



# 3 DAY ESTROGEN FLUSH

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# INTRODUCTION

Estrogen is the main female hormone in the human body... and you guessed it...

Causes feminizing effects inside the male body, like “man breasts,” and excess belly fat... while also down regulating testosterone production.

Basically, **high estrogen is often connected to low testosterone levels.**

Most men think it’s nothing to worry about... however, that is a horrible mistake.

Because with the modern day diet, sedentary lifestyle, and toxic chemicals, men are exposed to daily, now more than ever guys are running the risk of high estrogen imbalance... which is killing our testosterone levels...

Which is why I’ve put together the ***3 Day Estrogen Flush.***

Inside you’ll discover 3 natural compounds that can help shrink this female hormone so you can begin increasing your male hormones again.

Let’s get into it!

*Train HARD and with NO REGRETS!*

Joe

# FIRST, THE RESOURCES

## Manly Morning Cocktail

### 3 ingredients you'll need are:

POM Wonderful (pomegranate juice)

1/2 fresh squeezed lemon

1/4 fresh squeezed grapefruit

Instructions: Mix together and enjoy! (*it's very tangy, FYI*)

## Indole-3-Carbinol (IC3)

**You can take IC3 as either a supplement...**

*OR eat a TON of the following vegetables...*

- Kale
- Spinach
- Broccoli
- Cauliflower
- Brussel Sprouts

IC3 is a natural substance. To be honest, an IC3 supplement gives you a stronger dose than stuffing your face with cruciferous veggies.

Here's why IC3 is helpful to lower estrogen levels...

For one, it helps the liver to metabolize estrogen molecules away from the body.

For two, it converts estrogen molecules into a less potent form.

In fact, one study published in the *U.S. National Library of Medicine* shows supplementation with IC3 halved estrogen levels in healthy human subjects.

## **Betaine**

**You can take a Betaine supplement...**

*OR eat a TON of beets.*

Betaine is a methyl that helps further detoxify estrogen out of your body.

It's extra powerful when you combine it with an IC3 supplement or a diet high in cruciferous vegetables.

## **Calcium-D-Glucarate**

**You can take a calcium-D-glucarate supplement...**

*OR eat a TON of dark berries.*

Calcium-D-Glucarate helps get the estrogen you are detoxifying out of the body fast. This way it doesn't get reabsorbed in your body through the intestines.

You see, Calcium-D-Glucarate binds into the already exiting estrogen molecules... making it easier for the molecules to exit the body.

## **Recap**

So here's how to map out these 3 supplements...

**IC3** (metabolizes estrogen/makes it less potent) --> **Betaine** (aids in the detoxification process of estrogen molecules) --> **Calcium-D-Glucarate** (helps your body completely remove estrogen out of your body via your intestines)

## **Fridge Full of Cruciferous Vegetables & Dark Berries**

**Veggies**: Broccoli - cabbage - cauliflower - kale - brussels sprouts - arugula - turnips - radishes - Bok choy - collard greens - mustard greens - watercress - rutabaga

**Berries**: Blueberry - blackberry - raisins - prunes - elderberry - bilberry - huckleberry - blackcurrant - acai

*Are you ready to get into the full day plan?*

*Here we go...*



## **Follow the below routine for the next 3 days**

### **Breakfast:**

1/2 grapefruit  
8 oz. water with 1/2 fresh squeezed lemon  
8 oz. POM wonderful

### **Breakfast Man Salad:**

3 cups organic spinach  
Chopped white-button mushrooms, onions, and celery  
2 tbsp. olive oil  
3 whole cage free eggs boiled and added to salad

### **Supplement Stack** *(consume in following order):*

- 1) IC3
- 2) Betaine
- 3) Calcium-D-Glucarate

### **Lunch:**

1/2 grapefruit  
8 oz. water with 1/2 fresh squeezed lemon and beet root powder

### **Man Salad #2:**

3 cups kale or cabbage  
2 cups mixed cauliflower and broccoli  
2 tbsp. olive oil  
3 whole cage free eggs  
1 fresh garlic clove  
1 cup mixed dark berries

### **Dinner:**

8 oz. POM Wonderful  
1 salmon fillet w/ fresh squeezed lemon and lime  
20 asparagus spears

3 cups kale or cabbage  
2 cups mixed cauliflower and broccoli  
2 tbsp. olive oil  
1 fresh garlic clove  
1 cup mixed dark berries

**Snacks** *(optional):*

Cauliflower and Broccoli with homemade blue cheese dip  
1 cup of dark berries  
whole, cage free eggs  
Handful of macadamia nuts  
3 Brazil Nuts

Follow this plan for 3 days before beginning the 4 Day Testosterone Recharge if you believe you have a hormonal imbalance...

You can also use this meal plan after the 3 days to continue flushing estrogens out of your body if needed. However, feel free to add in 1-2 substitute meals so you're not stuck eating salads the majority of your day.

If you are intermittent fasting - you can continue to do so. However, please only take supplements when you have eaten a meal.

If you have any questions about this 3-day protocol, please email me at:  
[joe@liveanabolic.com](mailto:joe@liveanabolic.com)

Train HARD and with NO REGRETS!

Sincerely,  
Joe LoGalbo