

On the section for liver support for phase 1 & 2 estrogen detoxification I would add the following:

Broccoli sprouts (glucoraphanin/sulforaphane) & other Cruciferous vegetables
Rosemary, turmeric
Calcium-D-glucarate, resveratrol, quercetin
Glutathione, NAC
Fiber, hydration, regular bowel movements
Manage stress through relaxation techniques
Optimise sleep nightly
Regular exercise & movement including strength training (if possible)
Maintain a healthy body weight
lymphatic support (skin brushing, manual lymphatic drainage, breathing exercises, etc)

On Aromatase- more tips to downregulate aromatase activity (some overlap with the above):

increase cruciferous veggies (broccoli, cabbage, cauliflower, Brussel sprouts)
increase white button mushrooms
exercise (in a way that works for your body!)
EPA & DHA (omega 3)
premium quality green tea
Stress management and optimising sleep
vitamin D3
resveratrol

Plus some of my favourite liver herbs:

Dandelion Root
Globe artichoke (especially if cholesterol is elevated)
St Mary's Thistle
Bupleurum
Gentian
Schisandra

And some of my top liver nutritionals:

Choline
Inositol
Taurine
Bile acids (TUDCA)