

CAROLINA ARAMBURO

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 220th Newsletter, I want to give us a chance to consider the world of the endocrine system, and the effects it has on people's physical, mental, emotional and spiritual wellbeing. In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on endocrine health that you can read in full [HERE](#).

We are going to go **beyond the obvious** INSIDE of EXPLORING the topic of the ENDOCRINE SYSTEM. As always in our Newsletters, we DON'T want to give you **information** that you can just find on the Web. We PROVIDE you with KNOWLEDGE that is NOT totally AVAILABLE on a Web Search

Inside of this topic as in ALL TOPICS We will INCLUDE how the endocrine system affects **overall WELLNESS**, plus the MENTAL, Emotional and even a touch of SPIRITUAL benefits of creating hormonal **balance** so you can, if you wish, introduce this into your wellness practices and diet to achieve and maintain optimal physical wellbeing, emotional, mental and spiritual balance and vibrant energy.

ENDOCRINE HEALTH IS COMPREHENSIVE WELLNESS!!!

The endocrine system is a **network** of glands and organs that secrete the hormones that govern many of the key functions of our bodies, our nervous system, our brain, our emotions and even our **interpretations** of the

outside world. Some of the most powerful chemicals in the body are the hormones created in the endocrine glands. These hormones work in a **cascading** fashion, and levels of one invariably affect the levels of others. The elements of the endocrine system are tied together, and are linked to **all** of the other bodily systems, including the nervous system, the digestive system, lymphatic system, and cardiovascular system.

Pituitary Gland - Known as the "master gland," its hormones regulate the endocrine system, prompting the endocrine glands when to **release** hormones and how much of the hormone to produce. It controls growth, blood pressure, fertility, and **metabolism**, and is part of what has our body translate the input we receive into responses like thirst, seeking comfort, etc. It is located near the top of the brain stem, and is constantly **influenced** by the higher brain centers, the parts that create our senses, memory, creativity and thought.

The pituitary gland creates the **human growth hormone** (HGH). All bodily systems and our healing are dependent on HGH. After around age 30, HGH levels **reduce** significantly, and research from Stanford University's Medical School show this is one main cause of **aging**. Other hormones produced by the pituitary include:

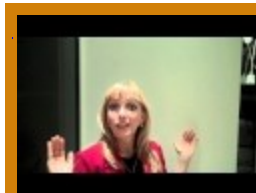
- **Prolactin** - Prolactin stimulates the production of milk in the mammary glands, and may stimulate maternal behavior.
- **Thyroid Stimulating Hormone** (TSH) - This hormone is the source of the thyroid gland's functions, and the thyroid gland shuts down when it is missing.
- **Adrenocorticotrophic Hormone**



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(ACTH) - Influences the amount of corticoids produced by the adrenal glands. Corticoids regulate amounts of minerals in the body and carbohydrate metabolism.

- **Gonadotrophic hormones** - Follicle-Stimulating Hormone (FSH) and Luteinizing Hormone (LH). These hormones are critical in the reproductive system.
- **Antidiuretic hormone** (ADH) - Regulates the reabsorption of water from the kidneys into the blood. If this hormone is deficient, it can cause **diabetes insipidus**, which forces the body to produce as much as 10 gallons of urine per day. ADH also increases blood pressure.
- **Oxytocin** - Also known as the "love hormone," it creates feelings of warmth and closeness, both platonic and romantic. It also triggers **stem cells** in the body to become heart cells, regulates the production and potency of **testosterone**. (Cont. on next page)



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ENDOCRINE HEALTH IS COMPREHENSIVE WELLNESS!!! (Cont.)

and is critical in childbirth. Studies have shown that it creates **intimacy**, trust, and empathy. This hormone can be depleted through excessive stress, social isolation, fear, anger, and substance abuse and can cause **depression**, anxiety, loneliness, hypothyroidism, fibromyalgia, autism, and other afflictions.

Common **causes** of pituitary illness are physical head trauma, anxiety in formative years, and various **tumors** that affect the pituitary gland. Symptoms of pituitary diseases can appear suddenly or over time. Both overproduction and underproduction of hormones may mimic other medical conditions. Pituitary disease **symptoms** include:

- Headaches
- Vision problems
- Irregular menstrual periods
- Abnormal breast milk production
- Impotence
- Enlarged breasts
- Buildup of fat in the face, back and chest
- Weakened bones
- Profuse sweating

Adrenal glands - Essential for life, this gland produces adrenaline, cortisol and sex hormones. The two main hormones created by the adrenal gland are:

- **Adrenaline** - This stress hormone doesn't just raise our heart rate, it also spikes blood sugar levels.
- **Cortisol** - Regulates blood pressure, cardiovascular functions, and the body's ability to convert fats, proteins and carbohydrates to energy.

Adrenaline and cortisol are both released to trigger **heightened awareness**. They literally halt the digestive system and transport energy to the muscles. Endocrine disorders affect the adrenal glands **directly**, or affect the glands that regulate hormone production in the adrenal glands. The most common

adrenal disorders are:

- **Chronic Adrenal Stimulation** - Sustained stimulation from caffeine results in chronic high levels of cortisol. This **breaks down** bone and muscle tissue, slows down cellular healing, and disrupts digestion, metabolism and mental function.
- **Adrenal Fatigue** - This condition, marked by a chronic lack of energy, is often caused by **stress**, poor nutrition, long periods of overexertion in exercise, candida, leaky gut, poor digestion and lack of sleep.
- **Addison's Disease** - This uncommon condition is caused by a lack of cortisol, or extremely poor cortisol production. Symptoms include fatigue, muscular **weakness**, vomiting, diarrhea, weight loss, depression, and low blood pressure.
- **Cushing's syndrome** - Several kinds of tumors and some genetic factors can cause the adrenal glands to produce **excessive** amounts of cortisol for long periods of time. Symptoms include fatigue, high blood pressure, irritability, anxiety, and depression.

Pancreas - The first part of the small intestine, the pancreas produces the digestive **enzymes** needed to break down protein, carbohydrates, fat, and acids, and releases **insulin** and glucagon into the blood, which regulates the glucose (blood sugar) in the body. The pancreas creates:

- **Insulin** - Helps control and lower the body's blood sugar levels, causing muscles and other bodily tissues to absorb glucose from the blood to fuel their activity. Insulin also assists the **absorption** of glucose into the liver, where it is stored as glycogen used during stress or exercise. When insulin levels are continuously **out of balance**, it can cause diabetes mellitus. Symptoms include weight loss, excessive thirst, increase in urination, itching in the skin and fatigue.
- **Glucagon** - The counterbalance to insulin, this hormone raises glucose concentrations in the

body. Too much or too little glucagon can cause diabetes mellitus or hypoglycemia (low blood sugar).

Unhealthy diets and **poor nutrition** are major factors in pancreatic problems. This rapid rise and fall process of high to low blood sugar levels leads to the **deterioration** of the pancreas and eventually pancreatic exhaustion, which can be prevented by eating a proper diet. Some diseases of the pancreas are:

- **Diabetes** - If the pancreas does not produce enough insulin, or the body cannot (Cont. on next page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

ENDOCRINE HEALTH IS COMPREHENSIVE WELLNESS!!! (Cont.)

process insulin, diabetes occurs. While Type I diabetes is almost always **genetic** in nature, Type II diabetes is often considered a **lifestyle** disease, and is especially prone to affect those who consume large amounts of **processed foods**, salt, sugar, live a sedentary lifestyle, or are obese. Symptoms include excessive thirst, blurred vision, irritability, fatigue, blindness, infertility, and stroke.

- **Hypoglycemia** (Low Blood Sugar) - This condition of extremely low levels of glucose in the body causes paleness, trembling, weakness, hunger, **irritability**, fatigue, convulsions, and comas.
- **Pancreatitis** - This inflammation of the pancreas is often caused by gallstones, medications, tumors, and genetic abnormalities. Chronic pancreatitis **worsens** over time and causes permanent pancreatic damage. The most common cause of this is **alcohol abuse**. Symptoms include severe upper abdominal pain, fever, vomiting, and abdominal swelling. Severe cases can cause **dehydration**, low blood pressure, diabetes, kidney issues, shock, organ failure and death.
- **Pancreatic Exhaustion and Failure** - Because the pancreas regulates blood sugar levels, it can become exhausted for those who have diabetes. Once the pancreas becomes exhausted, it will **stop** producing insulin hormones altogether, making it impossible for the body to break down sugar.

Thyroid - Produces the hormones thyroxin and triiodothyronine, which regulate cellular **metabolism**. The thyroid gland is one of the body's most sensitive organs, and is a major part of keeping the organs in the body balanced and running smoothly. It also **regulates** our metabolism, heart rate, blood pressure and body temperature. The thyroid is the body's "engine," and our outward **appearance** is affected by the thyroid. Stress, illness and poor diet can

easily affect the thyroid gland.

- **Hashimoto's Thyroiditis** - This is the most common thyroid disorder in the United States. This inflammation is an **autoimmune** disorder, meaning that the body's immune system attacks the thyroid. Some factors that are known to trigger this disease include **candida**, excessive stress that impacts the immune system, gluten, aspartame, iodine and selenium deficiencies and **toxins** from plastics, pesticides, and air and water pollution. Symptoms can take years to develop, and include weight gain, fatigue, paleness of the face, joint and muscle pain, brain fog, and migraines.
- **Graves' Disease** - This is the most common cause of an overactive thyroid, and known causes are stress, excessive **caffeine** or iodized salt, lack of exercise. Symptoms include anxiety, difficulty concentrating, insomnia, increased appetite, and goiters.
- **Goiter** - An enlarged thyroid gland, causing a **swelling** in the neck. A goiter can result from either hyper or hypothyroidism, and is generally caused by iodine deficiency.

Pineal Gland - The pineal gland manages sleep patterns, reproductive cycles, and the **aging** process. Two of the main chemicals created by the pineal gland are:

- **Melatonin** - This hormone regulates sleep, and our internal clock / circadian rhythm. Also has an **antioxidant** effect on the immune system, and may promote anti-aging in the body. The body creates melatonin when the retina detects darkness.
- **Serotonin** - This neurotransmitter is part of mood balance, appetite, sleep, memory, and sex drive. Decreased serotonin levels in the body are correlated with **depression**. The pineal gland is stimulated to produce serotonin by sunlight.

Two disorders directly connected to pineal functions are:

- **Seasonal Affective Disorder** - Depression usually caused by **lack of sunlight** in the winter. It is easily treated with artificial UVA and UVB lights that mimic the sun's effect on the pineal gland.
- **Insomnia** - Caused by a lack of melatonin, this disorder makes it difficult to fall asleep, stay asleep, and get quality sleep. Causes include stress, **anxiety**, side effects of medication, caffeine, and nicotine, as well as magnesium deficiency. Other symptoms include not feeling rested, irritability, depression, and difficulty focusing.

Thymus - An important part of the development of immune systems in children, it begins to shrink after puberty. The work the thymus does in our **developmental** years affect our health for our entire lives. The thymus creates:

- **Thymosins** - Hormones that stimulate the development of antibodies and T-cells.
- **T-lymphocytes** (T-cells) - White blood cells that fight infections and destroy abnormal cells, including bacteria, viruses, parasites, cancers, and allergies.

Myasthenia gravis is caused when the thymus does not shrink after puberty. The disease typically causes muscle weakness, often in the **eye** (Cont. on next page)

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ENDOCRINE HEALTH IS COMPREHENSIVE WELLNESS!!! (Cont.)

muscles. Other symptoms include difficulty swallowing, slurred speech and other problems related to poor muscle function.

Hypothalamus - This is the link between the endocrine and nervous systems, and creates **homeostasis** (balance) in the body. Controls our pleasure and pain, and creates the urge to run away when we're in danger. The hypothalamus also plays an important part in **memory** function. It also regulates blood pressure, hunger, gastrointestinal functions, the feeling of fullness after eating, thirst, water retention, bladder contraction, decreases **heart rate**, body temperature, sweating, wakefulness, sleep, and alertness. It also initiates the creation of TSH (Thyroid Stimulating Hormone).

Because the hypothalamus and its **hormones** have a huge effect on the endocrine system, including sending **signals** to the pituitary gland about when to send hormones to other parts of the body, **diagnosing** disorders of the hypothalamus can be challenging. The most common causes of disorders are poor nutrition, trauma, tumors, **radiation**, and surgery. Symptoms include headaches, impaired vision, emotional problems, premature or delayed puberty, **menstrual problems**, hypothyroidism, fatigue, weight gain, dizziness, and sleeping problems.

Gonads - The importance of the sex glands may seem obvious. What is beyond the obvious is that nutritional deficiencies, radiation exposure, **medication**, and toxins in our environment are some of the biggest disruptors of reproductive health. **Symptoms** can range from erectile dysfunction in men and irregular menstruation in women to low libido and infertility.

Parathyroid glands - The parathyroid glands affect mental development and polarity in the body. Parathormone (parathyroid hormone, PTH) controls **calcium and**

phosphate levels in the blood, which are important for healthy bones and teeth, proper brain function, nerve and muscle function. If PTH levels are imbalanced, it causes:

- **Hypoparathyroidism** - Low Level of PTH are caused by low magnesium levels, injury to the parathyroid (such as surgical complications), **radiation exposure**, and heredity. It can cause tingling in fingertips, toes and lips, muscle cramps and aches, **memory issues**, grand mal seizures, impaired kidney function, and heart arrhythmias.
- **Hyperparathyroidism** - Too much PTH is caused by calcium and vitamin D deficiencies, kidney problems, tumors, and **enlargement** of the parathyroid gland. Symptoms include abdominal pain, depression, nausea, loss of appetite, osteoporosis and kidney stones.

There are many **environmental** and dietary factors that affect our endocrine system, too. In many ways, the modern world is now **designed** to tax the endocrine system.

Stress - The day-to-day physical, mental, and emotional stress we experience from our environment, relationships, **jobs**, and other factors changes our hormonal balance. The endocrine system is particularly **sensitive** to stress, especially since it controls all the hormones associated with the "fight or flight" response, and partially due to the loop between the various endocrine glands and organs and the brain. A continual cycle of excessive stress in the body causes muscle tension, stiffness, eating disorders, depression, heart palpitations, adrenal fatigue, excessive sweating and **migraines**. Too much cortisol in the blood can damage our memories, our learning capabilities and our creativity. This stress cycle will, if not corrected, eventually affect the immune system.

Chemicals - Research is showing

that natural and synthetic chemicals known as **endocrine disrupting chemicals** (EDCs) - also known as "obesogens" - can imitate hormones and alter the function of genes. These EDCs are measured in **parts per trillion**. EDCs can be found in hormones administered to animals, plastics, processed foods, cosmetics, pesticides, detergents, and even in **soil** and water supplies. EDCs can also sometimes be found naturally in soy and breast milk. Some common chemical EDCs are:

- **Bisphenol A** (BPA) - More than 90% of the U.S. population is exposed to BPA, and it **stays** in the body for longer periods of time. Exposure has been associated with cardiovascular disease, diabetes, sperm anomalies, **reproductive** organ dysfunction, breast, prostate, and ovarian cancers. BPAs enter the environment during manufacture, transport, and processing. **Plastic** in landfills enters soil and groundwater. The older plastic is, the more EDCs it releases. BPAs are found in plastics, food packaging, the lining of many food/beverage containers, **bike helmets**, hard plastic baby bottles, computers, and currently over 6 billion pounds a year are used in products. Look on the **bottom** of plastic bottles to find out if it contains BPA. The numbers that signify BPA are #3, #6 and #7, and safer plastics to use are #1, #2, #4, and #5.
- **Flame Retardants** - Polybrominated diphenyl ethers (PBDE) and (Cont. on next page)

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ENDOCRINE HEALTH IS COMPREHENSIVE WELLNESS!!! (Cont.)

Tetrabromobisphenol A (TBBPA) are the majority of flame retardants used in many products. They can disrupt **thyroid balance**, alter androgen and estrogen signaling, and build up in organ tissue **over time**. The top food sources include meat, fish, dairy, and eggs. They are found in plastics, **paint**, furniture, electronics, and food.

- **Dioxins** - These environmental pollutants are an industrial by-product of smelting, bleaching of paper pulp, the **manufacture** of pesticides, and are also created in volcanic eruptions and **forest fires**. These toxins then travel through the environment and are absorbed into fats. Dioxins alter thyroid function, can cause **demasculinization** of male hypothalamus and reduce male libido, damage the immune system and can cause **cancer**. They are found in meat, dairy, fish and shellfish. Global dioxin levels have reached a point where many countries monitor their food supplies for dioxin.
- **Pesticides** - There is an inverse relationship between ingestion of pesticides and thyroid hormone levels, and they are connected to **ADHD**. Unfortunately, many pesticides are still **unregulated** globally, which is part of why eating organic produce is so important.
- **Perfluorinated compounds** (PFCs) - These chemicals interfere with the thyroid's metabolism. PFCs are not easily biodegradable, and can now be found around the world. Most human exposure is through **contaminated** drinking and groundwater, bread, canned vegetables, eggs, fish, green beans, seafood, ground beef, potatoes, sugar, and milk. PFCs are found in some food packaging, **non-stick** coating of cookware, carpet, fabric, **upholstery**, paint, floor polish, cosmetics, denture cleaners, metal plating and in-

sulation for wiring.

- Other EDCs include **Phthalates** (used in fragrances), UV Filters (sunscreens), **triclosan** (personal care products), perchlorate (in drinking water and fireworks), and **parabens** (cosmetics, personal care products, household cleaners, deodorants and polyester).

Processed foods - These foods can stress adrenal glands and **aggravate** the symptoms of pancreas disease. Beyond the risk of EDCs, additives and chemicals, processed foods are almost always **low in fiber** and high processed sugar.

Refined Sugar, white flour, and junk food - These foods are absorbed quickly into the body and can spike our blood glucose levels, causing the pancreas to release **excess insulin** to compensate, which in turn triggers the adrenal glands to release cortisol to compensate. Over time, this cycle can tax the adrenal glands and cause **hypoglycemia**, as well as adrenal exhaustion and adrenal fatigue.

Caffeine - After you consume caffeine, brain neurons become very active. The pituitary gland interprets this elevated activity as an **emergency** signal similar to extreme fright, triggering the hypothalamus to release hormones. All of this **increases** activity in the stress response system, stimulating the adrenal glands to release **cortisol**. When the caffeine wears off, we feel "the caffeine crash", and thus consume more, starting the cycle again, which over time can fatigue the adrenal glands.

Birth Control Pills - These disrupt the reproductive system and are often associated with **loss** of bone density, decreased immune function and increased **breast cancer** risk. Two key components of hormonal contraceptives are Ethinyl Estradiol, a **synthetic estrogen** used in most oral contraceptives, and Levonorgestrel, a synthetic progesterone used in combined oral contraceptive pills, emergency contraception, and progestin-only birth control pills. Both of these ingre-

dients are endocrine **disruptors**. While birth control pills are often used to treat endometriosis, fibroids and PCOS, they in fact contribute to further hormone disruption.

Alcohol - Consistent alcohol consumption has been linked to hyperglycemia, and **impairs** the body's insulin response. It also reduces testosterone levels in men, and affects calcium absorption.

EMF Radiation - Electromagnetic fields, like the kinds that cell phones, WIFI signals, large appliances and **electronics** such as TV's, computers and MP3 players give off, have been shown to affect the thyroid, reduce sperm count, and decrease melatonin production.

Sleep - Sleep has a powerful effect on the endocrine system. The endocrine system **regulates** sleep patterns, and sleep deprivation impairs the endocrine system. Recent studies have suggested that **chronic** sleep deprivation can affect the pancreas, adrenal glands, thyroid, digestive function and hormonal balance

In my own wellness **journey**, I experienced severe damage to my endocrine system in my near death and **supposedly** terminal illness caused by massive stress and an excess of an extreme lack of sleep for years and years. So even though I was chronically **ill** for almost 3 years, I did find the way and I was able to HEAL and **reverse** the TERMINAL damage to my endocrine system ALMOST completely with a rigorous **Balanced** Raw Living Foods Diet, re-learning to SLEEP again, learning to manage and TRANSMUTE stress, tons of **natural** treatments with Supplements, Acupuncture, Reiki, all types of Exercise, Yoga, Meditation and learning to **re-design** my Entire LIFE and Life STYLE to be at all times MINDFUL of my Wellness!! It's by far the best thing that **ever** happened to me, the perfect Wellness and Health Breakdown to create a totally **Evolved** Radical level of Wellness and Awareness!!

WHOLE FOODS AND MINDFULNESS ARE THE KEYS TO ENDOCRINE HEALTH!!

The many toxins that can affect the endocrine system tend to travel up the food chain, meaning that they are absorbed by soil, then plants, then the animals that eat the plants, and finally human beings. Major factors in creating wellness in the endocrine system are eating foods farther down on the food chain, mindfully consuming essential vitamins and minerals, and removing processed foods, refined sugar, tobacco and alcohol, as all of these promote optimal endocrine health. A Balanced Raw Vegan Living Foods diet is vastly beneficial for endocrine system. Endocrine balancing foods include:

- **Wild Yam** - Promotes glandular balance in women. Wild Yam contain phytonutrients that help the body balance hormone levels. Especially useful during menopause to eliminate hot flashes. Nourishes the digestive system and the nerves, and is helpful to the liver and endocrine system.
- **Walnuts** - A powerful source of melatonin in a bio-available (easy to absorb) form.
- **Kelp** - This seaweed contains nearly thirty minerals which nourish the endocrine system, particularly the pituitary and thyroid glands. Kelp helps balance the body's metabolism and rate at which it burns calories. Kelp also contains alginic acid, which can help protect the body from radiation.
- **Sunflower seeds** - A handful of sunflower seeds can boost the function of the hypothalamus.
- **Cacao** - The antioxidants help detoxify the pineal gland, also high in iron, zinc and
- **Artichokes** - Help stabilize glucose levels in the body.
- **Almonds** - Stabilize blood sugar levels, and a great source of tyrosine for the thyroid.
- **Garlic** - Good for the pancreas, helps regulate blood sugar levels, and boosts the immune

system.

- **Leafy greens** (spinach, chard, kale, mustard greens, etc.) - Good for the adrenals and pancreas, in cases of thyroid abnormalities, all cruciferous vegetables should be avoided.
- **Beans and lentils** - High in fiber, they help manage polycystic ovary syndrome, which causes menstrual irregularities and high insulin levels. Foods high in fiber also reduce symptoms and complications of thyroid disease, such as excessive appetite, constipation and undesirable weight gain.
- **Flaxseed oil** - A traditional remedy for hypoglycemia and diabetes, flaxseed oil is rich in essential fatty acids, which are highly beneficial to endocrine function.

Some vitamins and minerals that are essential to endocrine health are:

- **Vitamin B5** - Plays an important role in the secretion of hormones like cortisol, due to its role in supporting the adrenal gland. Vitamin B5 is also used in the release of energy and metabolism of fat, protein and carbohydrates. Foods high in this vitamin include avocados, mushrooms, sunflower seeds, and sweet potatoes.
- **Vitamin D** - Protects the pancreas by blocking the proliferation of cancerous cells. 15 minutes of midday sunlight can fulfill your Vitamin D needs. People residing in cold climates should get their vitamin D levels routinely checked, and supplementation with up to 10,000 IU's of Vitamin D3 - as opposed to Vitamin D2 (which is a synthetic form of vitamin D and is not absorbed) can be useful.
- **Tin** - Supports the adrenal glands. Low levels of tin can be a cause of low adrenaline. Tin is found in very trace amounts

in the body, and can be found in most fruits and vegetables due to its incidence in soil.

- **Bromine** - Assists in the healing of hyperthyroidism. Found in chlorella, kelp, sea salt, and spirulina.
- **Iodine** - Necessary for the thyroid to create hormones. Found in various forms of seaweed, such as dulse, nori, wakame, arame and hijiki as well as Himalayan salt, navy beans, bananas, and cranberries.
- **Manganese** - A small amount is found in the pituitary gland. Its antioxidant properties keep the pituitary functioning. Leafy greens, nuts, legumes and whole grains are the best sources of manganese.
- **Selenium** - Helpful for thyroid function. Found in Brazil nuts, onions, tomatoes and broccoli.

Our bodies have become mineral deficient, and it has become challenging to get the appropriate minerals in our diet, regardless of what we eat. It can be helpful to supplement with ionic (liquid) minerals.

Water is critical for endocrine health. In cases of issues with endocrine glands or organs, drink at least 8 cups of pure, filtered water daily, avoiding water with chlorine or fluoride, which can disrupt thyroid function. Water in plastic bottles can have (Cont. on next page)

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WHOLE FOODS AND MINDFULNESS ARE THE KEYS TO ENDOCRINE HEALTH!! (CONT.)

BPA in it, so be mindful. **Distilled water** is the best choice.

If you want to remove Endocrine Disruptors for your lifestyle, here are steps you can take:

- **Avoid** stain-resistant or Teflon items.
- Buy **fresh** or frozen instead of canned. There are only a few companies that don't use BPA-lined cans.
- If something **smells** like plastic or vinyl, it is "off-gassing" and you are absorbing it through your skin (our largest organ) and your lungs.
- Don't use anything "anti-bacterial," found in most **personal care** products, including toothpaste.
- Minimize the use of **plastic** in your life in toys, kitchen uten-

sils, tupperware. For example, use bamboo cutting boards, or replace your plastic containers with glass. They are naturally anti-microbial.

- Use **dental** products that are fluoride-free.
- Start **replacing** cleaning and laundry supplies with soaps instead of detergents.

Removing EDCs from our lives is a **major lifestyle change**. It is better to make the change gradually than not to make it at all.

Exercising has benefits for the entire endocrine system. **Weight-lifting** can stimulate the pituitary gland and increase testosterone. Workouts that involve **bursts** of exertion can trigger thyroid activity. Exercise also speeds up metabolism and increases insulin

sensitivity (a powerful way to balance out glucose levels).

Yoga can help balance the secretions of hormones from the endocrine glands. Because yoga poses put pressure on various points in the body, it can **stimulate** each of the endocrine glands and organs, and bring **balance** to our bodies. Yoga can also significantly **reduce stress** levels, and benefits the adrenal glands.

Acupuncture is useful in supporting the health of the endocrine system. In traditional Chinese Medicine, the endocrine glands are connected to the yin and yang energies, and acupuncture is used to bring hormonal balance, and regulate sleep patterns and energy levels.

MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous

UNPRECEDENTED transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULFILLING ADVENTURE!!**

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THE ENDOCRINE SYSTEM IS DIRECTLY LINKED TO OUR EMOTIONAL, MENTAL, AND SPIRITUAL WELL BEING!!

The endocrine system controls our **feelings** through the hormones it produces. When this system is out of balance, we are emotionally **out of balance**, too. Since our hormones determine our emotional and mental states, optimal endocrine health can significantly improve and heal **depression**, anxiety, mood swings, ADHD, diabetes, low libido, insomnia, fatigue, food cravings, and chronic inflammation.

The hypothalamus is the main controller of the body's flow of hormones. Most of its **judgments** are determined by our emotions as well as the **old fears** stored in its memory. This is why the hypothalamus has been called the "seat of emotions." In her book "Nutrition, Exercise, and Behavior: An Integrated Approach to Weight Management," Liane M. Summerfield wrote that the foods we eat form **eating memories**, which may guide future eating choices. If we regularly eat fruits and vegetables, our hypothalamus may send signals to the body that these are the foods we should eat. At the same time, it may **inhibit** our desire to eat fatty and unhealthy foods.

Rejuvenating the Pituitary Gland can heal the entire body and psyche. This requires committed lifestyle changes to support **rest**, emotional healing and a connection to our bodies. The Pituitary gland is the **primary** reactor to stimuli from the environment and the body in general. When we start being **aware** of our experiences, how things feel, how they taste and look, it stimulates the pituitary gland.

Whether we are reacting to food, a circumstance, or a person, what we are **actually** responding to is a signal moving from the hypothalamus to the pituitary gland. The signal may be comfort or discomfort,

but when we learn how to **mindfully observe** the signals that are being sent inside our bodies, we begin to realize that these signals drive our moods, behavior, perceptions, tastes, habits, attraction to other people, appetite, our urges - in other words, a **large part** of our human experience is governed by the communication inside the endocrine system.

The adrenal glands provide us the **strength** to continue to push on no matter what we are facing. But the stress of the modern world can exhaust the adrenal glands. **Meditation** and journaling are powerful ways to relieve the emotional stress we feel, and thus provide relief to our adrenal glands. Living a life that is **aligned** with our higher selves, such that everything we do is an expression of our Major Life's Purpose, is another powerful way to reduce stress.

Oxytocin, the "love hormone," is linked to our ability to maintain healthy relationships and healthy psychological boundaries. In one study, women who experienced elevated oxytocin levels in response to massage and remembering positive relationships reported ease in setting **healthy boundaries**, being alone, and not feeling the need to try too hard to please others. Women whose oxytocin levels fell in response to remembering a negative emotional relationship reported experiencing **anxiety** in close relationships. The researchers concluded, "It seems that having this hormone 'available' during positive experiences and not being depleted of it during negative experiences is associated with well-being in relationships."

William A. McGarey, M.D. said, "The endocrine glands are both physical and spiritual. Each has a mind of its own, which directs hormonal output into the bloodstream

and neurological impulses into the nervous system. Each of these endocrine glands also has an energy component [known as the Chakras]." The **7 chakras** of the body are associated with the endocrine system.

The Pineal gland, often referred to as our **third eye**, is the source of our being able to experience connection to everything around us. Shaped like a pinecone, images regarding the pineal gland as the third eye can be found in **ancient cultures** of Egypt, Rome, and the various "all seeing eyes" iconography throughout human history. Yoga, prayer, guided meditation and other spiritual practices can support us in "opening our third eye," and allow us to **evolve** as people, and fulfill on our Major Life's Purpose.

Creating healthy **emotional** wellness practices such as journaling, meditation, and prayer, along with a **diet** that is mostly Balanced Raw Vegan Living Foods provides a foundation for endocrine wellness. That, **combined** with other practices such as yoga, QiQong, exercise, connecting to nature, and time alone to nurture and love your self will provide YOU a HUGE opportunity to CREATE not only OPTIMAL wellness, but also the Holistic **balance** to your life such that your WHOLE SELF can thrive as it was DESIGNED to do!!

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