

## Estrogen Busting Raw Carrot Salad

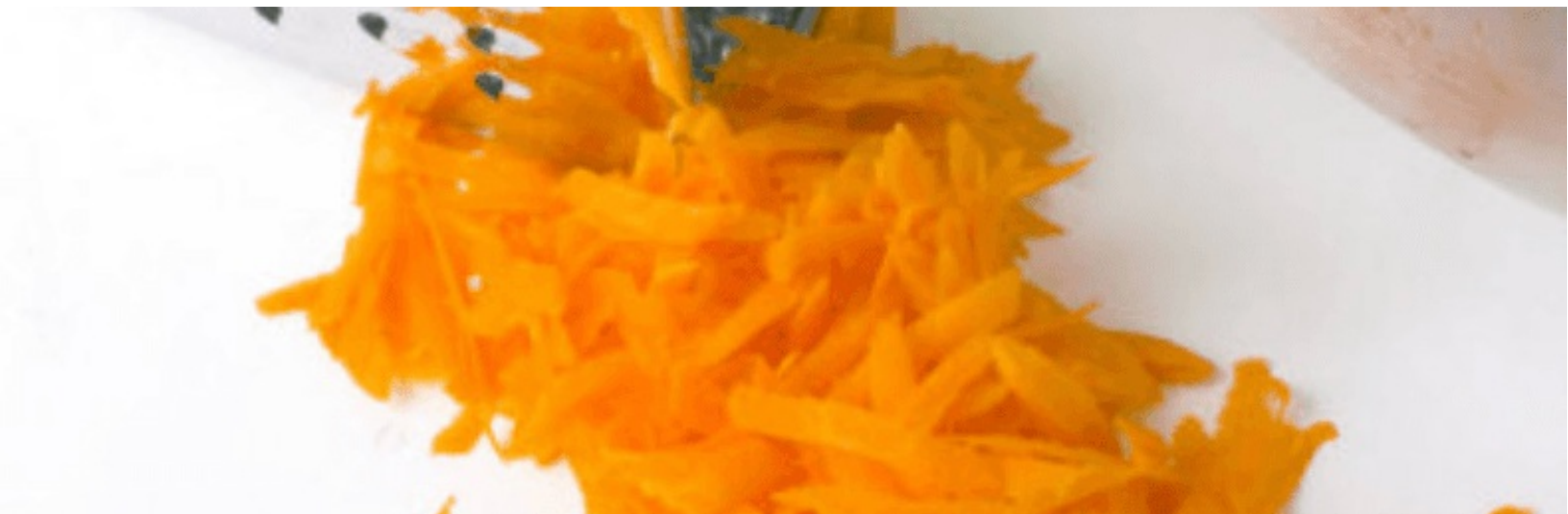
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Researcher and estrogen expert Dr. Ray Peat advocates eating a raw carrot every day to help the body detoxify excess estrogen.

"Several women who suffered from premenstrual symptoms, including migraine, had their serum estrogen measured before and after the "carrot diet," and they found that the carrot lowered their estrogen within a few days, as it relieved their symptoms.

Undigestible fiber, if it isn't broken down by bowel bacteria, increases fecal bulk, and tends to speed the transit of material through the intestine, just as laxatives do. But some of these "fiber" materials, e.g., lignin, are themselves estrogenic, and other fibers, by promoting bacterial growth, can promote the conversion of harmless substances into toxins and carcinogens. When there is a clear "antiestrogen" effect from dietary fiber, it seems to be the result of accelerated transit through the intestine, speeding elimination and preventing reabsorption of the estrogen which has been excreted in the bile ([source](#))".

Adding a raw carrot a day through the Estrogen Busting Raw Carrot Salad can help your body reverse symptoms of excess estrogen.



## Estrogen Busting Raw Carrot Salad

1 serving

5 minutes

### Ingredients

- 1 cup Grated Carrot
- 1 tsp Apple Cider Vinegar
- 1 tsp Coconut Oil
- 1 tsp Raw Honey
- 1 pinch Sea Salt (Use Selina Naturally Grey Celtic Sea Salt if Possible)

### Nutrition

Amount per serving	
Calories	106
Fat	5g
Carbs	16g
Fiber	3g
Sugar	11g
Protein	1g
Cholesterol	0mg
Sodium	76mg
Potassium	356mg
Vitamin A	18377IU
Vitamin C	6mg
Calcium	37mg
Iron	0mg
Vitamin B6	0.2mg
Vitamin B12	0µg
Magnesium	13mg
Zinc	0mg

### Directions

- 1 Grate 1-2 unpeeled, organic whole carrots into a bowl. Alternately, use pre shredded carrots.
- 2 Add carrots to a small serving bowl.
- 3 Toss carrots with all of the other ingredients. You might have to gently warm the honey and coconut oil to mix well.