



# Being Energy Presents

## Change Your Hormones Change Your Life

**The  
Endocrine  
System**

with Dr. Miles Reid



# A SNAPSHOT TO BEGIN

5 ways in which energy and information spreads in the body:

- Directly through nerves and CNS
- Endocrine
- Peptides in blood
- Immune System
- Fascia connective network

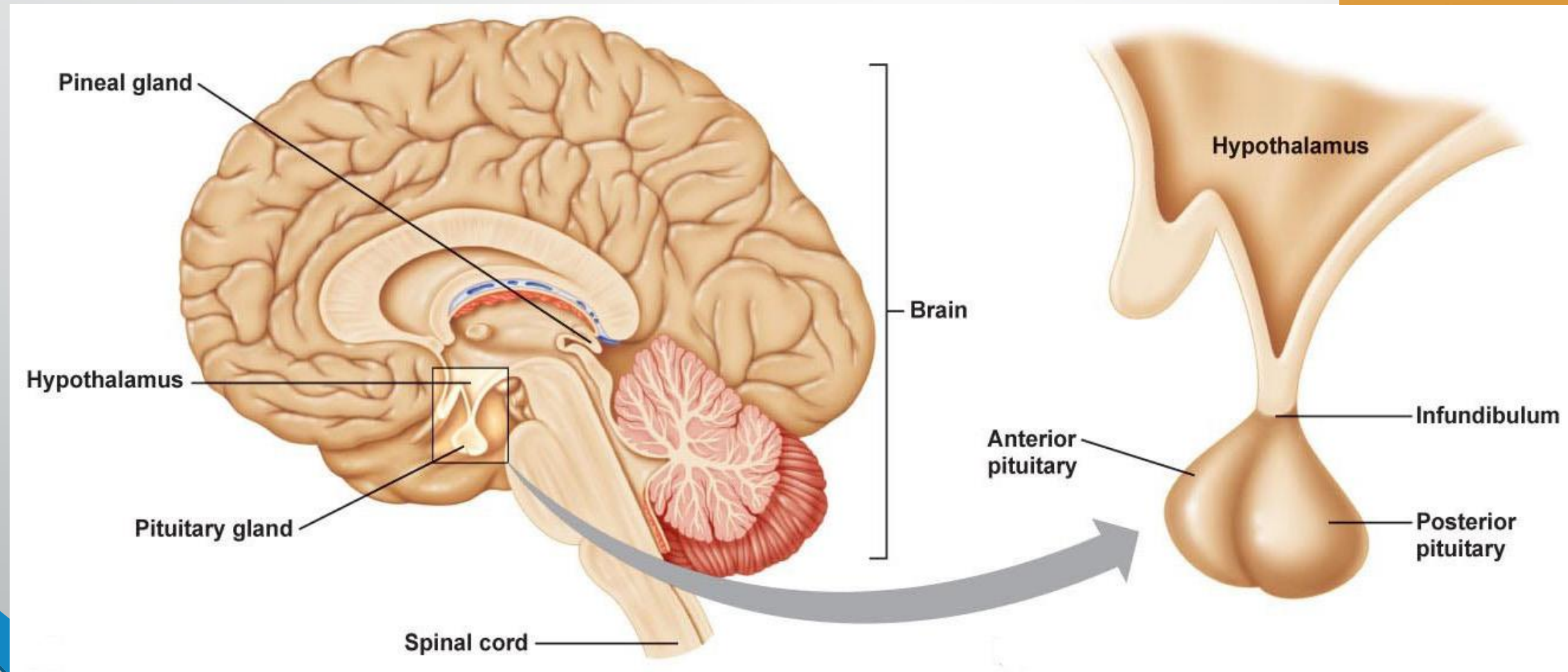


# Our Hormones Awareness Pack

- Thyroid: TSH T<sub>4</sub> T<sub>3</sub>
- Estrogen E<sub>1</sub> E<sub>2</sub> E<sub>3</sub>
- Progesterone
- Testosterone
- DHEA
- Cortisol
- Insulin
- Vitamin D



# THE ENDOCRINE LINK



# Hypothalamus

- Thyrotropin-releasing hormone
- Dopamine
- Growth hormone-releasing hormone
- Somatostatin
- Gonadotropin-releasing hormone
- Corticotropin-releasing hormone
- Oxytocin
- Vasopressin

# Thyroid

- Triiodothyronine
- Thyroxine

# Pineal gland

- Melatonin

# Pituitary Gland

## Anterior pituitary

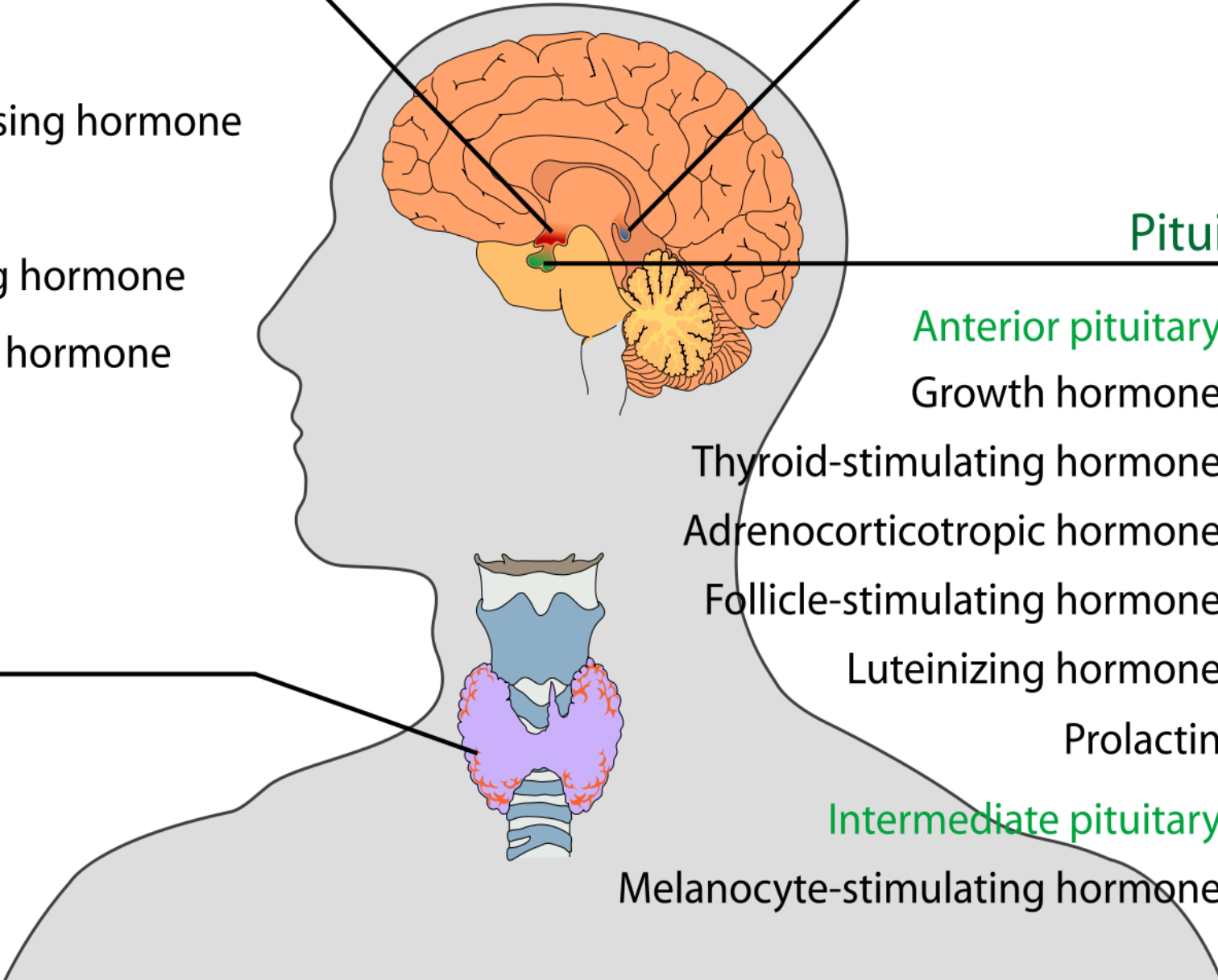
- Growth hormone
- Thyroid-stimulating hormone
- Adrenocorticotropic hormone
- Follicle-stimulating hormone
- Luteinizing hormone
- Prolactin

## Posterior pituitary

- Oxytocin
- Vasopressin
- Oxytocin (stored)
- Anti-diuretic hormone (stored)

## Intermediate pituitary

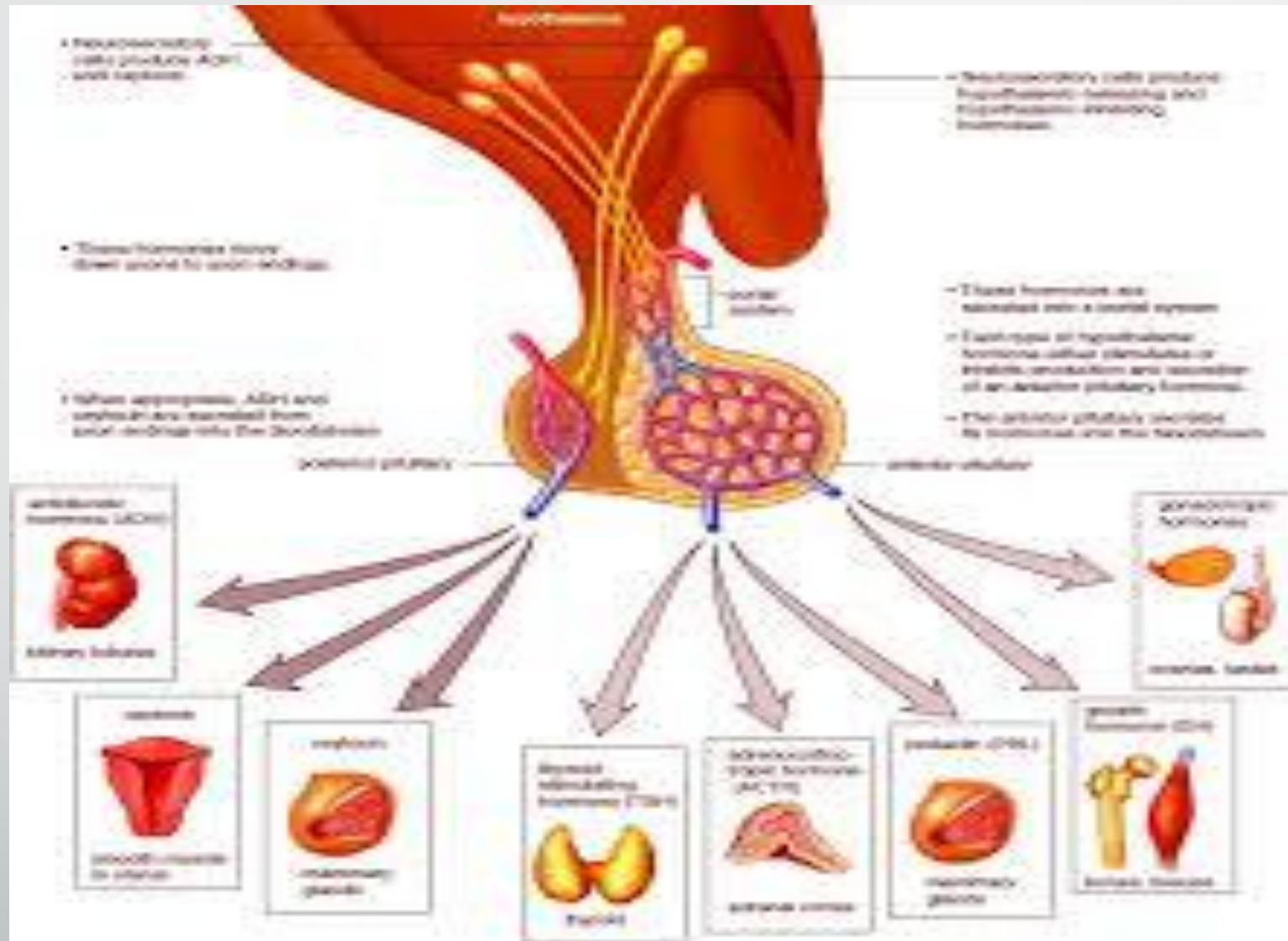
- Melanocyte-stimulating hormone



- In states of meditation, purposeful mind states can trigger a change in any of the diverse glands in the body.
- The hypothalamus regulates the pituitary gland and the pituitary regulates the rest of the glands.
- The hypothalamus is the central connector of neuroplasticity mechanism.
- You can exercise your focal attention (associated with the prefrontal cortex) by specifically holding in your attention an emotional experience
- being the observer changes the pathways through the hypothalamus, and through that, the secretion of hormones throughout the body changes.







# Rule #1 Remove or reduce obstructions

- A fine biochemical orchestration needs a clear, clean environment, free of impediments.
- Complex toxins from our world today enter the body mainly through:
  1. lungs
  2. skin absorption
  3. intestinal mucosa
- The circuit is cell– interstitial space – lymphatics – blood





# 5 THINGS YOU CAN DO

- Drink a teaspoon of organic apple cider vinegar upon waking, to stimulate the liver detoxification pathways
- Drink extra water for five days at a time to enhance kidney clearance, 4 to 6 glasses per day depending on temperature and activity.
- Shop smart: avoid packaged foods and consume organic as much as possible
- Take supplements to release toxins
- Surround yourself with a supportive environment



# FASTING

- A simple 36-hour fast; this can be a juice fast or a water fast—no solid food.
- Begin one morning on an empty stomach, without breakfast and fast for one day (with juice or water), then finish the fast the following morning with a light breakfast.
- Be sure to keep well hydrated during this time.
- This mini-fast gives your gut and liver a break so that they can release built up toxicity.
- *Always do under the supervision of your doctor. Don't stop any prescription medications. If you feel lightheaded sip a simple glass of warm water with a spoon of honey.*



# LET'S THINK ABOUT THIS

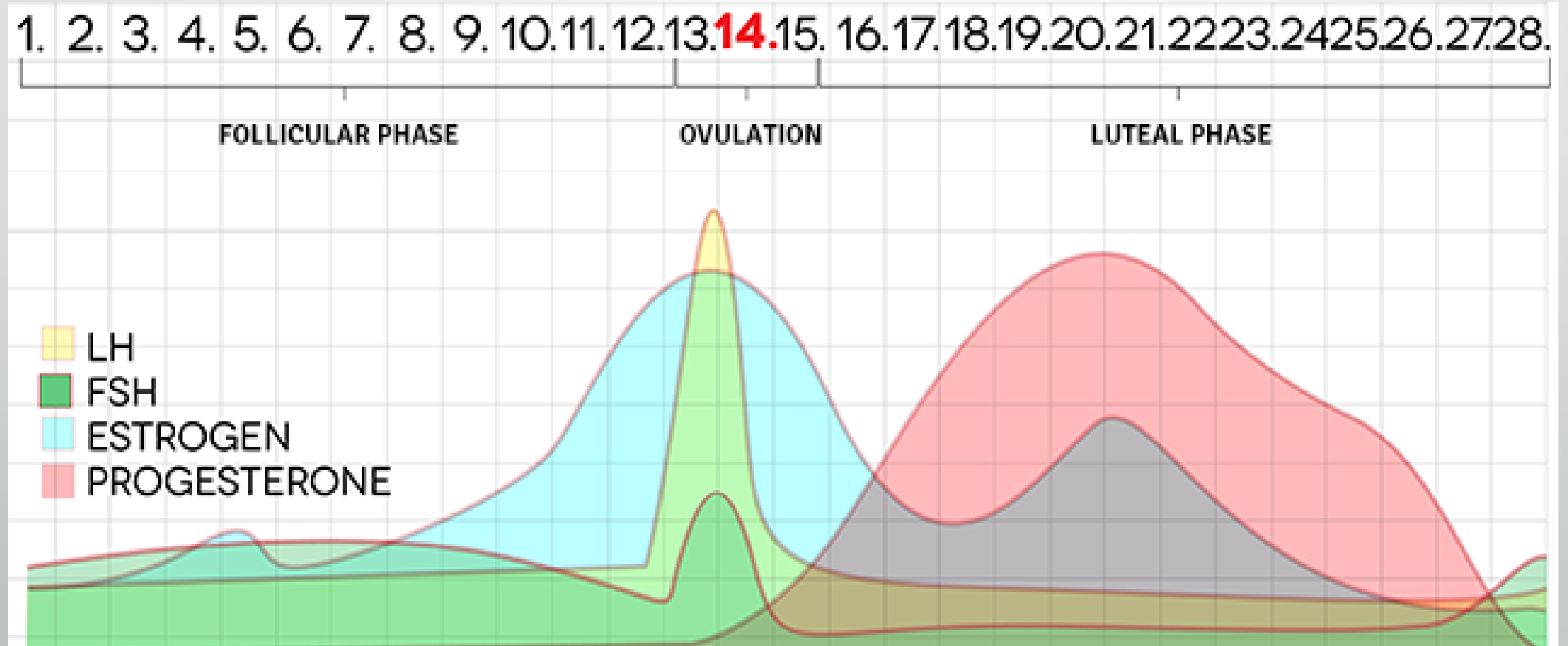
- Am I feeling extra tired?
- Do I often get colds?
- Is low libido an issue for me?
- Is PMS an issue for me?
- Are hot flashes an issue for me?
- Do I have trouble turning off at night?
- Am I bloated often?







# Sexual Hormones: The Gonadal Cycle



# *Biomedical Look*

- Long cycles: deficiency of energy or blood
- Short cycles: hyperactivity and overstimulation
- Each ejaculation looses 200-500 million sperms
- Women ovulate 300-500 times in their life.
- Pool of eggs in ovaries is around 100,000







## Kidneys: The Treasure Box

Functions in Traditional Chinese Medicine (TCM):

- Ruler of the lower part of the body: low back, hips, legs, knees
- Source of Yin, Yang and Jing
- Feeds and matures the brain
- **Hormonal development and balance**



# Kidney Essence

- Prenatal
  - Genetic material
  - Energy imprint at conception
  - Dietary and emotional factors during gestation
  - Birthing process
- ▶ Postnatal
  - ▶ Food and nutritionals
  - ▶ Natural and organic food sources
  - ▶ Energy redeployment



# *Foods to balance hormones*

- Heavy foods concentrate the energy in the genitals
  - Eat less salt, alcohol, meat and dairy
- Light easy to process foods facilitate the redistribution upward of vital energy
  - Eat more legumes, leafy greens and water



## *Food to balance hormones 2*

- During menses avoid alcohol and spicy
- If PMS, avoid excess salt and red meat and increase veggies, flax seed oil, evening primrose oil and cold pressed olive oil
- After the menses eat red color foods:
  - Red chard, beets, yams, lamband warming foods:
  - Stews, ginger, fish, lentils, spirulina and chlorella





## ALOE VERA EXTRACT

Use vodka 80 % or ice wine

Cut the leaves in pieces and place in a jar. Add the vodka so they are totally under the vodka. Put lid on jar.

Leave one jar soaking for 45 days shaking the jars a little every 2 weeks. If the herbs consume all the vodka, add some more.

Strain the vodka. Using a filter, so nothing except the liquid goes through. Throw away the herbs, the left over liquid is the tincture.

Store preferably in a dark glass container with a dropper.

Dosage: 10-30 drops, 1-3 times per day (One full dropper is about 30 drops)

# How we think + How we Treat Ourselves

SELF *love*

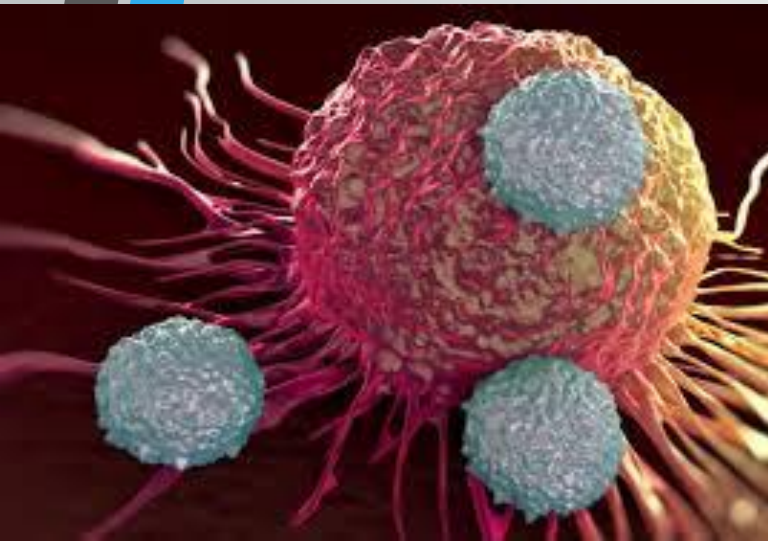




# PNI adds one more letter: **PNEI**



- The Psycho-Neuro-Endocrine-Immunology System
- The need to widen the scope of the matrix of information
- **Psychoneuroendocrine immunology: site of recognition, learning and memory in the immune system and the brain—Pub Med**



Effective regulation of the neuroendocrine balance is essential in the treatment of illness and has a profound impact on physiological responses and bio-regulatory activity

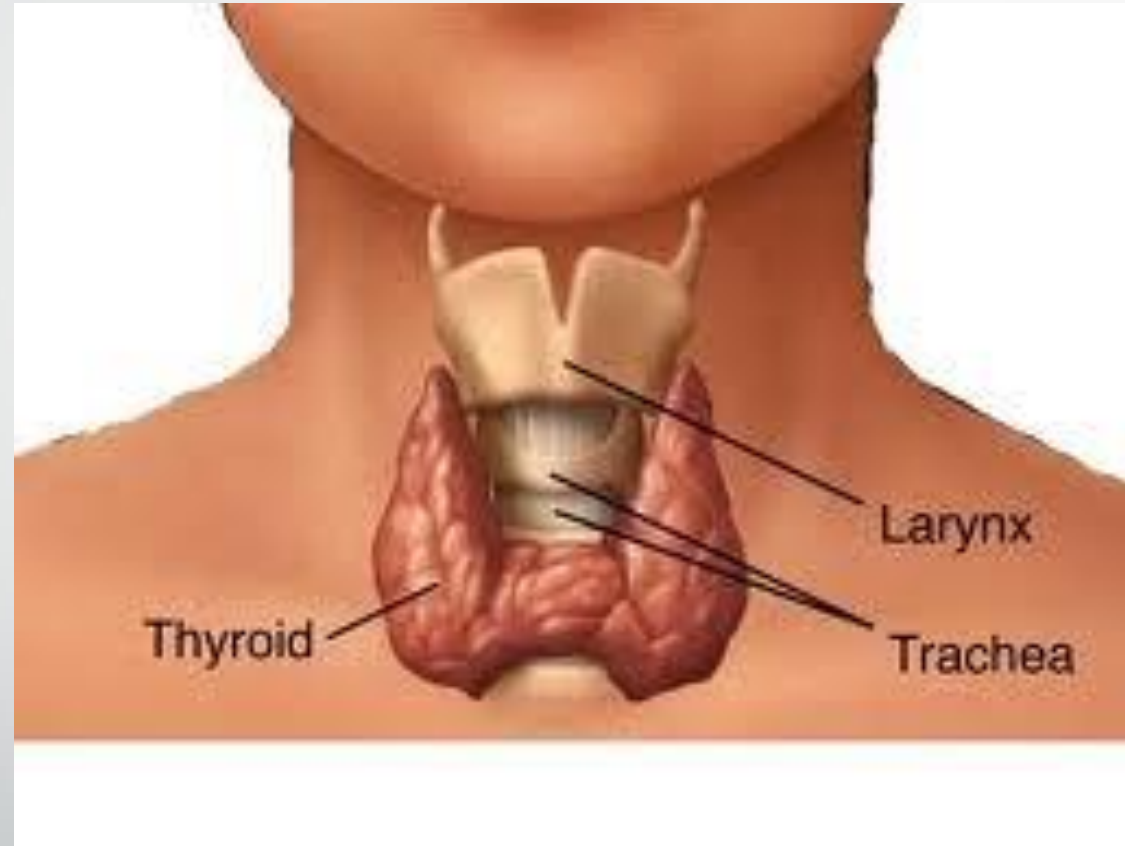
# Why do we attack ourselves?

ATA anti-thyroid antibody  
TPO thyroid peroxidase antibody

An old paradigm: the head pushing the body without listening to it



# The Thyroid Axis



# Who controls the Thyroid?

- TRH Brain (Hypothalamus) to Pituitary Gland
- TSH Pituitary Gland to Thyroid Gland
- T<sub>4</sub> T<sub>3</sub> Thyroid Gland to Body Tissues

How to regulate: Negative Feedback Loop



# A Tiny Hormone A Powerful Effect

- Protein vs steroid hormones
- Normal range of TSH
- Tissue Resistance
- Target organs are the liver, kidneys, muscles, heart, and our developing brain.
- Raw materials: Iodine and Tyrosine
- Stored hormone in gland enough for 3 months
- Two hormones thyroxine (T<sub>4</sub>) and triiodothyronine (T<sub>3</sub>)



# Thyroid Panel: what to test?



- TSH: the upstairs command
- T<sub>3</sub>: the main worker
- T<sub>4</sub>: the known actor
- Free T<sub>4</sub>
- Free T<sub>3</sub>
- ATA anti-thyroid antibody
- TPO thyroid peroxidase antibody





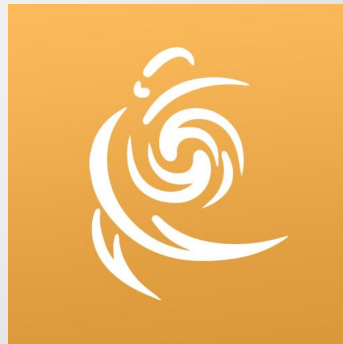
# How Hypo looks like

- Tired
- Cold all the time
- Hair loss
- Memory loss
- Dry skin
- Scanty menses
- Brittle nails and hair
- Leg swelling



# How to revitalize this organ system and key vital center?

- Movement is the key to energy
- Food is the key to energy
- Thought is the key to energy
- Spirit is the key to energy



## Rule #2 Look Beyond the body and mind to the Level of Spirit

- Our spiritual experience is rooted in our biochemistry
- hormones are “messengers of Spirit
- Research has shown that the number of pathways between the prefrontal and the amygdala determines how fast we bounce back from adversity
- how fast we rebound, our Resilience, can be of great support for the hormone universe inside of us.



# “Non-ordinary” reality experiences

- Carlos Castaneda, a master of ordinary and non-ordinary integration
- You can help balance your hormones from within using YOUR MIND by entering into non-ordinary states of awareness
- Becoming your own great friend, and your organs best friend



# DEVELOP .YOUR .NEUROPLASTICITY

1. Allow yourself to visualize, or have a feeling in any way you wish—there is no need to know the actual anatomy.
2. Bring your inner eyes and mind to the base of your spine, the sacrum... Imagine how your spinal cord is collecting and bringing information from your entire body up along the spine to your brain.
3. Now bring your mind to your forehead area. Deep inside is your middle prefrontal cortex. Imagine lines connecting your cortex to your limbic system, at the center of your brain.
4. You can self-regulate your inner emotional world. You can send energy and information from your central prefrontal cortex to the hypothalamus.

5. Observe any negative thoughts, worries, etc. as if watching a movie play in front of your eyes: just the act of deliberate observation.
6. Engage your purpose to resist getting drawn into the picture. Look at it as an interesting mental process. See how easy your mind can do this.
7. Deliberately impose positive, enhancing images and thoughts. This new input strengthens the pathway between your prefrontal and your amygdala.
8. Hold your attention on these new lines of Information for a few moments or minutes.





# Questions? Let's Review!



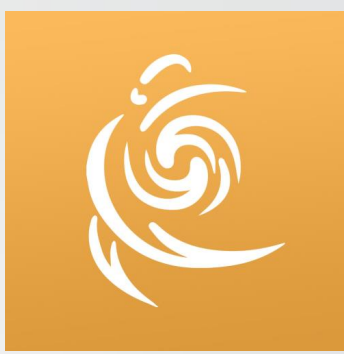
# The Adrenal Axis





# Feel your adrenals

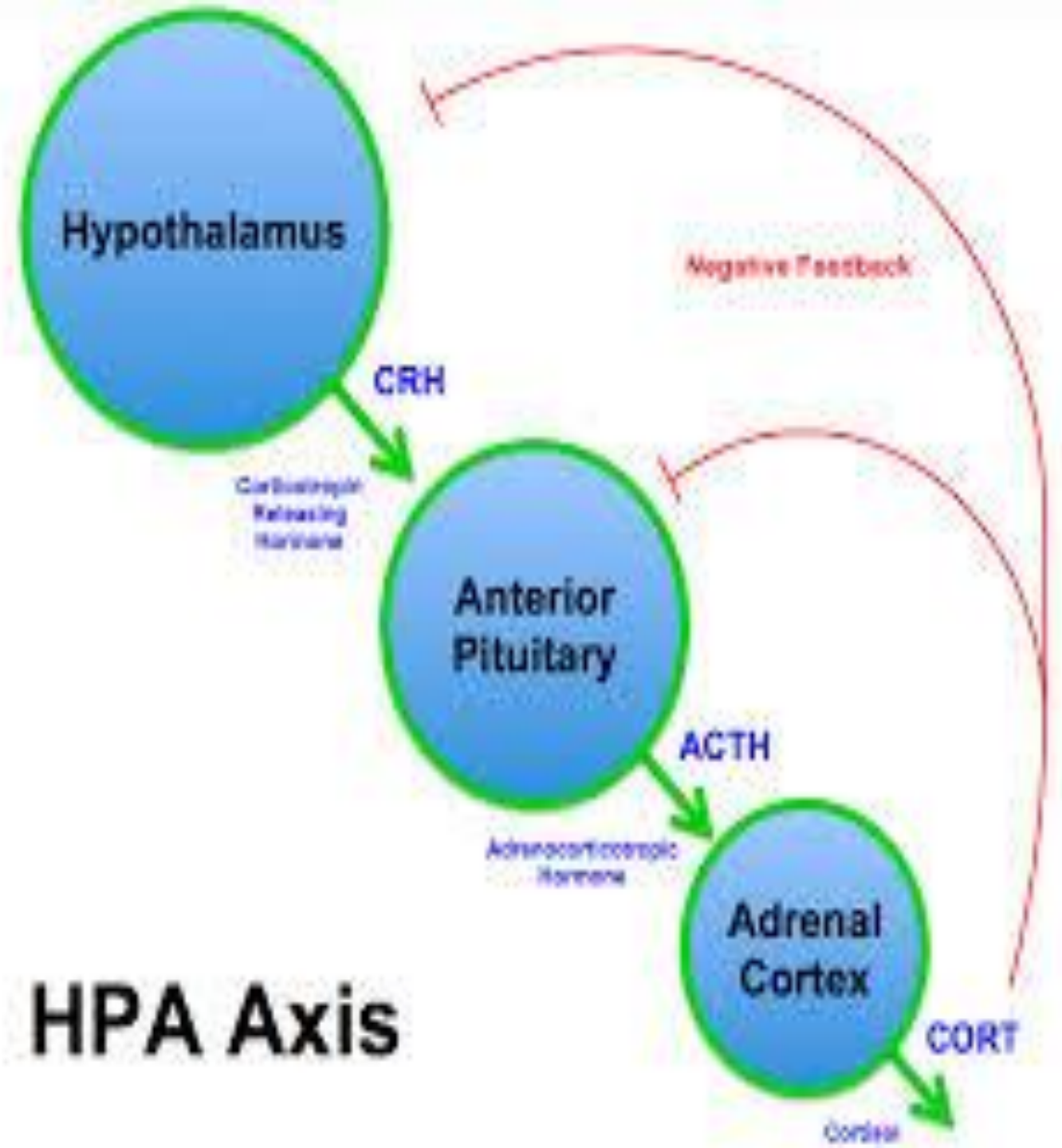
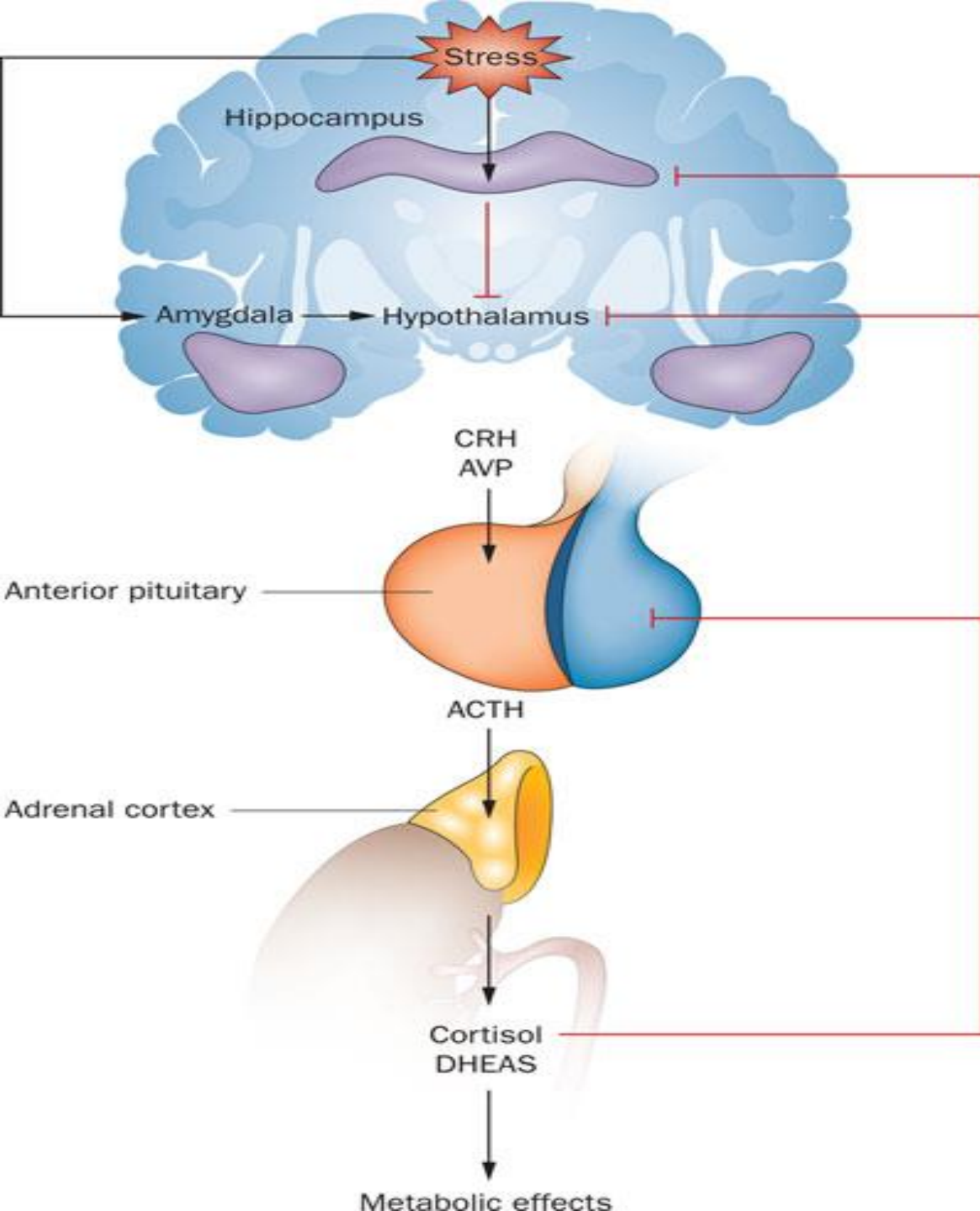
- They are a small cap resting on the kidneys
- The adrenal glands are the key component of the kidney vital center, small, but so powerful
- The adrenals produce substances that reach out towards all the organs of the body, in an intricate network
- Regulating all body processes through chemicals traveling inside the blood



# Physiology 101: The Adrenals

- At the very center of the adrenals is the medulla, where the body sends out adrenaline
- The medulla is key in the stress response axis
- The cortex has three layers:
  - The first layer sends cortisol
  - The second layer sends sexual hormones
  - The third layer sends water and salt regulators

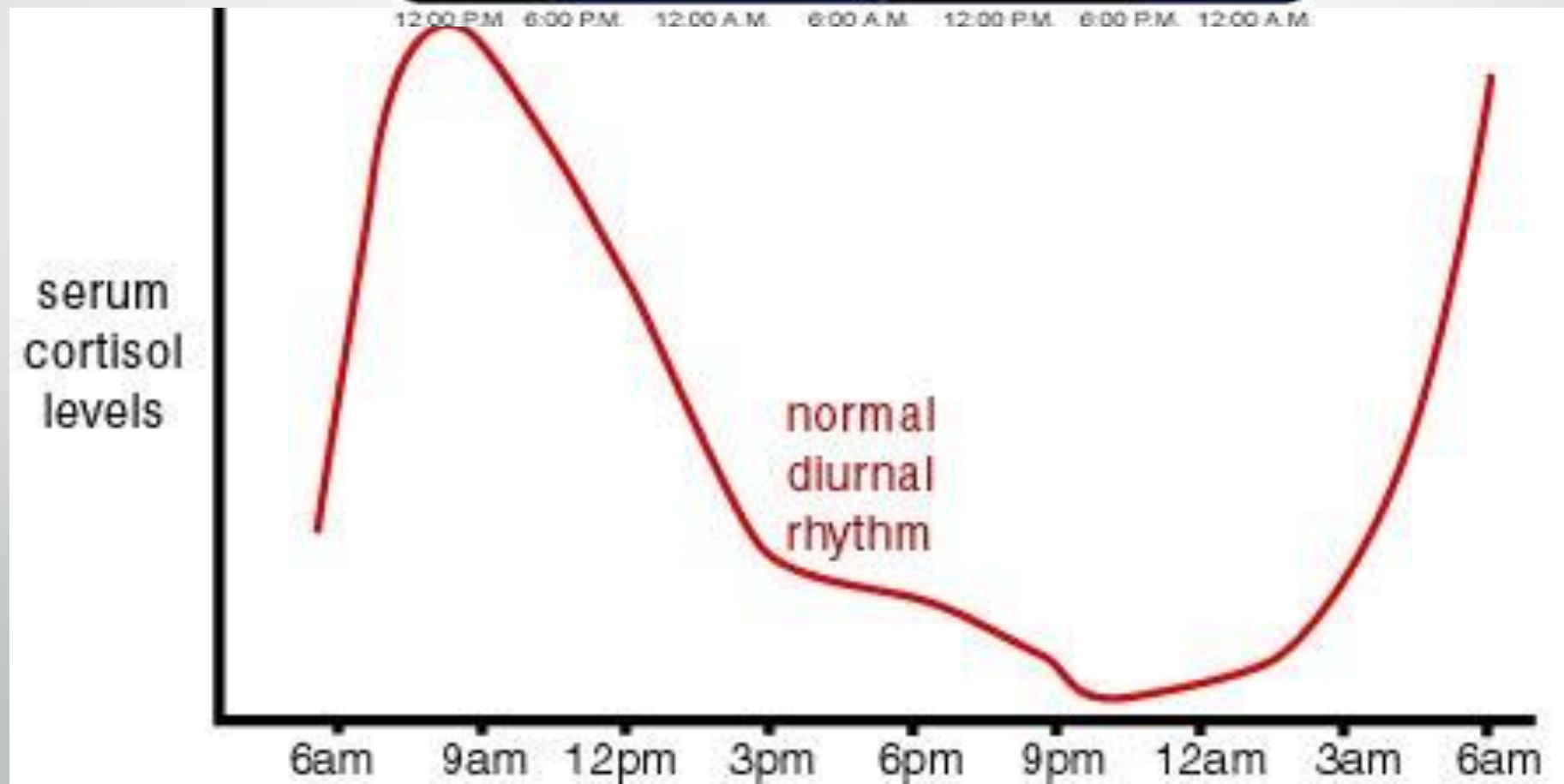
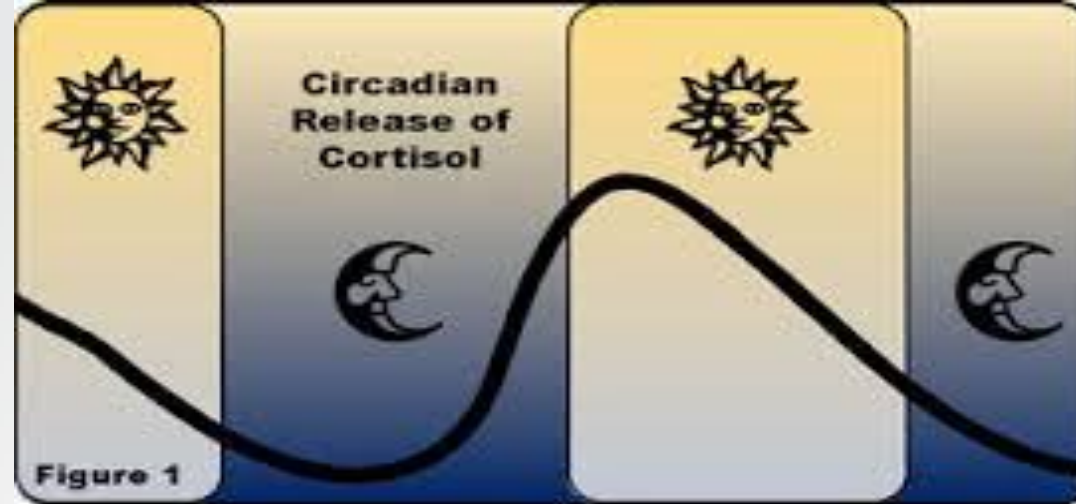




# Stress Axis

- Stress causes pituitary gland to increase ACTH
- ACTH causes the adrenal gland to secrete cortisol and adrenaline
- Stress causes pituitary gland to decrease TSH
- GAS (General Adaptation Syndrome)







# GAS: The Homeostasis of Alarm

- Metabolism is set on stress response
- Genes promoting repair are turned off
- Insulin resistance and weight gain
- Low libido
- Altered neurotransmitters lead to depression
- Blood cholesterol and blood pressure rise
- Immune response is inhibited
- Inflammation increases



# GAS 3 Stages

- First stage: Arousal
  - Acute stress response
  - Rapid increase in adrenaline and slow increase in cortisol
- Second Stage: Adaptation
  - See previous slide
- Third Stage: Exhaustion
  - Adrenal burn out (organs burn out from constant adrenal stimulation)
  - Onset of degenerative and chronic diseases



# Herbals and Nutritionals

- Glandulars
- Reishi
- Ashwaganda
- Ginseng
- Balck beans
- Cordyceps
- Wild egss and wild game meat
- Chinese herbal tonics



# Questions? Let's Review!

