

HORMONES- YIKES!

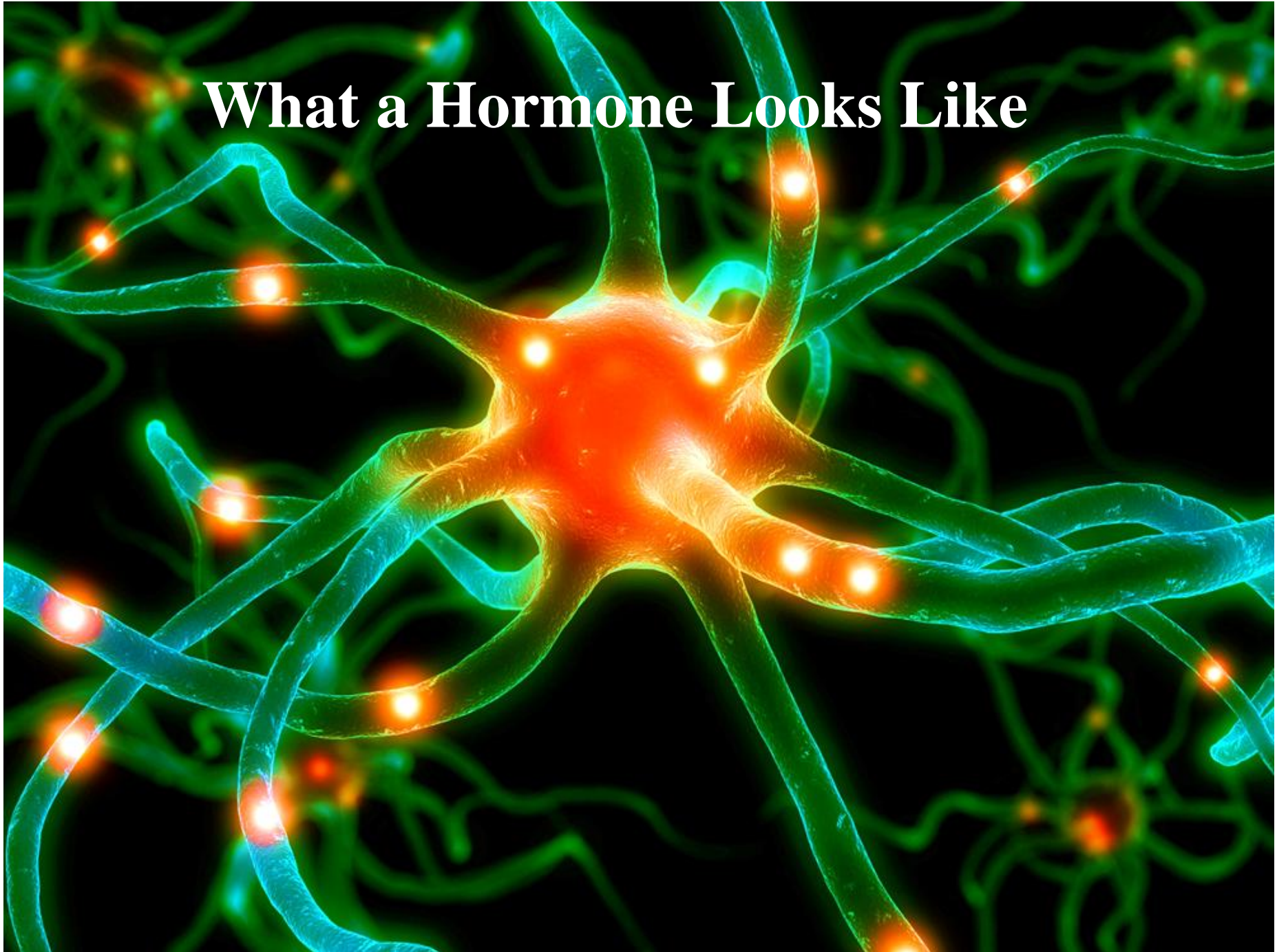
What's a Women to Do?!



Sheboygan Natural Health Series

Presenter:
Claudia J. Bricks N. D.

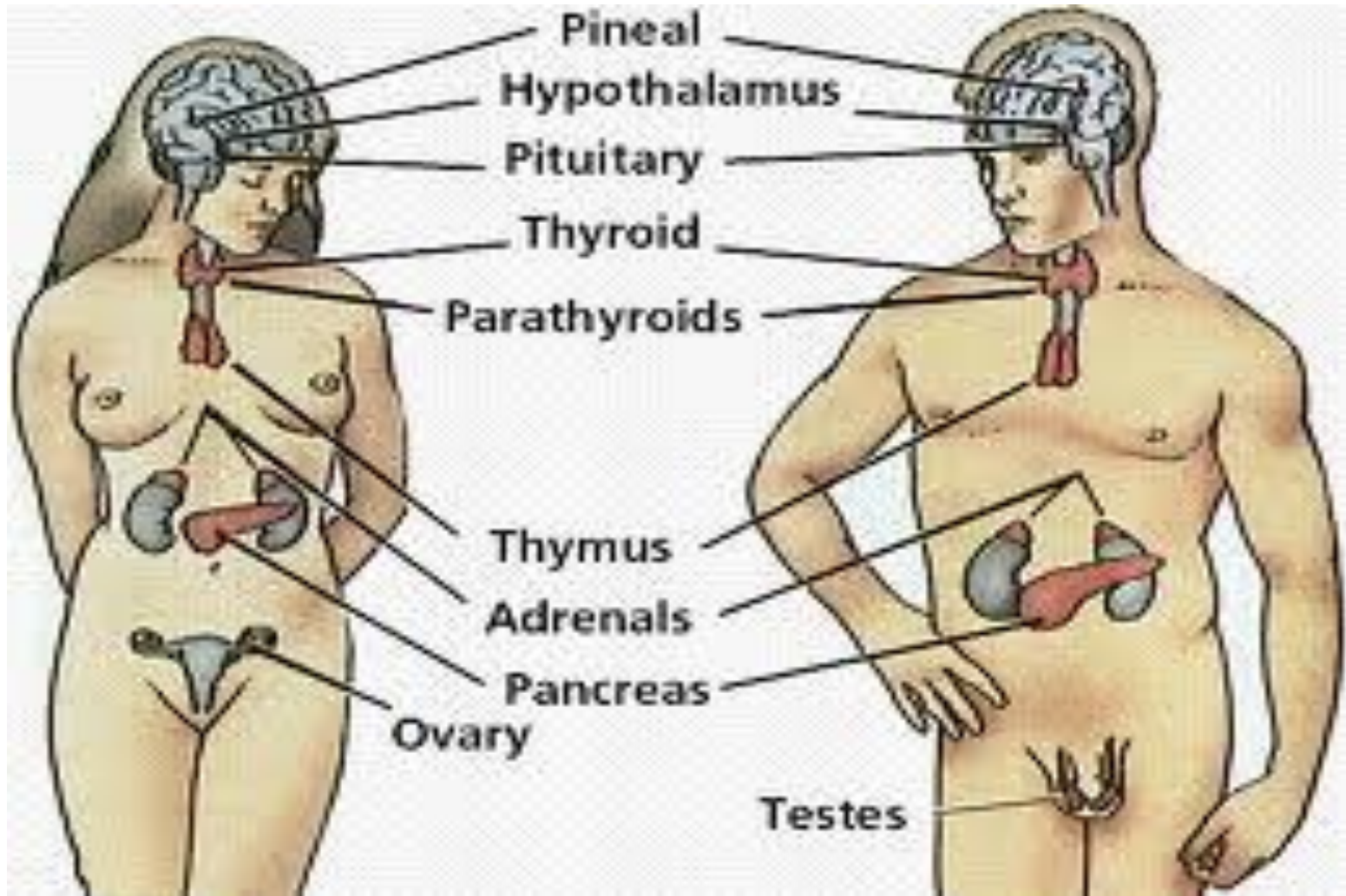
What a Hormone Looks Like



What We'll Learn . . .

- Hormone Overview
- Understand Hormones before Balancing them
- Why HRT is Not the Best Idea
- How to Keep It All Working Well
 - Tissue Cleansing, Diet, Hydration, & Exercise
 - Taking care of emotions
 - Using Chinese Element Theory
- How to Revitalize & Make Your Own Hormones

Endocrine System



3 Types of Hormones are produced by Endocrine System: Steroids, Peptides & Amines
Cholesterol is needed to form Steroids; Amino acids for Peptides and Amines.

www.emc.maricopa.edu/faculty/farabee/biobk/biobookendocr.html

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- *Hormones are chemical messengers formed by an orchestra of highly talented players, i.e. adrenal glands, hypothalamus, pituitary, liver, pancreas, ovaries and thyroid.*
- *They commute through bloodstream via an information super highway that connects the executive suites of the brain to the DNA managers working in body's cells.*
- *Hormones communicate w/ other chemicals called Neurotransmitters like serotonin, dopamine, & norepinephrine. These greatly influence energy levels, moods, and other functions of the body.*

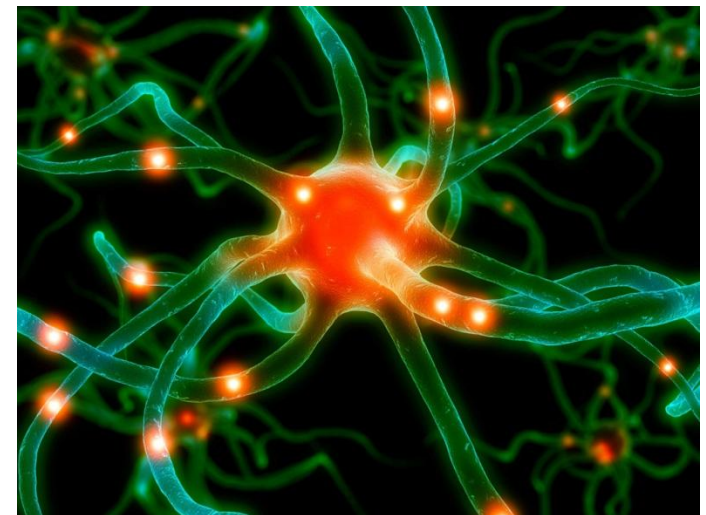
Dr. T. Dale, Revitalizing Your Hormones, pg. 10

Free Hormone & Other Assessments:

www.wellnesscenter.net/freetests/hormonetestfemale.htm

Hormones- What Are they? What Do They Do?

- Chemical messengers in body. Act on specific targets to cause specific responses. Very small amounts are needed for response.
- Lots of different hormones (200+), formed in special glands, each with own job. Very Complex workings
- Have power to switch various cell functions ON and OFF in organs & glands.
i.e. act on food, release energy, produce milk, hair or other substances.



Hormones- What Are they? What Do They Do?2

- Most produced in **Endocrine System**-
 - Release hormones directly into blood.
 - Exocrine- not released directly.
- Some act slowly, involved in **Growth and Reproduction**; others quickly, involved in fight or flight or digestion.
- **Categories:**
 - Protein/protein derivatives- insulin & thyroid
 - Steroid- Sex hormones- Estrogen, Testosterone, etc.
 - Also- Amines, Peptides, Eicosanoids

Hormones- What Are they? What Do They Do? 3

- **General Hormones-** Insulin and Sex Hormones
- **Local Hormones-** travel short distance to affect cells in organ. i.e. Secretin in Sm. Intest.
- **Neuro-Transmitters-** like hormones, but are chemical messengers mainly for nerve tissue. Released by a nerve terminal when the nerve is triggered by an electrical impulse- works on synapses.

Hypothalamus- VERY important- directs traffic between NTs & Hormones

Major Hormones of the 200+

- **Adrenals**
 - Adrenaline, DHEA
 - Cortisol, Aldosterone
- **Brain**
 - Ant./Post. Pituitary (18)
 - Hypothalamus (7)
 - Pineal Gland- Melatonin
- **Digestive System (10)**
- **Liver- IGF- 1 & 2**
- **Kidneys- Calcitriol**
- **Ovaries-** Estrogen, Estradiol, Estrone, Estriol, and Progesterone, Androgen
- **Pancreas- (5)** Insulin, Glucagon, Amylin
- **Parathyroid-** PTH
- **Testes-** Testosterone, DHEA, Estrogen
- **Thymus-** (5)

Importance of Cholesterol-

Your Body is Incapable of Making Hormones Without It!

- **Cholesterol**- precursor to all steroid hormones, including:
 - Glucocorticoids (blood sugar regulation)
 - Mineralcorticoids (mineral balance & B. press.reg.)
 - Sex Hormones (many functions)
- **Cholesterol**- precursor to **pregnenolone**, a precursor to all other steroid hormones.
- **Pregnenolone** is converted to **progesterone**, which in turn is converted to **cortisol**, which regulates inflammation and blood sugar, **aldosterone**, which regulates mineral balance (salt & water) and blood pressure, or **testosterone**, (aka androgen), which regulates libido, muscle mass, and sense of well-being. In females, **testosterone** is further modified, and converted to the estrogens- estrone & estradiol

-Harvey et al., Biochemistry: 3rd Edition, Baltimore: Lippincott, 2005, pp. 235-238.

Steroid Hormone Cascade

Every cell of every organ has cholesterol as a part of its structure

Cholesterol - LDL

Pregnenelone

Progesterone

17-Hydroxyprogesterone

17-Hydroxypregnenolone

Corticosterone

11-Deoxycortisol

DHEA

DHEA-Sulphate

Aldesterone

Cortisol

Androstenedione

Estrone Sulphate

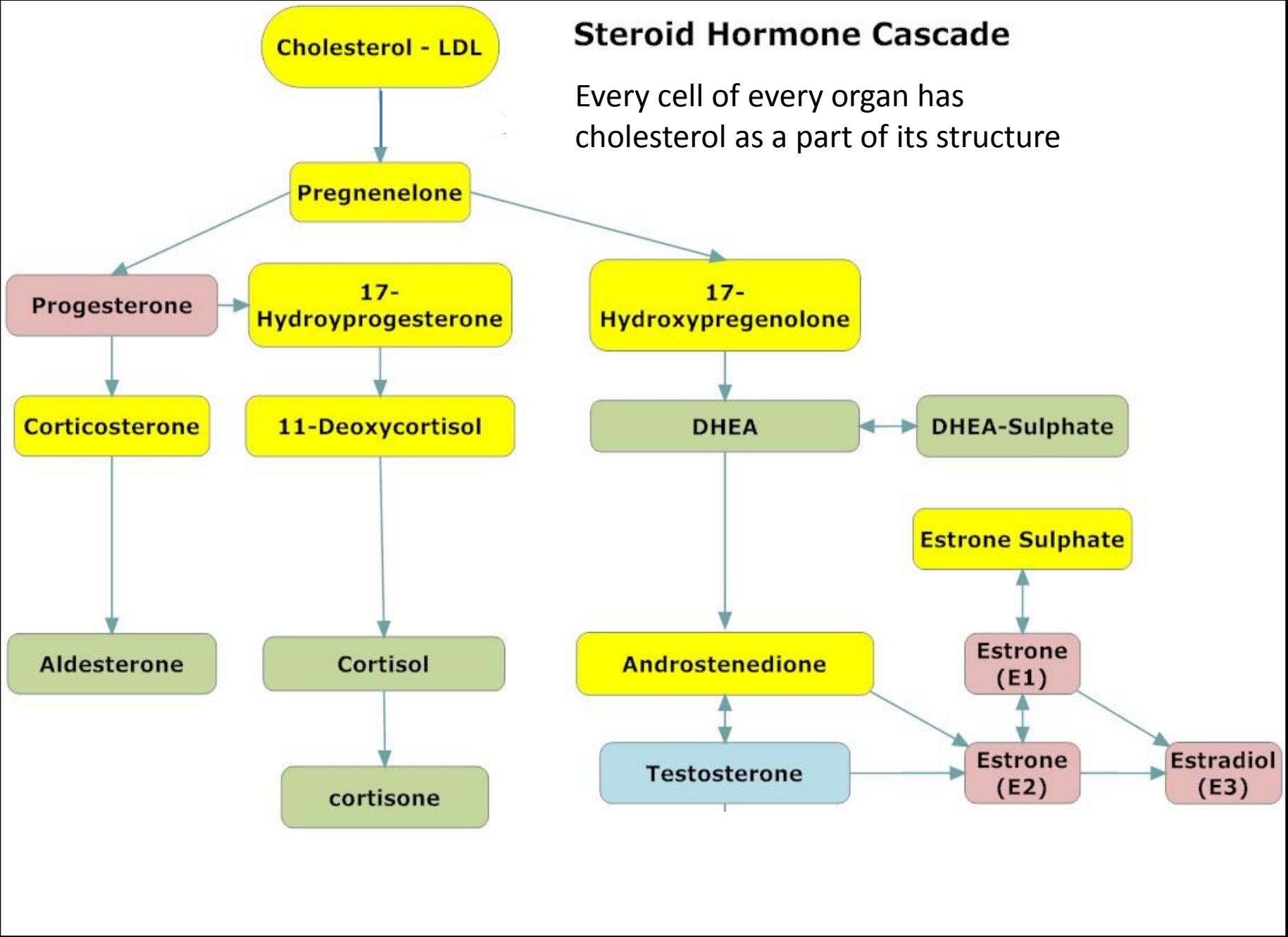
Estrone (E1)

Testosterone

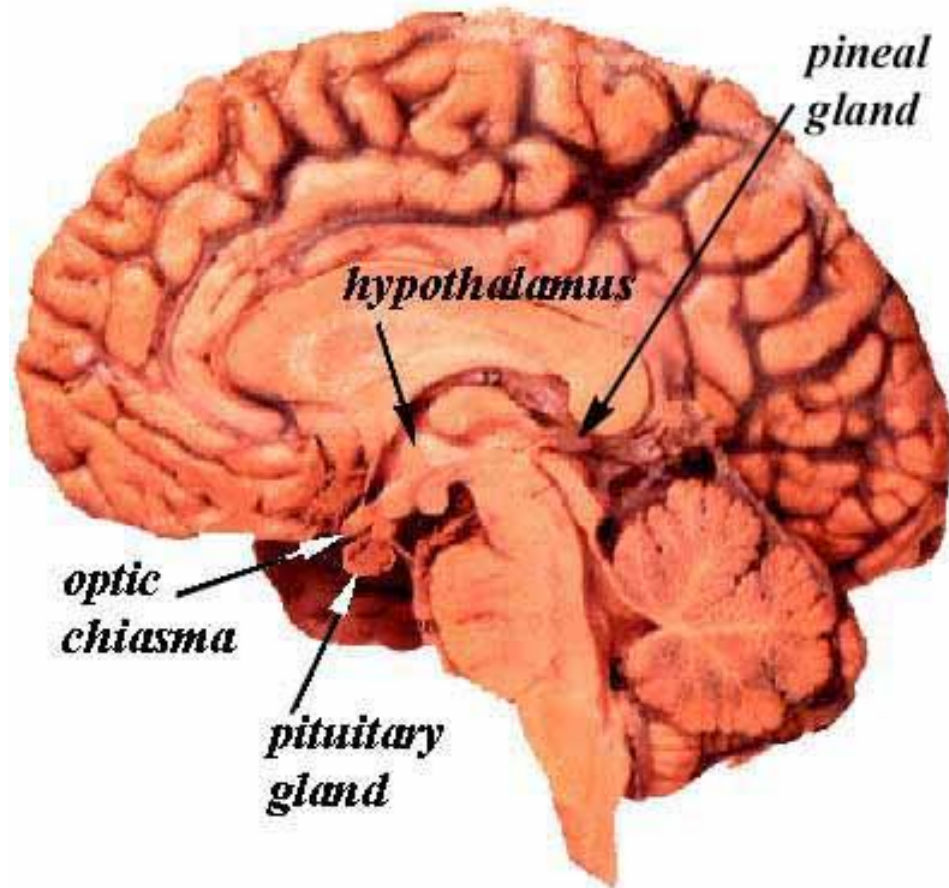
Estrone (E2)

cortisone

Estradiol (E3)



Brain- Major Hormone Player



Women's Hormones

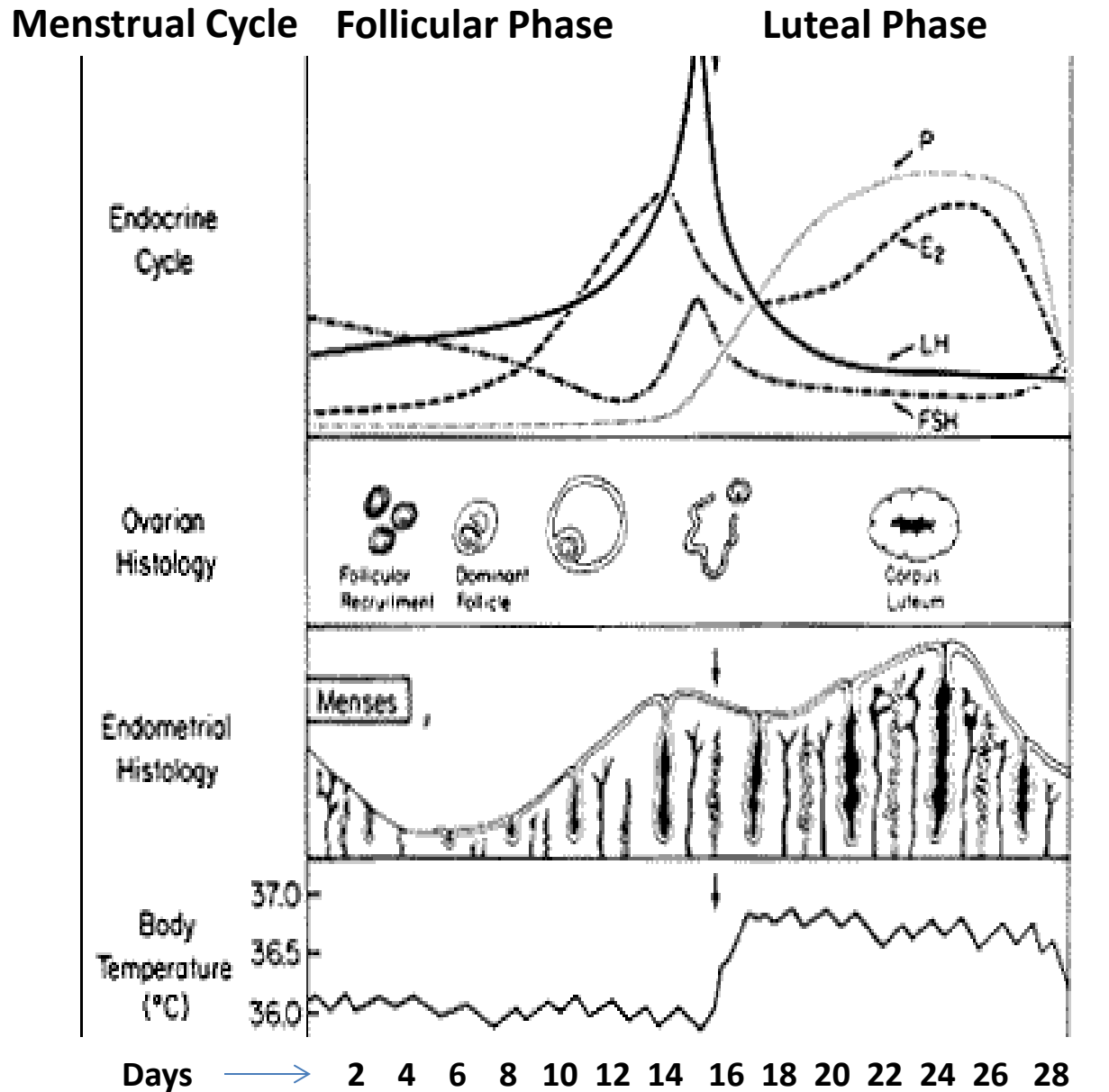
- Hormones affect the body in staggeringly complex ways!
- Estrogen (Estradiol, Estrone, Estriol) Functions-
 - Metamorphosis- Girls to Women
 - Embryo implanting and nourishment
 - Growth Hormone for breasts, uterus and ovaries
 - Excesses = unnatural growth (Estrogen Dominance)
 - Xenoestrogens are a major problem- EDC's
 - Pesticides, chemicals in air, water, soil; household cleaners, cosmetics/dyes/skin care, hard plastics, microwaved plastics
 - Fortifies Collagen layer of skin for elasticity
 - Regulates moods

Women's Hormones ²

- Progesterone (opposite of Estrogen)
 - Assists in egg implantation and maintains pregnancy
- Testosterone
 - Essential to healthy sexual response, orgasms, & libido
 - Stokes Energy
 - Enhances Mood and General Well-being
 - Reduced levels = less sexual desire, thinning of pubic hair, flat mood, dry skin, decreased mental sharpness
 - Some British female political leaders use Testosterone Implants to be more assertive with male counterparts in Parliament
 - Toxicity = 's facial and body hair growth, deeper voice, bouts of anger and rage, depression, menstrual irreg. & hormonal imbalances.

Womens' Systems are Amazingly Complex!

No wonder we sometimes act like this. . . . (Next slide)



MOOD SWINGS CAUSED BY
THE MENOPAUSE AREN'T
HELPED BY SUGGESTIONS



Myths About Menopause

- Peri and Post Menopause are NOT diseases!
- There are “Cures” for unpleasant symptoms
- Ovaries only slow down and work with adrenals, other body sites- skin, brain, body fat- to produce needed hormones
- Outer part of ovaries shrivel up as nature intended- eggs no longer needed
- Estrogen is still produced, just not as much
- Hot flashes are caused by fluctuating levels of estrogen and a deficiency of progesterone, as well as liver toxicity and endocrine health

How Do We Test Hormone Levels?

- Saliva tests- (Get Baseline levels before menopause)
 - Less invasive than blood tests
 - 5 hormones- Sex Hormones: estradiol, progesterone, and testosterone. Adrenal hormones: DHEA and Cortisol
- Blood/Serum tests- measure what levels are in blood at a specific time
- Urine tests- Measure what happened yesterday
- Some of the common imbalances identified through testing include estrogen dominance, estrogen deficiency, progesterone deficiency, androgen (testosterone and DHEA) excess or deficiencies, Cortisol levels -adrenal dysfunction and adrenal fatigue

Please write name and birth date on all vials and front of requisition (test) form.

Please be sure to include:

- Name, address, gender, birth date, and collection date
- Indication of test selections (if not, please contact your healthcare provider for test orders)
- Check or credit card information
- Copy of Medicare or insurance card, front & back (if applicable)

Easy Shipping

- Place vials, requisition form and payment into kit box and seal with UPS mailing label.
- Please send from your most convenient UPS location. www.ups.com/dropoff

Test will not be run if completed form is not included.

Review shipping instructions before sealing



DiagnosTechs™



1 LB5 1 OF 1
RS

SHIP TO:
LAW
(425) 251-0506
DIAGNOSTECHS
BLDG J
6620 S 192ND PLACE
KENT WA 98032-1157

WA 980 9-01

IPS 3 DAY SELECT 3
TRACKING #: 1Z 9X8 857 89 6197 6532

BILLING: P/P
DESC: Test kit
RETURN SERVICE

REF 1 251888
REF 2 CA04374

WA 14 9 21 L7084 27 00 041052

Collection-Eze®

CONTENTS

1. Requisition form containing 21st of 21st

2. Name, address, gender, birth date, and collection date

3. Indication of test selections

4. Check or credit card information

5. Copy of Medicare or insurance card, front & back (if applicable)

6. Vials and requisition form

INSTRUCTIONS

1. Peel away pouch and discard pouch with vial.
2. When applying form, contact using needle provided with stop. Do not touch bottom of tube.
3. Hold Collection-Eze tube vertically with stopper up and apply the tube to the stopper hole.
4. Push the stopper down until you hear a click. Do not touch the stopper.
5. Push the stopper down until you hear a click. Do not touch the stopper.
6. Fill to patient's blood level and return to lab for culture.

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1025 192nd Street
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Conventional Hormone Replacement Therapy

Def.- Synthetic Estrogen combined with Progestin- (synthetic progesterone)

Note: 13.5 -16 million women are on one or both of these drugs

Upside

- Ovaries slow down, but don't stop
- Adrenals take over production of hormones
- Help with unpleasant effects of menopause
- Prevents bone loss
- Made lots of \$\$ for drug companies



Downside

- Are powerful drugs!
- Don't always work
- Increases risks of Breast & Uterine cancers, Heart disease, Stroke,
- **Premarin**- oldest, made from Preg. Mare's Urine
- **Provera**- Syn. Progestin
- **Prempro**- Premarin combined with Provera

Conventional Hormone Replacement Therapy 2

- Women's Health Initiative & NIH
 - Largest women's health study-16,608, ages 50-79
 - Taking synthetic Estrogen and Progestin- **Stopped in July 2002- 3 yrs. ahead of schedule**
 - Too many women reporting blood clots, breast cancer, heart attacks, and strokes
 - JAMA- “on balance, the harm was greater than the benefits.” Very unusual action. FDA approved!
 - Advised doctors to be very cautious in prescribing
 - Breast cancer scares for 6 million women taking HRT- estrogen + progestin in 2002

Conventional Hormone Replacement Therapy 3

- **Progesterone Toxicity causes:**
 - Weight gain, hair loss, loss of libido, depression, hot flashes, hormone imbalances
- **Estrogen Toxicity causes:**
 - Breast lumps/uterus problems
 - Ovarian tumors, fibroids, etc. cancer, heart disease, blood clots, wt. gain, excessive facial hair, and gallstones
- Toxicity from other Hormones
- HRT never addresses real cause of imbalances
- *Heal Endocrine System & Balance Hormones*

Conventional Hormone Replacement Therapy 4

Truth about “Bio-Identical” Hormones

- “Natural” Estrogen, Progesterone, Testosterone
- Despite name, they are still synthesized in a lab
- Over-the-counter doesn’t mean “Safe”, neither does Doctor prescribed
- Your body KNOWS the difference!
- Not very much research done on safety yet, no patents, so we may never know
- NOT FDA approved
- Pregnenolone (Mother of all hormones) and DHEA - virtually no research data on safety/effectiveness

H-P-A Axis

Hormone #

(7)

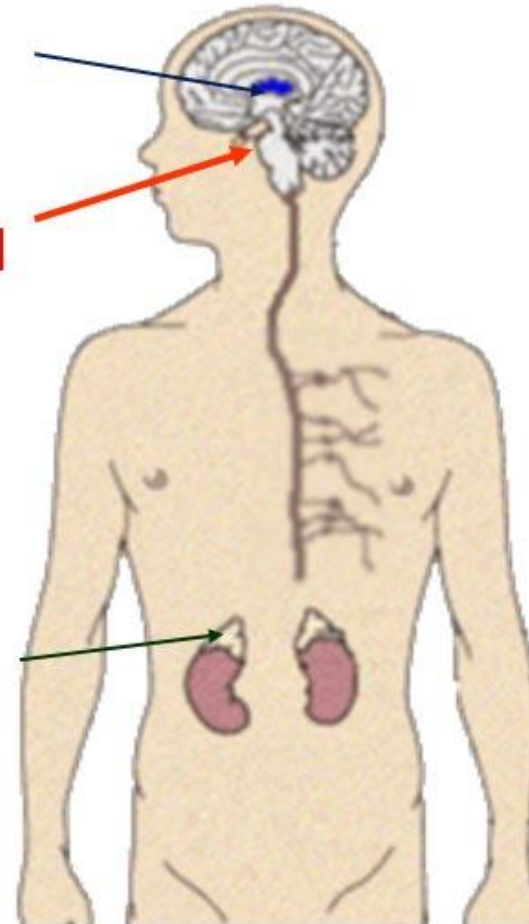
Hypothalamus

(18)

Pituitary gland

(4)

Adrenal cortex



This is the central highway affecting many physical and psychological actions in body

Cortisol- A Double Edged Sword

Attributes

- A primary Adrenal Hormone
- Controls Blood Sugar & Blood Press.; Body's fluid balance
- Anti-inflammatory agent
- Needed for almost all body functions



Damaging Effects

- Excesses & Deficiencies lead to wide range of health issues
 - Wt. gain, (stress makes you fat!) increased appetite, diabetes, depression, brain function & memory, and more
 - Cortisol stays in blood longer than Adrenaline

Cortisol and Stress

- Cortisol- is your waking day hormone (highest in the morning and lowest at night). It is necessary for energy production, blood sugar metabolism, anti-inflammatory effects and stress response.
- Opposite of Melatonin
- Excess cortisol levels for long periods of time will kill billions of brain cells and starve brain of blood sugar/glucose
- What Affects Levels?
 1. Chronic Stress
 2. Poor sleep/less than 8 hrs
 3. Restricting calorie intake- (Not enough protein & nutrients to feed adrenals)

9 Causes of Endocrine Breakdown

1. Weakened Immunity- Lyme Disease, Viruses, Etc.
2. Dental Conditions- Merc. Fillings, root canals, etc.
3. Imbalanced ANS- Para & Sympathetic Nerv.Sys
4. Neurotransmitter Imbalances-
5. Imbalanced Diet/Lifestyle- Proc.Food/NoExercise
6. Emotional Issues- Stress
7. Scar Tissue- Located above Meridian
8. Medications- HRT
9. Environmental Toxins- EMF's

YIKES!



*What's a Woman To Do
With All of This?*

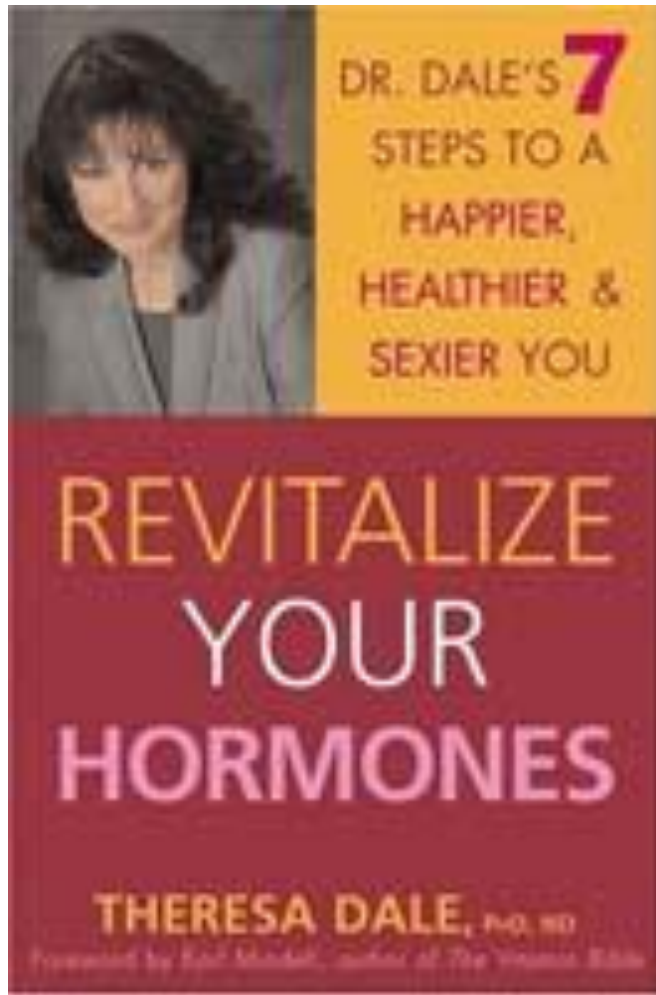
Solutions!!

From Dr. Theresa Dale- Revitalize Your Hormones

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www.glasbergen.com



**"Many women fear the word 'menopause'
so I prefer to call it Puberty Part II."**



Terrific Book!



Claudia & Dr. Theresa Dale
at the Chicago Health
Freedom Expo. June, 2012

www.wellnesscenter.net

Solutions

- Start Fresh with Detoxing
- Add more healthy foods to diet
- Get more exercise, sunshine, fresh air.
- Deep breathe & R-E-L-A-X
- Be around more positive people
- Learn to deal with emotional stressors and accept the things you can't change. LOVE
- Meditate
- Get rid of limiting beliefs

What to Do About Hormone Imbalance

- Diet- Avoid all Junk, or Processed Foods, Sugar
- Eat foods rich in B vitamins, such as quinoa, brown rice, lentils, fortified cereals, bananas, chicken/turkey, salmon, baked potatoes and spinach. B vitamins help body use food to make energy.
- Get enough rest- Body heals at night
- Do some cleanses to get things cleared out so hormones can re-balance themselves.

Liver/Gallbladder/Kidney/Whole Body Cleanses

Recommendations for Rejuvenation

DO's

- Organic Fruits & Veggies
- Eat Wild Caught Salmon
- Eat Raw veggies/juices (keep the fiber)
- Coconut Milk/Oil
- Non-GMO Corn
- Brown Rice
- Organic Eggs soft/poached
- Goat's milk/cheese
- RO water & Decaf. Teas

Dont's

Avoid/Severely Limit:

- Red Meat, Poultry (even Organic)
- Soft Drinks, Caffeine, Chocolate, GMO Corn
- Avoid Soy- Use Tempeh
- Avoid Dairy- it is very inflammatory
- Non-Organic foods (too many pesticides which are estrogenic & poison)

REVITALIZING DRINK TO BALANCE HORMONES

- 1 medium-sized carrot
- 1 medium-sized beet
- Dandelion Greens
- Kale & Cucumber
- Collard Greens
- Parsley & Celery
- A Little Ginger Root
- ½ Apple
- Use Organic as often as possible to reduce toxins
- Drink 8 oz. of this every day for 1 month
- Omit apple, carrot, and beet if blood sugar problems.
- For Three Months- Avoid Fried Foods, Trans Fat, Yeast, Chocolate, Alcohol, Sodas, Refined Sugars, Art. Sweeteners, Caffeine, All Dairy, Shellfish, Gluten, Wheat, Soy/Tofu, Cakes & Candies, Non-Organic Meat & Poultry, Food Preservatives

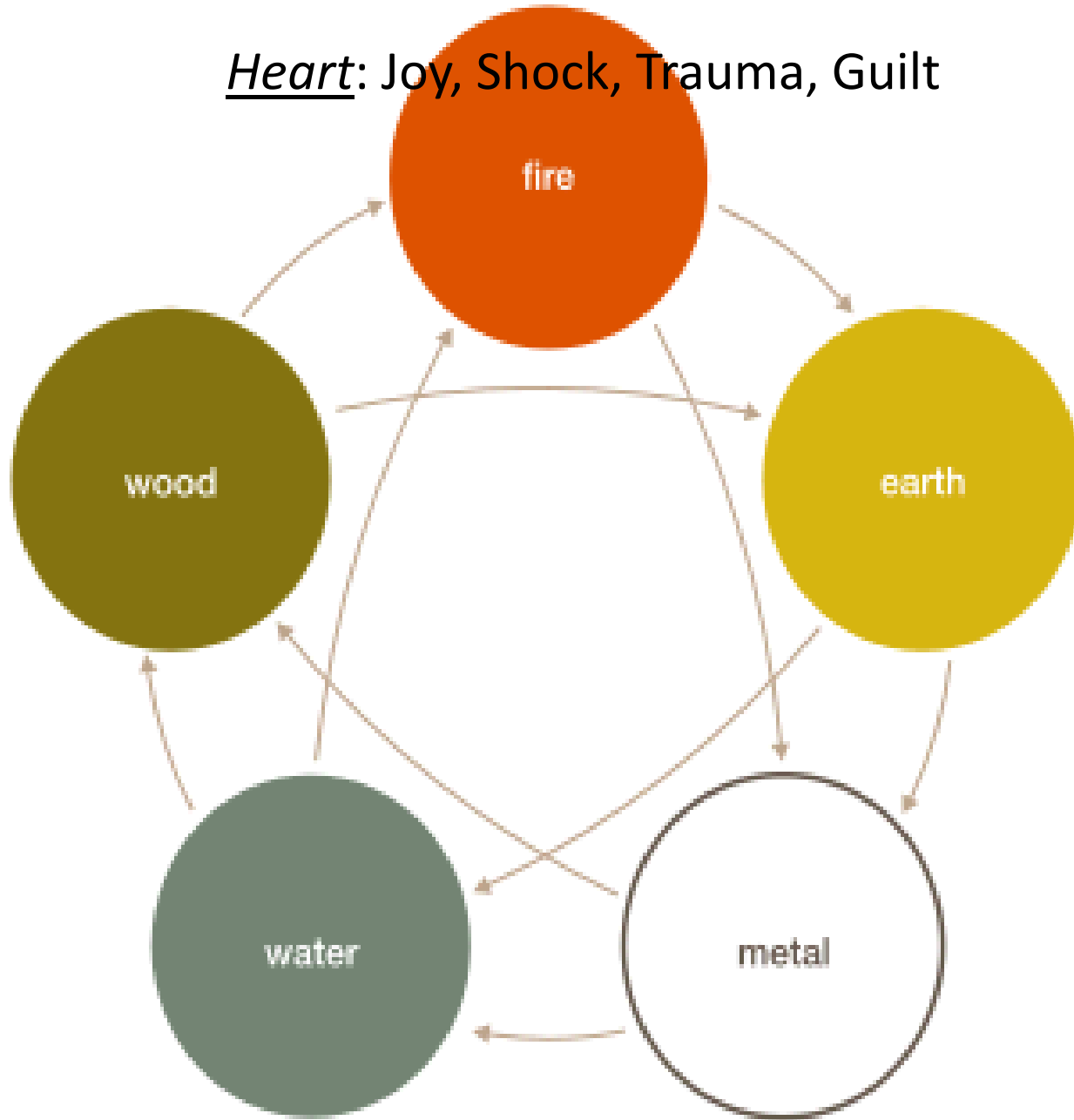
Endocrine Rebuilding Diet

- Eat bare minimum of animal protein
- For Protein use Organic Beans, Brown Rice, Tempeh, Wild Fish, Homemade Seed and Nut Milks
- Use Live/Raw Foods as often as possible. They contain natural, Vits, minerals, & enzymes to help with your digestion
- Proper Food Combining: Do Not combine eggs or other proteins with Carbohydrates such as bread or fruit.
- Rather than Soy, eat Edamame- whole steamed soybeans
- The only Gluten Free grains are Rice and Corn
- Avoid wheat

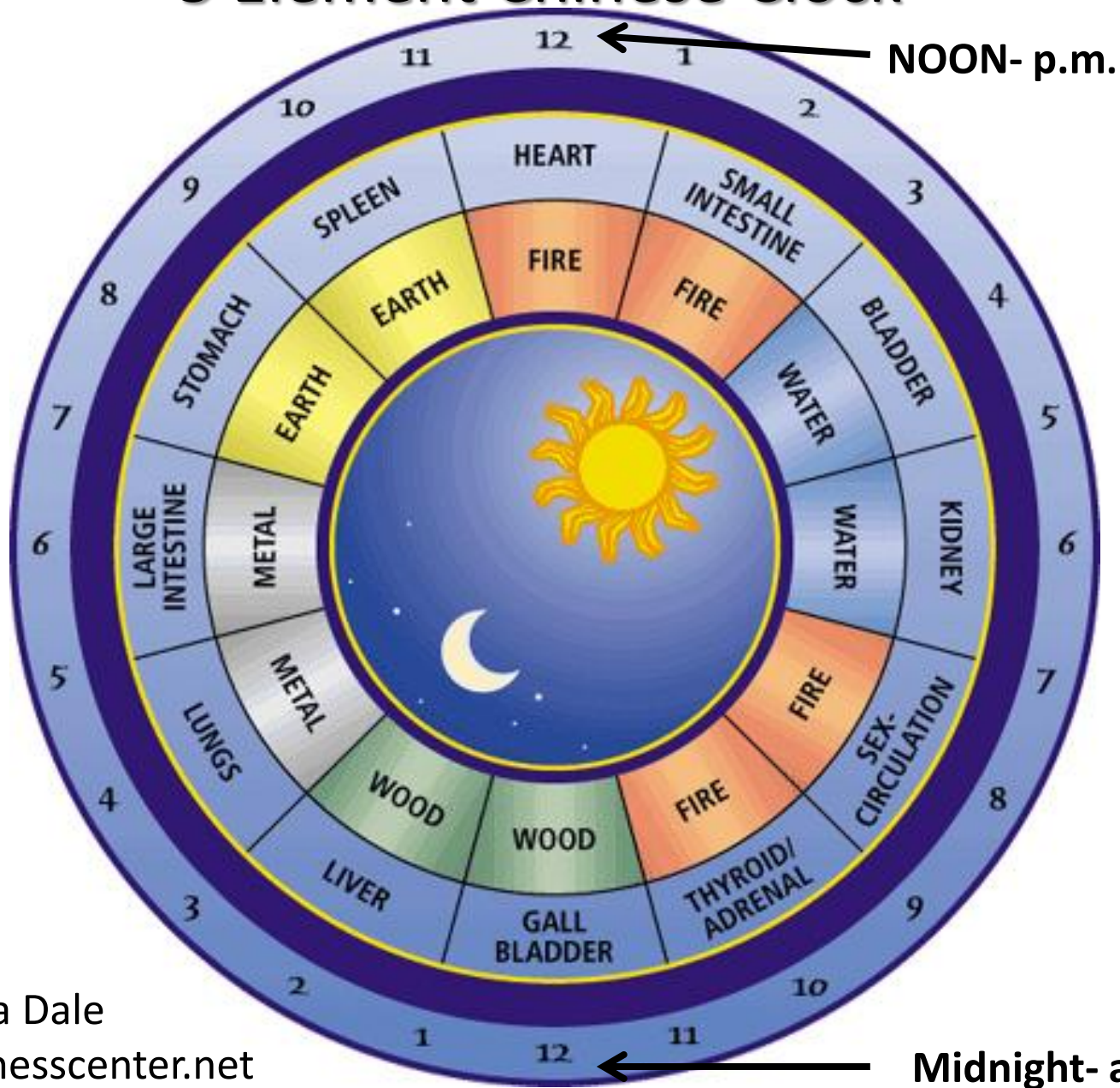
Other Tips:

- Daily Sauna
- Colonics or Enemas (coffee)
- Drinking 2 oz. Wheat Grass Juice- 5 days/week
- 8- 8oz. Glasses of good, pure water daily
- Walk out of doors every day, sunshine helps, too
- Cleanse Liver/Gallbladder/Kidneys
- Can drink Teeccino as a coffee substitute
- Try Coconut Water, (not milk). It's the juice inside the coconut. Eat Coconut, too.
- Don't use Microwave ovens

Heart: Joy, Shock, Trauma, Guilt



5 Element Chinese Clock



Dr. Theresa Dale

www.wellnesscenter.net

Midnight- a.m.

Chinese 5 Elements- Organs & Emotions

FIRE

- ❖ **Heart:** Shock, Excessive Joy/Guilt/Trauma
- ❖ **Sm. Intest.:** Vulnerable
- ❖ **Thyroid/Adrenals:** Confusion
- ❖ **Male:** Unresponsive
- ❖ **Female:** Unresponsive

Earth

- ❖ **Spleen/Pancreas:** Low Self-Esteem
- ❖ **Stomach-** Disgust/Despair

Water

- ❖ **Bladder:** Irritated
- ❖ **Kidney:** Fear

Metal

- ❖ **Lg. Intestine:** Stuck
- ❖ **Lung:** Grief

Wood

- ❖ **Gall Bladder:** Resentment
- ❖ **Liver:** Anger

Neuro-Emotional Remedies

- 13 Homeopathic remedies formulated by Dr. Theresa Dale, a Registered Homeopath.
- She believes:
- Every ache, pain, and illness/disease symptom has an emotional component at its root that needs to be treated.
- Resisted emotions create an electro-magnetic energy field pattern stored at the cellular level in the body.
- Neuro-Emotional Remedies are Homeopathic

More on Emotions. . .

“You have within you, the power to create a life of joy, abundance, and health, or you have the same ability to create a life filled with stress, fatigue, and disease. With very few exceptions, the choice is yours. Our state of health and happiness depends more on our perceptions of life events around us than upon the events themselves. It is all about the power of our beliefs and attitudes.”

References

- Dale, Theresa, Ph.D., N.D., Revitalize Your Hormones, John Wiley and Sons, Inc. 2005.
www.wellnesscenter.net.
- Harvey et al., *Biochemistry: 3rd Edition*, Baltimore: Lippincott, 2005, pp. 235-238.
- Keefe, Emmet, M.D. Atlas of Anatomy, Ulysses Press, CA. 2002.
- Northrup, Christiane, M.D. The Wisdom of Menopause, Bantam Books, 2001.

Why this is soooo Complex. . .

- One of the major tasks of hormones is to coordinate the activities of organ systems.
- *For example, when a person has to run, the hormone epinephrine acts on the heart to increase its rate and force of contraction; it acts on the blood vessels to increase blood flow to the muscles and decrease blood flow to the gastrointestinal tract. Hormones also help control the type and rate of body growth and metabolism, and they help the body maintain a consistent internal environment.*
- **That's all?***!

Hormone Imbalances ¹

- In Uterus, causes Endometriosis
 - Chronic, painful disease where uterine lining tissue (endometrium) implants itself in wrong places between vagina and rectum.
 - This misplaced tissue develops into growths & lesions & responds to monthly menstrual cycle, but has no way of leaving body= pain, bleeding, inflammation, etc.
 - Confirmed by Laparoscopy under anesthesia
 - Reported to afflict 1 in 7 women
 - Suppressed but not cured with Oral Contraception
 - Causes more hormonal imbalance, stresses Adrenals