# How Low Omega-3 Levels Can Disrupt Estrogen and Hormonal Health

By Robert Ferguson

#### Introduction

Hormonal health is at the core of energy, mood, metabolism, and reproductive function especially for women. One hormone that plays a central role in all of these areas is estrogen. While estrogen often gets the spotlight, its effectiveness is heavily influenced by the nutrients we consume, particularly omega-3 fatty acids.

## So, what exactly are omega-3 fatty acids?

Omega-3 fatty acids are essential fats—meaning our bodies cannot produce them, and we must get them from food or supplements. The three main types are ALA (alpha-linolenic acid), found in flaxseeds and walnuts; EPA (eicosapentaenoic acid), and DHA (docosahexaenoic acid), which are found in fatty fish like salmon, mackerel, and sardines. EPA and DHA are the most beneficial for reducing inflammation and supporting hormone function, brain health, and cardiovascular protection.

When omega-3 levels are too low, estrogen can't do its job properly. This article explores how omega-3 deficiency can disrupt estrogen balance and function—and how polyphenols may also play a vital role in supporting hormonal health by reducing inflammation, aiding in estrogen metabolism, and supporting a healthy gut microbiome.

## What Inspired This Article

One of my former clients, Julie, who had been taking BalanceOil+, recently called to let me know she would no longer be using it. She explained that her new hormone specialist advised her to avoid salmon and omega-3 supplements, claiming they act like seed oils and that she should stick to whitefish instead.

I was stunned—not just by the inaccuracy of the advice, but by how quickly Julie accepted it without question. I expressed my concerns to her directly, explaining that this so-called specialist is either severely misinformed or simply trying to sell her own line of supplements. I went so far as to call it out for what it is—misleading and potentially harmful.

That conversation was a wake-up call—not just for Julie, but for me as a health professional who sees how easily misinformation can take root. This article is for Julie and for anyone who may be falling victim to unqualified or misleading health advice. I hope it reaches the people who need it most, and yes, perhaps even the hormone specialist who gave her that advice. If there's openness to read and learn, there's still hope. Above all, I urge you to think critically and use discernment—especially when it comes to decisions about your health.

## **Omega-3s and Estrogen: A Powerful Synergy**

Omega-3 fatty acids, particularly EPA and DHA, are essential for optimal hormone function. Estrogen relies on healthy, fluid cell membranes to bind effectively to its receptors, and omega-3s enhance that membrane fluidity. In other words, omega-3s help the body "hear" what estrogen is trying to communicate.

Women, especially premenopausal women, tend to convert plant-based omega-3s (ALA) into EPA and DHA more efficiently than men, thanks to estrogen. However, when dietary omega-3 intake is low, even this natural advantage isn't enough to meet the body's needs—leading to hormonal disruptions.

## The Impact of Low Omega-3 Levels on Estrogen and Hormonal Health

As you read the following section, keep in mind that a so-called hormone specialist recently advised my former client, Julie, to stop taking BalanceOil+ and to avoid foods like salmon—one of the richest sources of omega-3s. This advice will only lower her omega-3 levels and undermine her hormone health. And now, take note of the title of this section: it's about what happens when omega-3 levels are too low. Lord help Julie realize that she's on the verge of doing potentially irreversible damage to the very thing she's trying to fix—her hormones.

## 1. Reduced Estrogen Receptor Sensitivity

Omega-3s improve cell membrane health, which enhances hormone receptor sensitivity. Without adequate omega-3s, estrogen receptors may become less responsive, reducing estrogen's effectiveness even when hormone levels appear normal.

## 2. Increased Inflammation

Estrogen has anti-inflammatory properties, and omega-3s work alongside it to reduce inflammatory cytokines. A deficiency in omega-3s allows pro-inflammatory compounds like arachidonic acid (an omega-6 fatty acid) to dominate, increasing the risk for conditions such as endometriosis, fibroids, PCOS, and autoimmune disorders.

## 3. Mood and Brain Function

Estrogen helps regulate neurotransmitters like serotonin and dopamine. DHA, a primary structural fat in the brain, supports these same mood-regulating pathways. Low omega-3 levels amplify the risk of depression, mood swings, brain fog, and anxiety—especially during PMS, perimenopause, or menopause.

#### 4. Reproductive Health and Fertility

Adequate omega-3 levels support regular ovulation, balanced cycles, and healthier pregnancies. Low omega-3s are associated with irregular periods, painful menstruation, and reduced fertility.

## 5. Menopause and Aging

As estrogen declines with age, omega-3s become even more critical. Low omega-3 levels intensify hot flashes, night sweats, sleep disruptions, and cognitive decline. They also increase the risk of cardiovascular issues and bone density loss post-menopause.

## Where Polyphenols Come In

Polyphenols are plant-based compounds found in olives, berries, tea, and other antioxidant-rich foods. These powerful molecules protect omega-3s from oxidation and enhance their stability and absorption.

It's worth noting that **BalanceOil+** is a unique blend of both omega-3s and polyphenols providing the synergy needed for optimal absorption and protection against oxidative stress. Yes, the same supplement that Julie was advised to stop taking by her hormone specialist. You can't make this stuff up.

But their benefits go beyond that:

- Estrogen Metabolism Support: Certain polyphenols, like those in olive oil and flaxseed, help the liver metabolize and detoxify estrogen safely, reducing the risk of estrogen dominance.
- Anti-Inflammatory Synergy: Polyphenols work with omega-3s to reduce oxidative stress and inflammation, two of the biggest enemies of hormonal balance.
- **Gut Health and Hormone Recycling:** Polyphenols also support a healthy gut microbiome, which is crucial for recycling and eliminating excess hormones like estrogen.

## Not All Omega-3 Supplements Are Created Equal

It's important to note that not all omega-3 supplements are effective. Many products on the market are poorly absorbed, oxidized, or contain insufficient amounts of EPA and DHA to make a real difference.

What sets **BalanceOil+** apart is its scientific validation. Using a **dried blood spot (DBS) test**, users can track improvements in their omega-6 to omega-3 ratio and their Omega-3 Index. These tests have consistently shown that BalanceOil+ delivers measurable results, making it one of the few supplements proven to work.

#### Conclusion

When omega-3 levels are low, estrogen can't function properly. This hormonal disconnect can lead to mood issues, menstrual irregularities, increased inflammation, and an intensified menopausal transition. Supporting the body with sufficient omega-3s—and protecting them with polyphenols—can restore hormonal harmony and improve quality of life.

For women of all ages, especially those navigating PMS, fertility challenges, or menopause, this powerful nutritional duo may be the missing link. If you're looking to optimize hormone health, consider a test-based approach to measure your omega-3 levels and incorporate a supplement like **BalanceOil+**, which combines high-quality omega-3s with polyphenols for maximum impact.

# Want to Learn More?

If you'd like to learn more about BalanceOil+ or the dried blood spot test, you can <u>schedule a</u> <u>free consultation</u> with me or reach out directly at <u>robert@dietfreelife.com</u>. Alternatively, contact the person who shared this article with you—they may be able to help guide you further.

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