing the effectiveness of *Gynexin* has been growing. Check out the [official website of Gynexin](#) to confirm what satisfied users have been raving about: the loss of man boobs in less than six months at a fraction of the cost of gynecomastic surgery.

Absorption of a pill’s ingredients is what makes a gynecomastic pill the better choice when it comes to results. This fast absorption rate enables the ingredients in the pill to distribute its curative value more quickly to the targeted area, he explained. This quick assimilation into the body apparently also helps maximize *Gynexin*’s potency to work on the upper chest immediately so there is less treatment time.

Pills for gynecomastia are portable like their cream versions but more cost efficient. Not all gynecomastia pills are created equal, though, that’s why you have to be sure that you’re consuming the one without the additives or preservatives. Buy a pill like *Gynexin* that has been formulated with quality ingredients in the right proportions.

Like any other medication, however, there is a downside to *gynecomastia pills*. Because different manufacturers formulate gynecomastia pills with various ingredients of their own choosing in different amounts, the results will obviously be varied as well; this means that while some of these pills will be able to provide results within a short period of time, others will take several months for you to notice changes.
And while pills to treat gynecomastia aren’t necessarily cheap (their prices usually start at around $50 for a 30-day supply) if you compare prices like that with the cost of surgery, these pills are don’t come anywhere expensive at all. To help you make an informed choice, read on about how breast reduction pills may or may not be ideal for you.

**Male breast reduction pills are ideal for individuals who:**
- Want an option other than a surgical procedure to get rid of their man boobs.
- Determined to control their daily calorie intake and commit to a physical fitness regimen (especially exercises to rid the upper chest of unwanted fat) to speed up metabolism to burn calories and fat.
- Have no available free time to undergo a customized breast reduction treatment such as surgery.
- Are unable to acquire insurance coverage for a surgical procedure; some insurance companies will refuse you coverage primarily on the basis that breast reduction is a cosmetic procedure.

**Not ideal for individuals who:**
- Want breast reduction that is contoured or sculpted like the kind done on celebrities.
- Require immediate results because of an event or occasion like a wedding or an awarding ceremony; a compression vest would be the ideal choice for a need such as this.

**Pros**

**Easy and Safe to Use** – Gynecomastia pills are just as easy to use as topical creams, perhaps even more so. In addition, these pills are safe to consume even on a regular basis (caveat: not all pills have the same formulation so be sure to find a product that is all natural and devoid of any preservatives or additives), so it does not pose any threat to your health. As long as you follow the required dosage and not deviate from the recommended daily intake, you can expect more or less desirable results.

**Significantly Less Expensive than Creams** – Based on the prevailing prices of breast reduction creams and other similar topical treatments today, consumers will be better off saving money by opting for pills instead. Most products are packaged into 30 or 60 pills for each bottle, which lasts for about a month or two (depending on the formulation) of continuous usage. Since you are already spending good money, you might as well go for something that is not only cost efficient but effective as well.
**Cons**

**Products Vary in Efficacy** – The sad truth is that since different manufacturers use different ingredients to formulate gynecomastia pills, the results also vary. The crux of the problem when it comes to choosing breast reduction pills is that some products are simply not as effective as others so consumers often find themselves lost in a sea of endless choices. Some of the best male breast reduction medication provide results in a mere few weeks, while mediocre second rate products take months before you can see anything changes.

**Natural Pills Versus Prescriptions Medication**

Just as there are medical-grade weight loss pills, there are also prescription gynecomastia drugs. Most people would think that they are better off with prescription drugs, but this is not always the case. In fact, there are natural pills that are formulated to a level that can rival expensive prescriptive narcotics. Gynexin, for instance, is a natural gynecomastia treatment that targets fat cells and reduces the lipids to inconsequential levels. Herbal-based breast reduction pills have little or no adverse side effects simply because the body is more responsive to natural components than to synthetic ones.

**Why Choose Herbal Based Pills for Breast Reduction?**

There is much debate as to the merits of herbal-based supplements and why consumers choose to use it instead of medical-grade pharmacologicals. Apart from safety, which includes the elimination of as many side effects as possible, herbal supplements work better as the human body is more receptive to natural components than synthetic ones. The product Gynexin is an example of prime-grade breast reduction pills that are made of 100% all natural ingredients (including but not limited to cacao, green tea extract, and
concentrated caffeine), that make for an excellent formula that targets excess fat on the breasts.
One of the biggest reasons why the breast reduction pill treatment may not work for some is that a majority of males ends up buying the wrong product.