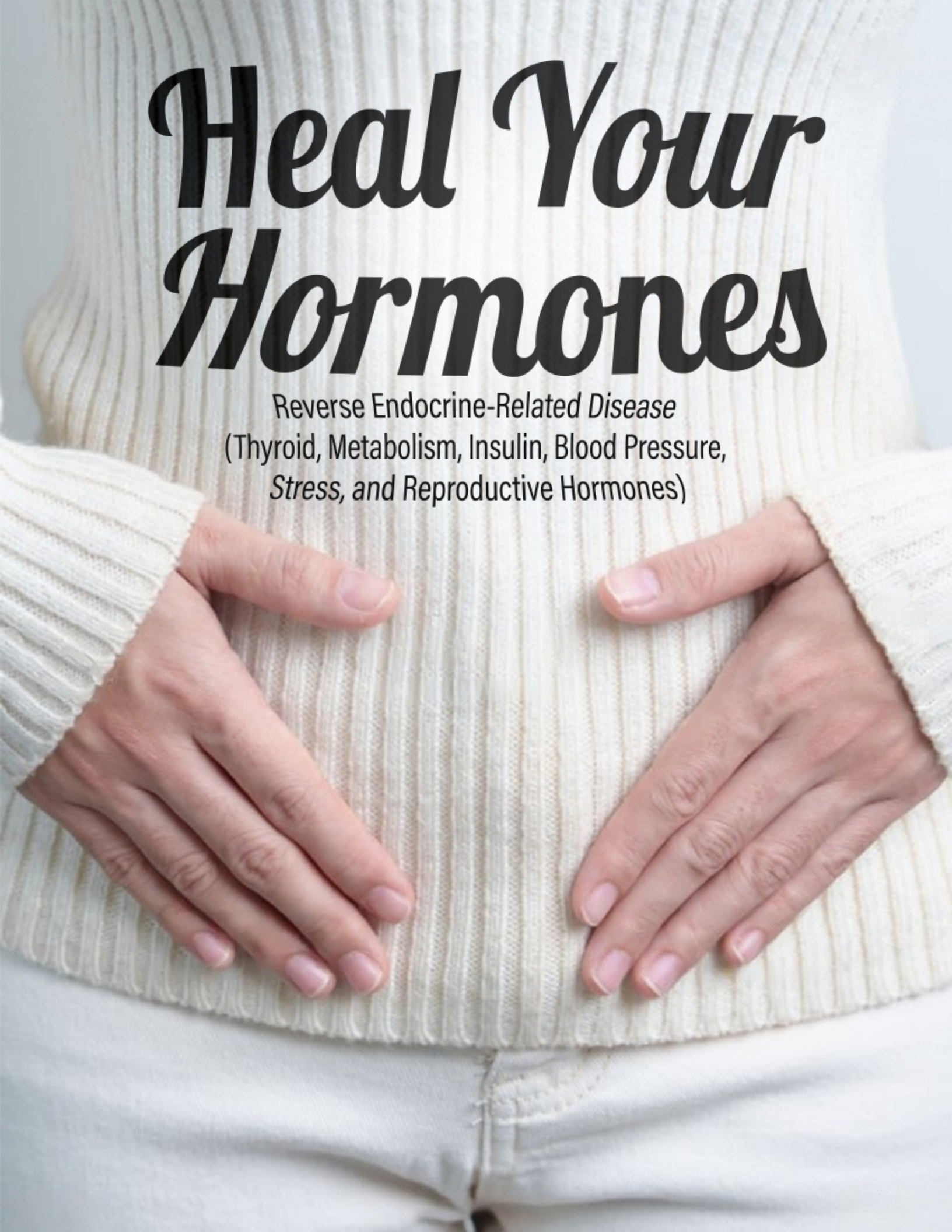


Heal Your Hormones

Reverse Endocrine-Related Disease
(Thyroid, Metabolism, Insulin, Blood Pressure,
Stress, and Reproductive Hormones)



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Reverse Endocrine-Related Disease (Thyroid, Metabolism, Insulin, Blood Pressure,
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Introduction



In our modern lifestyle and environment, we are exposed to far too many things that **destroy** our hormone regulation.

Leading us to feel a shadow of what we should feel like, and experience diseases we would **never** have otherwise.

Today, we have more things set up against us even though they appear useful.

The comfort of today is causing more harm than ever before!

Inside this eBook, you will gain a deeper understanding of the reproductive and endocrine system, their functions, and the potential imbalances that can arise.

We will delve into the impact of lifestyle choices, including nutrition, stress management, and exercise, on hormonal health.

Additionally, you will discover the power of herbal remedies and natural supplements to support your reproductive system.

This eBook serves as your roadmap to achieving hormonal equilibrium and reclaiming control over your reproductive and endocrine health.

Prepare to embark on a transformative journey filled with knowledge, practical tips, and proven methods to restore balance and embrace a vibrant life!

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Chapter 1: Understanding why our Hormones are so Damaged



Facing the facts

With the rise of the Western diet and the use of BPA-leaking plastic all around us, it's no wonder we are facing such a massive degree of hormonal imbalance. There are countless factors contributing to this. One significant factor is the rise in fast food diets and the consumption of highly processed foods. These foods often contain high levels of refined sugars, unhealthy fats, and artificial additives. Dietary choices like this can lead to weight gain, insulin resistance, and metabolic dysfunction, all of which can disrupt hormonal balance. Additionally, fast food diets are typically lacking in essential nutrients and fiber, further exacerbating hormonal imbalances.

As previously mentioned, the use of BPA-leaking plastic is another concerning factor in hormonal imbalance. Bisphenol A (BPA) is a chemical commonly found in plastic products such as food containers, water bottles, and food packaging. BPA has been linked to endocrine disruption, as it can mimic estrogen in the body and interfere with hormone regulation. When BPA leaches into food or beverages, it can disrupt normal hormonal function and causes high degrees of imbalances.

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In addition to fast food diets and BPA exposure, other factors contributing to hormonal imbalances include chronic stress, lack of physical activity, inadequate sleep, environmental pollutants, and certain medications. Chronic stress can lead to elevated cortisol levels, disrupting the balance of other hormones. Sedentary lifestyles and poor sleep patterns can also impact hormone production and regulation.



Furthermore, exposure to environmental pollutants, such as pesticides and chemicals in personal care products, can interfere with the endocrine system. Certain medications, such as hormonal contraceptives or some antidepressants, may also affect hormone levels and contribute to imbalances. If you are on these medications, please consult with your medical practitioner before suddenly halting your prescription as this may be very detrimental to your health.

Overall, the combination of unhealthy dietary choices, exposure to BPA-leaking plastic, chronic stress, sedentary lifestyles, environmental pollutants, and medication use can contribute to the prevalence of hormonal imbalances in today's society. Recognizing these factors and making conscious efforts to adopt healthier lifestyle choices, including a balanced diet, reducing exposure to harmful chemicals, managing stress, and prioritizing sleep and physical activity, can help support hormonal balance and overall well-being.

In the following chapters, we will go further in depth and see exactly what diseases we are exposed to from this, what we can do to reverse it, and learn how to start living a healthier life!

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EXPERT OPINION - DR. SCOTT RICHMAN & DR. ROSIE MAIN

Dr. Scott Richman: *“So supporting the adrenals properly, if we’re dealing with autoimmune and infections. We’re overstimulated, burnt out, so I love adaptogenic herbs, things that are just going to calm the fire, calm the system down. And then, test, don’t guess when it comes to hormones.*”

Everything is so very delicately balanced, that’s kind of my rule when it comes to that. Looking at cortisone, looking at the estrogen, looking at progesterone, DHEA, things like that, pregnenolone, I love and I like to work on hormones upstream.

You can work with symptoms by providing a progesterone cream, but what’s the precursor of all that? Pregnenolone is just that magical hormone precursor that I really like to implement. Like I said, not a problem actually putting that into a protocol literally right now as you were saying in week 5.

It’s the mindset around it in which I want to teach it differently than what it’s traditionally been done, which is we’re not trying to fix it.

We’re trying to support the body while it’s going through other healing processes to then ultimately gain that hormonal regulation that we’re all working towards. So that’s the approach that I definitely take.”

Dr. Rosie Main: *“No, it’s not only the plastics. Xenoestrogens are basically just they mimic not only estrogen. They mimic a lot of hormones and so this is where these xenoestrogens are found.*”

Not only in plastics, they’re in the chemicals right now that we’re smelling from not only from our own household, from the synthetic fibers.

You’re talking about the scents that are put out through the sprays and the things that we wear. We’re talking about all these chemicals that are really just bombarding the body to then even function the way it should and so not only mention that. Then these toxins also go into the brain.

Again, back to brain health, they attach to the hypothalamus, not allowing the hypothalamus then talk to your endocrine glands because now the heavy metals gets that cascade from your hypothalamus to your pituitary to all your endocrine glands, so then you’re talking about your thyroid and your uterus and all your adrenal glands not functioning.

The problem is that most people then go and look down below. You go to the doctor. Instead of looking upstream, they’re looking down below and, unfortunately, most of the time, once they have that issue, the problem is that they do one of two things is they’ll either, of course, medicate it or take it out instead of looking at what’s causing the problem.

Our whole emphasis is trying to make sure people understand that you got to remove the interference.”

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Chapter 2: Common Imbalances Plaguing us Today



In this chapter, we will explore the common imbalances that are plaguing people of today, especially in our more Westernized world.

Our delicate hormonal systems are intricately connected and play a vital role in our overall health and well-being. However, various factors such as stress, lifestyle choices, hormonal fluctuations, and underlying health conditions can disrupt the delicate balance of these systems, leading to imbalances.

These imbalances can manifest in a range of symptoms and affect both men and women.

Understanding these common imbalances is essential for identifying and addressing the underlying causes and restoring harmony to the reproductive and endocrine system.

We will now delve into the various imbalances and explore effective strategies for restoring balance and promoting optimal reproductive and endocrine health.

Hormonal Imbalances and Their Effects

ESTROGEN DOMINANCE

Hormonal imbalances can have a significant impact on our overall health and well-being. One common imbalance that affects both men and women is estrogen dominance. Estrogen is a vital hormone involved in various physiological processes, but when its levels become excessive or disproportionate to other hormones, it can lead to estrogen dominance.

Estrogen dominance occurs when there is an imbalance between estrogen and progesterone, with estrogen levels being elevated in comparison. This imbalance can result from various factors, including stress, environmental toxins, poor diet, hormonal medications, and certain health conditions.

The effects of estrogen dominance can be far-reaching. In women, it may contribute to menstrual irregularities, mood swings, breast tenderness, weight gain, and increased risk of certain reproductive cancers. In men, estrogen dominance can manifest as decreased libido, erectile dysfunction, and increased fat deposition.

Understanding the effects of estrogen dominance is crucial for identifying and addressing this hormonal imbalance. By implementing targeted interventions and lifestyle modifications, it is possible to restore hormonal balance and mitigate the negative effects of estrogen dominance. In the following sections, we will explore strategies to address estrogen dominance and promote hormonal harmony in the reproductive and endocrine system.

PROGESTERONE DEFICIENCY

Progesterone is a crucial hormone in the female reproductive system, playing a vital role in regulating the menstrual cycle and supporting pregnancy. However, progesterone deficiency can occur when the levels of this hormone are insufficient, leading to imbalances and potential health issues.

Progesterone deficiency can stem from various factors, including stress, age-related hormonal changes, certain medical conditions, and lifestyle factors. When progesterone levels are low, it can disrupt the delicate balance between estrogen and progesterone, causing an imbalance known as estrogen dominance.

The effects of progesterone deficiency can manifest differently in women at different stages of life. In premenopausal women, it may contribute to irregular menstrual cycles, mood swings, fertility challenges, and increased susceptibility to estrogen-related conditions. In postmenopausal women, progesterone deficiency can contribute to symptoms such as hot flashes, night sweats, and bone density loss. Addressing progesterone deficiency involves restoring hormonal balance and optimizing progesterone levels. This can be achieved through lifestyle changes, dietary adjustments, stress management techniques, and, in some cases, hormone replacement therapy. By addressing progesterone deficiency, it is possible to support hormonal equilibrium and improve overall reproductive and endocrine health.

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TESTOSTERONE IMBALANCE

Testosterone is a vital hormone in both men and women, primarily known for its role in male sexual development and reproductive function. However, imbalances in testosterone levels can occur and have significant effects on overall health and well-being.

Low testosterone levels, known as testosterone deficiency or hypogonadism, can lead to various symptoms in men. These may include reduced libido, erectile dysfunction, fatigue, loss of muscle mass and strength, mood changes, and decreased bone density. In women, excessive testosterone levels, known as hyperandrogenism, can cause symptoms such as hirsutism (excessive hair growth), acne, irregular menstrual cycles, and mood disturbances.

Addressing testosterone imbalances often involves a comprehensive approach. Treatment options may include lifestyle modifications, such as regular exercise, stress management, and a balanced diet. In some cases, hormone replacement therapy or other medical interventions may be recommended, especially when testosterone levels are severely imbalanced or impacting overall health.

It's important to note that testosterone imbalances can have various underlying causes, including age-related changes, certain medical conditions, medications, and lifestyle factors. Therefore, a thorough evaluation by a healthcare professional is essential to determine the specific cause and develop an appropriate treatment plan tailored to individual needs.

By addressing testosterone imbalances and restoring optimal levels, it is possible to alleviate symptoms, improve overall well-being, and support reproductive and endocrine health.

EXPERT OPINION - DR. MICHELLE SANDS

Dr. Michelle Sands: *"We have to ask ourselves, every action that we make it's either going to make us closer or further from our goal. It's because I was compromised. I had dysfunction.*

If I had no dysfunction at all, perfectly healthy, can you get away with one time eating at McDonald's? Yes, you probably can because your body has a built-in detoxification system. But, I was on the road to healing, and if anyone is on a road to healing, it can't be half way and you have to be all in. So, no matter what symptom, what condition we're calling it, it really breaks down to hormone imbalances. All hormone imbalances are really a breakdown in communication because our hormones are the body's communication system.

We have our neurological system and our endocrine system. They both work to communicate. And any breakdown in that is going to cause a dysfunction. If you think about, like your computer and WiFi, after you start, you're watching this video or you're watching YouTube, and things start to move slowly. It's likely you're thinking, "Oh, the WiFi's not working." So what are you going to do? You're going to check your connection to the computer, you're going to check the router, you might call the cable company. That's really what you should do to try to figure out what the cause of the miscommunication is or the communication error.

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And that is really what we should be doing with hormone imbalance is figuring out what's causing this error in communication, but instead, we're trying to add more hormones. That would be like you're trying to add more memory to your computer, or you're throwing the computer out, when we take out ovaries, when we take out thyroids. In conventional medicine, we try to remove, or we try to add more. It wouldn't matter whether you're dealing with endometriosis, PCOS, infertility, menopause, perimenopause, depression. All of these hormonal symptoms, they really break down to errors in communication. Those errors are really caused mostly, in what I see in this day and age, by endocrine disruptors.

I talk a lot about the birth control pill, and I get very upset and very passionate about this because I was on birth control pills for 20 years, and I was on birth control pills because of a hormone imbalance. The birth control pill, I really believe, is what caused a lot of my issues, a lot of my hormone imbalances, because, like I said before, they're endocrine disruptors.

The reason why I'm so upset about the birth control pill is because we didn't learn our lesson. In 1938, they released the first synthetic estrogen, which was a prescription that they gave to pregnant women. It was DES, so D-E-S. So long words, I won't even try to say it. But so DES is actually a prescription medication that was made to help women who are pregnant stay pregnant longer and prevent miscarriages. This was on the market and given to healthy pregnant women for 1938 up until 1971.

What they found is that the medication did not prevent miscarriage, did not help women stay pregnant longer, but instead, it caused cancer, it caused miscarriages, which was the one thing it was supposed to prevent, and then the daughters that were born to these women ended up also having infertility issues. They ended up having early problems with their pregnancy, whether it be miscarriages or problems with their babies, and then cancer, uterine cancer, breast cancer.

Then the daughters that were born to those women, third generations, same thing. So they finally had to pull it off the market. What was in that was basically the same thing that's in birth control pills. So, it's just really irritating that we didn't learn from that whole ordeal where women, still in our generation now, are suffering from PCOS and endometriosis and cervical cancer and infertility because of those things that were done in the past. I really do believe that so many women today are suffering from many of the conditions we just talked about, whether it be depression, hair loss, whether it be infertility, whether it be perimenopause and menopause symptoms, because of things like birth control.

I won't even get into vaccines. Kids today have something like 70 vaccines now, and they all contain endocrine disruptors. And so, we're really putting children at such a disadvantage now than they ever were before. And it just irritates me, and it makes me upset, because we're seeing little girls having their first period at age 9. We're seeing women start menopause at 35, and really shifting the rise and decline of hormones. It's happening so abruptly that women are actually feeling like they're going crazy at age 35. They're upset, they're gaining weight, they're losing their libido. They're losing themselves at such an early age because of a lot of the things that are toxic in the environment.

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The genetically modified foods. Monsanto's horrible glyphosate. All these things are really impacting our hormones because our bodies are supposed to communicate. And nature is supposed to help that. When we put in these chemicals that just disrupt that, that just causes a total break down.

When they were trying to approve the birth control pill, and make sure it was safe, they actually cited the safety of this DES supplement or prescription. This was before it was pulled off the market. It irritates me that this is actually available, and it's documented for me to research it. And none of these doctors today who are prescribing these birth control pills are even doing anything about it.

And the problem is, too, with me, when I went to that doctor when I was 11, and he prescribed those birth control pills, he didn't ask me what my diet was like. He didn't ask me what my home life was like. He didn't ask me if I'd been abused or I was not getting sleep or if I was eating well. He didn't ask any of those questions. And he just prescribed the birth control pill. And that's what's happening pretty much for any girl or woman that has a hormonal imbalance. They're getting birth control pills or antidepressants."

Reproductive Disorders and Conditions

POLYCYSTIC OVARY SYNDROME (PCOS)

Polycystic Ovary Syndrome (PCOS) is a common reproductive disorder that affects many women of reproductive age. It is characterized by hormonal imbalances, specifically high levels of androgens (male hormones), and the development of small cysts on the ovaries.

PCOS can present with a variety of symptoms, including irregular menstrual cycles, infertility, excessive hair growth (hirsutism), acne, weight gain, and mood disturbances. Additionally, women with PCOS may have an increased risk of developing other health conditions, such as insulin resistance, Type 2 diabetes, and cardiovascular disease.

The exact cause of PCOS is not fully understood, but it is believed to involve a combination of genetic and environmental factors. While there is no cure for PCOS, management focuses on symptom relief and minimizing the associated health risks.

Treatment options for PCOS may include lifestyle modifications, such as regular exercise and a balanced diet, to promote weight management and improve insulin sensitivity. Medications, such as hormonal contraceptives, anti-androgens, and insulin-sensitizing agents, may also be prescribed to regulate menstrual cycles, reduce androgen levels, and address specific symptoms.

It is crucial for women with PCOS to work closely with healthcare professionals to develop an individualized treatment plan that addresses their specific symptoms, fertility goals, and overall health. With proper management, it is possible to effectively manage PCOS symptoms, improve reproductive health, and reduce the risk of long-term complications.

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ENDOMETRIOSIS

Endometriosis is a chronic and often painful condition that affects the reproductive system in women. It occurs when the tissue lining the uterus, called the endometrium, grows outside of the uterus, commonly in the pelvic area. This displaced endometrial tissue can cause inflammation, scarring, and adhesions, leading to a range of symptoms and complications.

Common symptoms of endometriosis include pelvic pain, particularly during menstruation, heavy or irregular menstrual bleeding, pain during intercourse, and infertility. Other symptoms may include fatigue, digestive issues, and pain during bowel movements or urination.

The exact cause of endometriosis is not fully understood, but several theories suggest that it may involve a combination of genetic, hormonal, and immune factors. Diagnosis typically involves a thorough medical history review, physical examination, and often an imaging test or laparoscopy to visualize and confirm the presence of endometrial tissue outside the uterus.

Treatment for endometriosis aims to manage symptoms, reduce inflammation, and improve fertility if desired. Options may include pain medication, hormonal therapies such as birth control pills or gonadotropin-releasing hormone (GnRH) agonists, and surgical interventions to remove endometrial tissue or address related complications.

Living with endometriosis can be challenging, but with appropriate management and support, many women are able to effectively manage their symptoms and maintain their reproductive health. It is important for individuals with endometriosis to work closely with healthcare professionals to develop a personalized treatment plan that suits their needs and goals.

THYROID DISORDERS AND REPRODUCTIVE HEALTH

The thyroid gland plays a crucial role in regulating various aspects of reproductive health. Thyroid disorders, such as hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid), can have significant effects on the reproductive system and fertility.

Hypothyroidism can disrupt the menstrual cycle, leading to irregular periods, heavy or prolonged bleeding, or even amenorrhea (absence of periods). It may also cause difficulties in conceiving and increase the risk of miscarriage. In some cases, hypothyroidism can contribute to conditions like polycystic ovary syndrome (PCOS) or endometriosis.

Hyperthyroidism, on the other hand, can also impact menstrual regularity and fertility. Women with hyperthyroidism may experience lighter or infrequent periods. In severe cases, it can lead to premature ovarian failure or affect the implantation of fertilized eggs.

Proper diagnosis and management of thyroid disorders are essential for maintaining reproductive health. This involves a comprehensive evaluation of thyroid hormone levels through blood tests and, if necessary, further

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investigations like ultrasound or fine-needle aspiration. Treatment options may include medication, radioactive iodine therapy, or surgery, depending on the specific thyroid disorder and its severity.

If you suspect you have a thyroid disorder and are experiencing reproductive health issues, it is important to consult with a healthcare professional specializing in both thyroid disorders and reproductive medicine. They can provide a comprehensive assessment, accurate diagnosis, and tailored treatment plan to optimize your reproductive health.

EXPERT OPINION - JILL MCLAUGHLIN GRUNEWALD

Jill McLaughlin Grunewald: *"I know people who've gotten very sick from being around people who've had the shot. I don't know anyone who's died. I have friends who know people who've died, and I have colleagues who know people who've died. I know people in my personal sphere who have gotten sick and had some pretty pronounced reproductive symptomatology associated with being around someone who's had the shot. They themselves have not had the shot.*

I know people who have been bleeding nonstop, so women in their cycling years, who've been bleeding nonstop. I know women who have passed an incredible amount of clots after having been around someone. And sometimes we don't know that we've been around someone who's been injected, and oftentimes these women are finding out later. And there was a point in time a few weeks ago where all of this exploded, of course not in the mainstream media, but in the groups that I follow online, and my friends were sharing information. There was this explosion of information about all these reproductive issues that were happening. Not only with women who had the shot, but also women who had been around people who had the shot.

So for me personally, I'm 51 years old, I went through menopause 5 years ago. And around the time where women started having problems, I didn't know that this information had yet come out because I was actually on vacation here in South Dakota. And I started cramping really bad. And I was like, what is going on here? I haven't had cramps in 5 years, and it was so bad a couple of nights that I had a hard time going to sleep. And I just thought, what on earth is happening to me? And I got home, got plugged back into social media because I'd been unplugged for almost a week. And that deluge of information was coming out, and I realized what was going on and, came to find out, right before I went on my trip, I had been around someone, there'd been someone in my home who'd had those shots.

So it wasn't psychosomatic because I didn't know about it. I had just started cramping, not knowing what was going on. It wasn't until later that I found out that women were having all these reproductive issues. And then, a lot of post-menopausal women have been bleeding and cramping, and we've seen such an incredible increase in stillbirths and miscarriages. So yeah, most of the stories that I have heard about have been friends of friends or friends sharing information about friends and family members. But I do also have some women in my personal circle of friends who've had a lot of problems."

The Impact of The Deadly Jab on Reproductive Health

EXPERT OPINION - DR. JAMES THORP

Dr. James Thorp: *““And who are my patients, Jon? My patients are women of reproductive age, pregnant women, pre-born babies, newborn babies. Those are my patients, and you are saving lives by getting this information out because the experimental gene therapy, and having them push it in pregnancy, and continue to push it in pregnancy, it’s killing my patients globally, and it’s extraordinarily serious, and it’s discomfoting to me.*

So, when you focus and allow my patients to have this voice, you’re saving my patient’s lives. 13 billion shots globally. Australia, US, all over the world, 13 billion shots, and what, 5.7 billion people? Half of those are patients, my patients. It’s extraordinarily disconcerting. So, who am I? I’m James Thorp. I am 69 years old. I’m an old guy, and I’ve been around the block too many times, but I’ve been doing this for 43 years. And my raison d’être, my Creator created me to take care of my patients, and I have an OCD about my faith commitment, my promise, my oath to my patients and to my God, to take care of my God’s sons and daughters, our living God. And this is a blight to humanity, and this is a very, very upsetting issue to our Creator, and we need to stop it.

We need to stop the injections and, really, all of the injections, but the most egregious violation of ethics in the history of humanity is pushing this experimental gene therapy in my pregnant patients. You’re putting me in a little bit of an uncomfortable position because I don’t like to talk about myself. I don’t like to be a bragger. This is not about me, but on the other hand, it is important for our viewers to understand that I do have credibility, and I do have a voice, and I didn’t just fall off the turnip truck. I’m a very, very busy clinician. My entire career, I’ve never really had dedicated academic time of 2 to 3 days per week to do designated research. No, I’ve always been a full-time clinician.

Just to give you an idea, 24,000 high risk obstetric patients I’ve seen in the last 3 years and a few months. That’s a lot of patients. There’s very, very few patients in my situation, doctors that have seen that many patients with my experience doing this 43 years. So that being said, despite that clinical volume, I’ve published extensively in my career, all in my own time. I’ve never taken money from corporate, from the industry to do my research. I’ve done my research on my own, on my own hours after seeing all my patients. So I’m extensively published, over 200 peer-reviewed publications. Just in the last 2 years, over 20 publications just on COVID, focusing on this issue, on the pregnancy outcomes, and also written a book. I’ve served for the American Board of Obstetrics and Gynecology. I’ve served in an official capacity in a very honorable manner, and I was very well regarded by them and the American College of OB-GYN and the American Board of Obstetrics and Gynecology, and The Society for Maternal Fetal Medicine.

I served as a board of directors on them for 3 years. I’ve published top papers internationally with The Society for Maternal Fetal Medicine throughout my career. So, I am a credible witness. I have my fingertips on the pulse of obstetrical outcomes in this world like few other people. So I’m very confident. I was asked by the Bush

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administration in 2003 to testify in front of the United States Senate for my expertise as a maternal fetal medicine specialist doing closed fetal surgeries in the womb and treating the fetus as a patient. And so, using that platform, myself and others, and of course, President Bush took down the Partial-Birth Abortion Bill in 2003, as you recall, and unfortunately, it was subsequently reinstated by President Obama, but this is why I am here. This is why I'm so honored to see your beautiful spirit, your wisdom, your dedication, despite everything else going on in your life, to give my patients a voice because you're saving my patients lives. If not us, who? If not now, when? They're still pushing this vaccine, despite the irrefutable data that it's killing and injuring my patients.

I have a PhD in Mathematical Modeling and Statistics and I've done statistics my whole life. We created denominators, which is difficult to do and usually can't be done with VAERS. We created denominators by using sophisticated mathematical modeling, Monte Carlo simulation units of 100,000 patients and we developed the exact number of precise, accurate numbers of exactly how many influenza vaccines have been given to how many people in that 284 months. That was done very meticulously, very accurately to a precision of 1%. It was easy to get the number of COVID vaccines vaccinated and obviously the number of months and the people vaccinated. So we did three separate sophisticated analytics using the adverse events per month, adverse events per shot, adverse events per person vaccinated. Sophisticated analytics. I won't go into the details, but what we did find, again, depending on which one of those three analytics we use, yes, those numbers are right. Those numbers are right that you heard in Died Suddenly. If you look at miscarriage, you're looking at the COVID-19 vaccine compared to the influenza vaccine, 57-fold increase in miscarriages. There's a lot of different and I won't get into the statistics, but the CDC and the FDA recommend, Jon, a 2-fold increase in an experimental vaccine compared to another vaccine. Two-fold increase is a dangerous signal.

Now, they like to use the language safety signal. It's not a safety signal. It's a dangerous signal. So if I offend any of your viewers, I'm using the language that I prefer, which is a dangerous signal. So two-fold or greater is a danger. We didn't see two-fold. We saw 25-fold, 50-fold, 100-fold, 1,000-fold. When you look at menstrual abnormalities, it was 1,192-fold, almost a 1,200-fold increase in menstrual abnormalities, of course, before pregnancy in the COVID-19 vaccines compare to the influenza vaccines.

I don't want to oversaturate you with data, but there were 18 other adverse events that we looked at. All of them that I harvested, that I've seen with my own eyes in clinical practice. That's why I went into VAERS and looked specifically at the things that I was concerned about that I saw with my own eyes in clinical practice.

Disclaimer. My patients that are listening, the pregnant patients, I don't want you smoking to prevent, okay? I can give you hydroxychloroquine very safely, prophylactically if you're worried about getting coronavirus. Do not get a vaccine but I've been using hydroxychloroquine in pregnancy for over 43 years. It's proven safe. Five years ago, the FDA and CDC massively pushed it as safe and effective in pregnancy, in breastfeeding, even in the first trimester, even in children. So, I didn't mean to waylay here but I don't want my pregnant patients smoking to think that they might protect themselves. I have observed significant things in my practice, significant increases in miscarriage, significant increases in fetal death, significant increases in all type of obstetrical complications, all of which I integrated into this study that we just published, and so that, I can share numbers with you on. And so what we talked about, the abnormal menstrual periods, we talked before pregnancy, there's a substantial increase in

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infertility. But then during pregnancy, what we saw when we compared the COVID-19 vaccination to the influenza vaccine, what we saw was a substantial increase not only in miscarriage but fetal chromosomal abnormalities, genetic conditions, severe malformations of every organ system in the fetus, severe cardiac disease, cardiac arrhythmias, fetal cardiac arrest, severe preeclampsia, preterm premature rupture of membranes, preterm labor, oligohydramnios or low amniotic fluid volume because the placenta is not functioning appropriately. Preterm, premature rupture membranes, preterm delivery, and then death of a preterm newborn from complications of prematurity and from the vaccine.

All of these are seen. There's 18 different adverse events that I've witnessed in my clinical practice that are verified from this governmental database. It is irrefutable. It is the American Board of Obstetrics and Gynecology, the American College of OB-GYN, the Society of Maternal Fetal Medicine. I've challenged them with this data. I've begged them to debate me. They have no safety data, they can't debate me. They know they are wrong. They know I am right and all they can do is threaten me, and I will not ease up. I will not ease up. And so what did it show? Well, what it showed, well, I'll go to the obstetrical stuff. It was devastating obstetrical stuff. On page 12, there were 274 pregnancies that were encountered, 238 of those were not even followed up. There were fetal deaths, miscarriages, 46% of the pregnant women that got that vaccine had a complication in their own data. The miscarriage rate was astronomical. That's page 12. This is Pfizer's own data that they tried to hide for 75 years. On page 7 of that document is table one. There were 1,223 dead people after the COVID-19 vaccine, just in less than 90 days of the rollout, and they sat on that data.

And just to put that in perspective, in 1976, I was a medical student at Wayne State University, and the swine flu vaccine rolled out, there were 26 deaths. There was public outrage. A few cases of Guillain-Barré syndrome, 26 deaths. It was outrage on mainstream media, outrage of the American public. The vaccine was immediately retrieved, immediately removed from the market. So now you fast forward to whatever, 45 years later, and in less than 90 days, there's 1,223 dead people after the vaccine. Why this willful ignoring that data? It's unexplainable. Why is it that my bodies, my governing bodies are pushing the American College of OB-GYN, the American Board of Obstetrics and Gynecology, the Society of Maternal Fetal Medicine, why are they pushing this drug, this experimental gene therapy in my patients globally? Why are they doing that? They know better than that. How are they being neutralized? How have they been contaminated? How have they become so evil that they could do such a hideous evil act that they know is wrong?"

This data, this whistleblower data in essence proves the validity of the study that we just published, and here's how it goes. My incredibly courageous young nurse, Michelle, who is my daughter's age, and I won't mention the name of the city but it's Central California and it's a city, moderate sized, two hospitals both doing deliveries, 9,000 deliveries per year. So she received an email that paralyzed her in grief when she walked into the hospital. It was an email that was almost one and a quarter page long from her nursing supervisor of women's health, and it went to every single nurse in the hospital, so this is verifiable data. And we can get you a copy of the email, and you can see the numbers yourself. It's a horrible email. It's very painful. And what this nurse said was, "We really apologize. We've had a massive surge in fetal deaths and stillbirths in this institution, and we're sorry that it's so inconvenient. We know it's taking a lot of your time, and here's the data." The data was that in July of 2021, there were 22 fetal deaths. Now that's a massive surge, and that was after the vaccine. So, what is important here is that Michelle testifies that the baseline loss rate of fetal deaths was only 1 to 2 for every 2 to 3 months, is what she said.

Chapter 3: Lifestyle Modifications for Hormonal Balance



Achieving hormonal balance is crucial for overall health and well-being. Our hormones play a vital role in regulating metabolism, reproductive health, mood, and sleep patterns. However, various factors in our modern lifestyles and environment can disrupt this delicate balance, leading to a range of health issues.

Luckily, through targeted lifestyle modifications, we can naturally support our hormones and restore balance. This chapter explores evidence-based strategies and practical tips for making lifestyle modifications that positively impact hormonal health.

By adopting healthy habits in nutrition, physical activity, stress management, sleep, and environmental factors, we can optimize our hormonal balance and promote the optimal functioning of the endocrine system.

Whether you're addressing specific hormonal imbalances or aiming to maintain optimal hormonal health, this chapter provides valuable insights and actionable steps to support your journey towards hormonal harmony. Discover the power of lifestyle modifications in achieving and sustaining balanced hormones.

Nutrition and Hormonal Health

KEY NUTRIENTS FOR REPRODUCTIVE AND ENDOCRINE HEALTH

Nutrition plays a vital role in maintaining hormonal balance and supporting reproductive and endocrine health. Certain key nutrients have been shown to have a positive impact on hormone production, regulation, and overall function. By incorporating these nutrients into your diet, you can optimize your hormonal health and support the well-being of your reproductive system.

Omega-3 fatty acids

One important group of nutrients for reproductive and endocrine health is Omega-3 fatty acids. These healthy fats are found in fatty fish like salmon, mackerel, and sardines, as well as in plant-based sources such as flaxseeds and walnuts. Omega-3 fatty acids have been shown to help reduce inflammation in the body, support hormone production, and improve overall reproductive function.

Vitamin D

Vitamin D is another essential nutrient for hormonal balance. Known as the “sunshine vitamin,” it is primarily synthesized in the body through sunlight exposure. However, it can also be obtained through dietary sources such as fatty fish, fortified dairy products, and egg yolks. Vitamin D plays a crucial role in hormone synthesis and regulation, and deficiency has been linked to various reproductive disorders. Ensuring adequate Vitamin D levels can help support optimal hormonal health.

Vitamin B

B vitamins, particularly Vitamin B6 and B12, are also important for hormone metabolism. These vitamins are involved in the production and regulation of various hormones, including estrogen, progesterone, and testosterone. Good dietary sources of B vitamins include whole grains, leafy greens, legumes, and lean meats. Including these foods in your diet can help support healthy hormone balance.

Zinc

Zinc is another key nutrient that supports reproductive and endocrine health. It plays a vital role in hormone production and regulation. Food sources rich in zinc include oysters, beef, pumpkin seeds, and legumes. Including these foods in your diet can help ensure an adequate intake of zinc and support optimal hormonal function.

Magnesium

Additionally, magnesium is an essential mineral that contributes to hormonal balance. It is involved in over 300 biochemical reactions in the body, including hormone synthesis and regulation. Magnesium-rich foods include leafy greens, nuts, seeds, and whole grains. Including these foods in your diet can help support hormonal balance and overall reproductive health.

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Incorporating these key nutrients into your daily diet can have a positive impact on your reproductive and endocrine health. However, it's important to remember that a balanced and varied diet is key. Aim for a wide range of nutrient-dense foods to ensure you are providing your body with the necessary building blocks for hormonal balance and optimal reproductive function.

FOODS TO SUPPORT HORMONAL BALANCE

Here are some foods that can support hormonal balance and promote reproductive and endocrine health:

Cruciferous Vegetables: Include vegetables like broccoli, cauliflower, Brussels sprouts, and cabbage in your diet. They contain compounds that support estrogen metabolism and help maintain hormonal balance.

EXPERT OPINION - DR. DAVID PERLMUTTER

"We've always been told that we should eat cruciferous vegetables. Broccoli, kale, even wasabi, believe it or not, is a cruciferous vegetable. Cauliflower, Brussels sprouts, good cruciferous vegetables. Why are they called cruciferous? Because when the vegetable is allowed to go to flower, the flower is shaped like a cross or a crucifix. So hence, cruciferous vegetables. And yeah, we've been told for years, they're good. They have lots of vitamins, they have lots of antioxidants, and they're a good source of fiber.

But what we understand now, which I think is getting a lot of attention, is that cruciferous vegetables help us raise levels of things like sulforaphane in our bodies. That there are chemicals in these vegetables, that when they are released by certain enzymes, one being called myrosinase, which happens when we chew these vegetables, or myrosinase made by, who guessed, our gut bacteria when we digest these vegetables. This sulforaphane is at the peak level of a cascade that activates hundreds of genes that are good for us. So sulforaphane turns on a pathway called the Nrf2 pathway, not to be too technical, but that pathway powers up detoxification. It powers up the production of your body's own endogenous antioxidants and it powerfully, powerfully reduces inflammation.

That's why broccoli is so important, and far more concentrated ability to get this sulforaphane comes from broccoli sprouts. Much more than eating the broccoli, especially after the broccoli's been cooked. And if new data is correct, the seeds of broccoli may be even a more powerful way to get higher levels of sulforaphane. The trick is, in order for that glucoraphanin, which is the chemical to be morphed into sulforaphane, you have to have that enzyme, myrosinase. How do you get it? By chewing these foods. Breaks open the cell, releases this enzyme, and sulforaphane goes, yeah, I'm here to do my job. I'm here to reduce inflammation, I'm here to nurture your gut, and I'm here to help you make your body's own detoxification and antioxidant chemicals. So that's why the cruciferous vegetables are so very, very valuable.

When you talk about sulforaphane, people talk about its use in the neurodegenerative conditions, and even as a way to fight cancer. And to be clear, there is not much literature that would suggest that that is necessarily happening. We think that it is. We think that various of the pathways that are influenced by sulforaphane clearly play a role in body's surveillance and how the body rids itself of cancer cells.

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But there's not been data necessarily to confirm that suspicion. There's not been data to confirm the idea that having high levels of sulforaphane is an anti-aging approach or will help a person reduce his or her risk for Alzheimer's, for example. But my suspicion is absolutely, and I go on record as saying we should be getting more sulforaphane. Hence, we should be eating more cruciferous vegetables and maybe even sprout some broccoli in a sprouting jar that I have a bunch of at home. So, I believe it, and as has been the case in my lifetime, in my adult, and my career, I think, when we have this level of understanding of the biochemistry, very likely the clinical validation will be coming, what is it, five years from now? And then, when it comes, all those people who said, "Yeah, I bought into the idea," will be way ahead of the game.

I'm investing in the stock. Look, no one can prove it's going to go up, but I believe it. Based upon my knowledge of what they do and where the trends are, I'm going to buy, invest into it. I would say give me a downside. Why not? It's not like investing in a stock, where you have money on the line here. I'm only recommending that you increase your cruciferous vegetables, without a downside. But I think there's a powerful upside that we have yet to really realize."

Berries: Berries such as blueberries, strawberries, and raspberries are rich in antioxidants, vitamins, and fiber. They can help reduce inflammation and support overall hormonal health.

Healthy Fats: Incorporate sources of healthy fats like avocados, olive oil, nuts, and seeds into your meals. These fats provide essential fatty acids that support hormone production and regulation.

Leafy Greens: Spinach, kale, Swiss chard, and other leafy greens are rich in vitamins, minerals, and antioxidants that support hormonal balance.

Fermented Foods: Include fermented foods like yogurt, kefir, sauerkraut, and kimchi in your diet. These foods contain beneficial probiotics that support gut health, which is closely linked to hormonal balance.

EXPERT OPINION - DR. CATHLEEN GERENGER

"Let's get some culture. Culture foods refers to foods that have been fermented. Fermentation. When food is fermented, the probiotic action of the microorganism breaks the food down, so the calcium, potassium, Vitamins A, B and K, and all the other nutrients, they become bioavailable for your body. So that means that they can be easily absorbed in your digestive tract. So it's not what you eat, it's what your body is able to absorb. A lot of patients that come into our practice say, "Oh, but I eat well." And it's like there's a big difference between eating well versus eating right. So make sure you eat the right kind of food to restore that healthy microbiome back into your gut flora.

Culture food. Culture food such as sauerkraut, kimchi, cultured root vegetables, traditional pickles, fermented relish, preserved carrots, preserved lemons, and other fermented vegetables. And unpasteurized miso is another one that's really great for your gut microbiome. Consume only homemade or real culture foods from the refrigerator section of your store.

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So these culture foods are usually on the outer part of the supermarket. So when you walk into the supermarket, I always tell everybody all the fresh foods, you should only shop outside the peripheral area of the supermarket. Anything that's in between the aisles are box foods, and those box foods are not good for you. So most of the products sold in the store on the shelf in these aisles are made with vinegar brine, and what that means is that they do not have the same health benefits. I like a product that's called wild brine, and what that does is that it actually is a more healthy way of fermenting the food, and it stimulates what we call the lacto-fermentation, is the real scientific term for it.

Fermented dairy. Plain organic, unsweetened yogurt or kefir is one of those culture foods that we say, "Okay, you can add that back into your dietary habits." Prebiotic foods. Resistant starches, artichoke, cassava, sweet potato, dandelion greens, garlic, leeks, onion, asparagus, and real dark chocolate. These foods are very high in soluble fiber, so don't forget prebiotic foods. The difference between prebiotic and probiotic is that the prebiotic foods has a higher fiber content. These foods are high in soluble fiber which access the food for your microbiome. They should be eaten raw to receive the full prebiotic benefits. You can also purchase a prebiotic supplement or a symbiotic formulation that has both prebiotics and probiotics in it. Another great example of a prebiotic is figs. If you like figs, add that into your dietary habits too. Probiotic drinks such as kombucha, GoodBelly shots, lemon is my favorite flavor, KeVita, coconut kefir and coconut water kefir are the more popular ones.

Culture food such as fermented vegetables helps to support your immune system by creating this high amount of what we call the good microbiome, which is the good gut bacteria. Another food that actually increases your immune system if you're able to add into your daily routine is called camu camu, and camu camu actually is about a thousand times the value of vitamin C then vitamin C itself. So that's a berry plant that's found in the Amazon, and I usually just do a scoop of cameo cameo into my smoothie or into my green streak on a daily basis, just to keep my immune system up to par."

Whole Grains: Opt for whole grains such as quinoa, brown rice, oats, and whole wheat. They provide fiber, vitamins, and minerals that help regulate hormones and stabilize blood sugar levels.

EXPERT OPINION - DR. SRUTI LAM

"Alright. Hello again. My name is Sruti and today, we're going to continue talking about autoimmune disease. Like I was talking about autoimmune disease prior, what are the real causes of autoimmunity?"

It's basically a lot of inflammation in our body. So, many of you asked questions about why and how all of this inflammation happens and how we can cure it, so I'm here to talk about a few different things that can help with healing our body - healing the inflammation in our body. One of the things that we could do for that is eating right. Eating right is one of the biggest things.

Let's talk about a few things that I did with ulcerative colitis, and it could be anything ranging from eating whole grain foods to healthy fruits and vegetables to drinking water right to sleeping right to resting to exercising to go out and get sunlight and sunshine.

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We keep hearing the word “whole grains.” What does it mean to have whole grains? Whole grains is something that you get straight from the plant, so wheat, whole wheat, rice, buckwheat, amaranth, rye, barley, millet, teff, and I can keep going on. All these are whole grains that grow out of the soil, and then we pluck it and harvest it and eat it.

What is processed food, now? When we take the same grain, which is wheat, and then we send it through machines, and then we break it down and we grind it up and then we add things to it, we add preservatives to it, we add things that we’ve already pulled out of it, all the different vitamins that are processed and then we try to inject it back, and then we call it, “Oh, this food now has more vitamins than it was processed before.” It’s because we are processing it too much to make breads and tortillas, and different cultures have different kinds of ways that you process your grains.

So, eating whole grains by itself helps our body to break it down, to digest it in the right way, and to absorb it in the right way, so that way we’re not going through a whole process of eliminating things, adding things, and adding preservatives to our food.

Whole grains could be any kind of things and different cultures talk about different things, and then we also talk about being gluten-sensitive. There are many grains that have the gliadin, which also could be called the gluten in it, that is not really digested or absorbed in our body. We’re not able to absorb or digest that food, so it becomes a toxin in our body and it causes more inflammation in our body.

Some of the grains are like rice. There’s different kinds of rice. Growing up, I just heard about white rice, like the basmati rice, being of an Indian origin, so I always just talked about eating rice, cooking it a certain way and eating it a certain way, but then as I learned more and researched more on what food is good for me and I looked up more things, there’s all different kinds of rice.

There is white rice, there is brown rice which is not dehusked and still has the brown on it, so it still has all the vitamins that are intact on it, that are not polished to become white rice. There’s red rice, there’s black rice, there’s wild rice. There are so many different kinds of rice, so it depends on how much flavor you really like. Like polished white rice has a different flavor as opposed to black rice, which has a more nutty or earthy flavor. That’s one of the grains that we can incorporate into our food.

When you eat rice, which is a high carb intake or more of a starchy intake, we also need to have a balanced food and to have a balanced food, you need to have vegetables and fruits. A complete protein, as we talked about, is not just protein by itself, which is eggs or steak or chicken. A complete protein is when you’re actually combining a protein with another food, which it could be a carbohydrate, it could be a fat, and you’re combining both of them and now the body’s able to absorb both of them together and digest it well, so that way it actually releases all the different vitamins and minerals that has to be going to our body and then perform the right functions.

Legumes: Incorporate beans, lentils, chickpeas, and other legumes into your meals. They are excellent sources of plant-based protein, fiber, and phytoestrogens, which can help balance estrogen levels.

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Wild-Caught Fish: Choose fatty fish like salmon, mackerel, and sardines that are rich in Omega-3 fatty acids. These healthy fats have anti-inflammatory properties and support hormonal health.

Herbal Teas: Sip on herbal teas like chamomile, spearmint, and raspberry leaf tea. They can help promote relaxation, reduce stress, and support hormonal balance.

A “rainbow” on your plate: Include a variety of colorful vegetables and fruits in your diet to ensure a wide range of nutrients and antioxidants that support overall health and hormonal balance.

Incorporating these foods into your diet can provide the necessary nutrients and support hormonal balance. However, it’s important to remember that individual dietary needs may vary, and consulting with a healthcare professional or registered dietitian is recommended for personalized advice and guidance.

EXPERT OPINION - DR. MICHELE SHERWOOD

Dr. Michele Sherwood: *“So, until we become mindful and conscious of what we’re actually doing with this human system, with our genetics and how we’re treating it, with our lifestyle and nutrition and stress management and movement and sleep, we’re gonna be behind the eight ball. We have to step into lifestyle management and take charge once again. The last 2 pillars are hormones. Now, as we well know, there’s lots and lots of hormones from insulin to thyroid to adrenal to male and female sex hormones, they all are very, very intertwined and most people do not know that insulin is the one hormone that will dysregulate all of them. And every time we eat a meal, if we’re not mindful of what that meal is, the insulin levels will surge. And if the insulin levels stay high all the time, that predisposes us to metabolic syndrome, obesity, Type 2 diabetes then here comes heart disease and then the end can be cancers.*

So, if we don’t have good hormone balance then the system is aging, it’s oxidizing, it’s rusting much quicker than it has the potential to need to. So as clinicians, we can optimize hormone balance from nutrition, supplementation and if necessary, we can even go on to adding hormones. And then the last pillar is peptides. Peptides are amino acids that are strung together in chains of less than 40 amino acids. And we know that amino acids are the building blocks of life. If we don’t have the right amino acids score and the right amino acids in our systems, we can’t make good proteins. Therefore, we can’t make good tissue, we can’t make good organs therefore, we’re not gonna have a whole organism or a healthy organ system, healthy person. So, that might be the last thing that we put on board, would be peptides to make sure a system is optimized from the top to the bottom.”

Managing Stress and Hormonal Regulation

STRESS MANAGEMENT TECHNIQUES

Managing stress is crucial for maintaining hormonal balance. Chronic stress can disrupt the normal functioning of the endocrine system, leading to hormonal imbalances. Here are some stress management techniques that can support hormonal regulation:

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Mindfulness Meditation: Practicing mindfulness meditation can help reduce stress levels and promote relaxation. It involves focusing your attention on the present moment, which can help alleviate stress and support hormonal balance.

Deep Breathing Exercises: Deep breathing exercises, such as diaphragmatic breathing or belly breathing, can activate the body's relaxation response. This technique involves taking slow, deep breaths, which can help calm the nervous system and reduce stress hormones.

Regular Exercise: Engaging in regular physical activity is an effective way to manage stress. Exercise releases endorphins, which are natural mood-enhancing chemicals that can help reduce stress and promote hormonal balance.

Adequate Sleep: Prioritizing quality sleep is essential for managing stress and supporting hormonal regulation. Aim for 7-9 hours of uninterrupted sleep each night to optimize hormone production and balance.

Healthy Lifestyle Habits: Adopting a healthy lifestyle can contribute to better stress management. This includes maintaining a balanced diet, limiting caffeine and alcohol intake, and avoiding tobacco and drug use.

Social Support: Building strong social connections and seeking support from loved ones can help reduce stress levels. Sharing your feelings and experiences with trusted individuals can provide emotional support and promote overall well-being.

Time Management: Effectively managing your time and prioritizing tasks can help reduce stress and prevent overwhelm. Planning and organizing your daily activities can create a sense of control and reduce stress levels.

Relaxation Techniques: Explore various relaxation techniques such as yoga, tai chi, progressive muscle relaxation, or aromatherapy. These techniques can help induce relaxation, reduce stress, and support hormonal balance.

Positive Mindset: Cultivating a positive mindset and engaging in activities that bring joy and fulfillment can help counteract stress. Engage in hobbies, practice gratitude, and surround yourself with positive influences to support your overall well-being.

Seek Professional Help: If stress becomes overwhelming or persists despite your efforts, consider seeking professional help from a therapist or counselor who specializes in stress management techniques.

By incorporating these stress management techniques into your daily routine, you can support hormonal regulation and promote overall well-being.

It's important to find what works best for you and to prioritize self-care to effectively manage stress and maintain hormonal balance.

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MIND-BODY PRACTICES FOR HORMONAL BALANCE

Mind-body practices are valuable tools for promoting hormonal balance and overall well-being. These practices emphasize the connection between the mind and body to support hormonal regulation. Incorporating the following techniques into your routine can help restore and maintain hormonal balance:

- **Yoga:** Yoga combines physical postures, breathwork, and meditation to harmonize the body and mind. Certain yoga poses can specifically target the endocrine system, supporting hormonal balance.
- **Meditation:** Regular meditation practice reduces stress, enhances relaxation, and improves mental well-being. By calming the mind and reducing stress levels, meditation positively impacts hormonal regulation.
- **Deep Breathing:** Engaging in deep diaphragmatic breathing or other breathwork exercises activates the relaxation response, reduces stress, and promotes hormonal equilibrium.
- **Progressive Muscle Relaxation (PMR):** PMR involves systematically tensing and relaxing different muscle groups, promoting overall relaxation and stress reduction.
- **Guided Imagery:** Visualization techniques and guided mental imagery help promote relaxation, reduce stress, and support hormonal regulation.
- **Mindful Movement:** Engaging in mindful movement practices such as walking, hiking, dancing, or swimming combines physical activity with present-moment awareness to reduce stress and support overall well-being.
- **Biofeedback:** Biofeedback techniques enable individuals to gain awareness and control over physiological processes in their bodies, helping manage stress and support hormonal balance.
- **Aromatherapy:** Certain scents like lavender, rose, or bergamot can have a calming and balancing effect on the mind and body, reducing stress and promoting hormonal harmony.
- **Journaling:** Expressive writing and journaling can provide an outlet for emotions, reduce stress, and promote self-reflection, contributing to hormonal balance.
- **Social Support and Connection:** Building and maintaining positive relationships and seeking social support from friends, family, or support groups can help reduce stress and support overall well-being.

Incorporating these mind-body practices into your routine can have a positive impact on hormonal balance. Experiment with different techniques to find what resonates with you and commit to regular practice to reap the full benefits of these powerful tools. Remember, nurturing the connection between your mind and body is essential for achieving and maintaining optimal hormonal health.

EXPERT OPINION - DR. JAY DAVIDSON

Dr. Jay Davidson: *“It’s important to understand that everything is connected in the body, meaning that our mind, our thoughts, our emotional traumas that we’ve previously went through, will impact us physiologically.”*

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Our physical body, physical traumas will then impact us from a chemical standpoint, will impact us from a mental/emotional standpoint. And the same thing with chemical stressors.

So if we identify that there's multiple stressors that typically impact us, then we realize that in order to not be thinking super clearly could be a chemical issue. It could be because of physical trauma we've gone through previously that has impacted us cognitively or mentally.

And it's also important to understand that if we're mentally struggling, that it can also be the wiring of our brain, and the habit that we're stuck into.

So it's very important, no matter where you're at with your health journey, to get clarity of what you want. Clarity is so important, to get clear.

If there was just one cause of, I'm just thinking bad thoughts, and if I just repeat affirmations then everything's gonna change. If there was just one cause of why you're exhibiting symptoms, then they could "be the cure" or be the step that you need to take. However, in this day and age, it's a multifactorial stressor or stressors that are happening, that there are patterns that we've fallen into and habits of how we process the world, how we perceive the world, how we think and how we act based on what we're exposed to. That's a big portion.

But there's also this whole toxicity and chronic infection side that, if there was a young baby projectile vomiting when they were young and they've exhibited these emotional and mental symptoms for a long time, then that tells me that there's other things that are factors than just, "I just need to believe that I'm gonna be well, I just need to believe that I'm not stressed out, I just need to believe that I feel great." I believe it's important to have those thoughts, however it's very rare where just that thing is gonna be the fix.

As you look at and evaluate your situation, it's important to identify what are all the sources or sources of your health issues. The top ones that I see are chronic infections, such as Lyme disease, other bacteria like Bartonella, virus, viral infections, such as Epstein Barr.

A very prevalent thing that we're seeing right now too is retroviruses, the HTLVs. These are viruses that actually do reverse transcriptase and embed in our DNA, and then upon stressors or getting stressed they can actually get triggered. So they can be triggered 10 years later after being exposed."

Exercise and Hormonal Health

IMPACT OF PHYSICAL ACTIVITY ON HORMONE LEVELS

Exercise plays a significant role in promoting hormonal health and balance. Regular physical activity has a positive impact on hormone levels and can contribute to overall well-being. Here are some key points about the impact of exercise on hormonal health:

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- **Endorphin Release:** Engaging in exercise stimulates the release of endorphins, commonly known as “feel-good” hormones. Endorphins help reduce stress, improve mood, and promote a sense of well-being.
- **Cortisol Regulation:** Exercise helps regulate cortisol levels, the primary stress hormone. By engaging in physical activity, cortisol levels can be balanced, reducing the negative effects of chronic stress on the body and hormonal regulation.
- **Insulin Sensitivity:** Regular exercise improves insulin sensitivity, allowing the body to utilize glucose effectively. This is beneficial for maintaining stable blood sugar levels and preventing insulin resistance, a condition associated with hormonal imbalances.
- **Estrogen Metabolism:** Physical activity can positively influence estrogen metabolism, particularly in women. Exercise helps maintain a healthy balance between estrogen and progesterone, reducing the risk of estrogen dominance or deficiency.
- **Testosterone Production:** Certain types of exercise, such as resistance training and high-intensity interval training (HIIT), can stimulate testosterone production in both men and women. Optimal testosterone levels are essential for reproductive health and overall hormonal balance.
- **Weight Management:** Regular exercise helps maintain a healthy body weight, which is crucial for hormonal health. Excess body fat, especially around the abdominal area, can disrupt hormone levels and increase the risk of hormonal imbalances.
- **Sleep Regulation:** Exercise promotes better sleep quality and duration, which is essential for hormonal regulation. Sufficient sleep supports the production and balance of various hormones involved in metabolism, appetite control, and overall well-being.
- **Stress Reduction:** Physical activity is an effective stress management tool. Regular exercise helps reduce stress levels, which can have a positive impact on hormone balance.

By incorporating regular exercise into your routine, you can support hormonal health and balance. Aim for a combination of cardiovascular exercise, strength training, and flexibility exercises to reap the maximum benefits. Remember to choose activities that you enjoy and gradually increase the intensity and duration of your workouts. It is always advisable to consult with a healthcare professional or a qualified fitness instructor to develop an exercise plan that suits your individual needs and goals.

RECOMMENDED EXERCISES FOR REPRODUCTIVE HEALTH

When it comes to promoting reproductive health and hormonal balance, incorporating specific exercises into your routine can be beneficial. Here are some recommended exercises for reproductive health:

- **Cardiovascular Exercise:** Engaging in aerobic exercises like brisk walking, jogging, cycling, swimming, or dancing helps improve blood circulation, boost metabolism, and maintain a healthy weight. Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week.

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- **Strength Training:** Including strength training exercises, such as weightlifting or bodyweight exercises, can help increase muscle mass and improve overall strength. Strength training supports bone health and stimulates hormone production. Aim for two to three strength training sessions per week, targeting major muscle groups.
- **Yoga and Pilates:** These mind-body practices can help reduce stress, improve flexibility, and promote relaxation. Specific yoga poses and Pilates exercises can target the pelvic area, promoting blood flow and supporting reproductive health. Consider attending yoga or Pilates classes or follow guided videos for proper technique and guidance.
- **Kegel Exercises:** Kegels are exercises that target the pelvic floor muscles, which play a vital role in reproductive and urinary health. Strengthening these muscles can improve bladder control, support reproductive organs, and enhance sexual function. To perform Kegel exercises, contract and hold the pelvic floor muscles for a few seconds before releasing. Repeat several times throughout the day.
- **Mindful Movement:** Practices such as Tai Chi, Qi Gong, or gentle stretching routines can help improve body awareness, reduce stress, and promote overall well-being. These mindful movement exercises can enhance relaxation, balance, and energy flow.

Remember to listen to your body and choose exercises that feel comfortable and enjoyable for you. If you have any underlying health conditions or concerns, it's advisable to consult with a healthcare professional or a qualified fitness instructor to ensure that the chosen exercises are suitable for your individual needs.

EXPERT OPINION - DR. ELIZABETH LEE VLIET

Dr. Elizabeth Lee Vliet: *"I have been in the field of preventive and climacteric medicine. And climacteric medicine looks at, and studies, and helps identify factors that affect testicular function in men and ovarian function in women, but not just for fertility reasons. It's looking at the ways that our reproductive hormones, that God gave us, affect every organ system in our body. And so early in my career, I began seeing problems for men and women, but more so women that were being labeled as psychiatric disorders that were cyclical, they were happening with the menstrual cycle. It can be migraine headaches, it can be seizures, it can be mood swings, it can be diabetic control changing with the menstrual cycle. So I started putting the pieces together, and I think that's God's gift of the way my mind works, that I connect the dots, like looking through a kaleidoscope with a jumble of crystals and turn it a little bit. And the crystals are all in focus. That's how I see people. That's how I work with people. And so, all of these overlooked hormone connections, mostly starting with women, although my work began at Johns Hopkins in the sexual consultation disorder program, where we were checking testosterone levels for men, but nobody checked the ovarian hormones for women. And so, I branched out to include doing those evaluations the same way fertility doctors did them with checking blood levels of hormones, but applying it to all the other medical conditions that men and women have from adolescence at puberty on through late life post-menopause and andropause in men. One of the first books I wrote for consumers was in 1994, and it's, *Screaming to be Heard: Hormone Connections Women Suspect... and Doctors Ignore*. And it was connecting the dots on all of that. It's been out on Amazon and Kindle for years. And then in 2001, I did an update, *Hormone Connections Women Suspect... and Doctors Still**

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Ignore. And if we fast forward to 2022, I could do the title again, Hormone Connections Women Suspect... and Doctors Still Still Ignore, because they are not putting the pieces together. And that's what I do. And I've given hundreds of programs for lay people and professional programs for doctors all across the country over the years. There were some years I was doing 50 programs a year traveling around the country, speaking on all of that. And then in 2003, Scribner approached me about doing a book and it was, It's my Ovaries, Stupid! And I actually dug into all the ways that environmental chemicals, environmental dietary endocrine disruptors can affect ovarian function in women, and the reproductive testicular function in men. You hear jokes about soy boys in today's generation of thin young men who don't have the same muscle development that young men did in my era.

It's really quite striking because a lot of that has to do with chemicals in foods, chemicals in the environment that affect the production of testosterone for men and estrogen for women, but also affect fertility and affect the development of the immune system. And now fast forward to 2021, when the shots rolled out, they knew for 15 years before that, that the lipid nanoparticles damaged the ovaries and testicles in all the animal species they tested. And when Dr. Mike Yeadon and I put our heads together in July 2nd, 2021, and he brought these papers out of the bin of pharmaceutical research and said, "Look at this, they've known this for 15 years." And he said, "This is a major threat to fertility." And I said, "Dr. Yeadon, it's not just fertility This is my field of medicine. This is gonna affect the health of the human body for boys, girls, adolescent men, and women, reproductive age men and women and older men and women. It's gonna affect every organ system in their body. And that's when I also realized that by forcing the vaccines, the COVID shots on the military and damaging the testicular hormone productions in young men and ovarian pathways in young women, they were actually compromising muscle development, bone development, brain development in young, healthy people in ways that would affect military readiness. That's exactly what we've seen with the damage from the shots, 86% in the military database within two or three days, and up to several weeks after the shot, are so unwell that they cannot function optimally. This is an attack. It is a bioweapon. It's an attack on our military readiness. They knew exactly what they were doing. And we have evidence to show that.

Dr. David Martin has included that evidence in his filing in the Utah Federal Court case on the criminal conspiracy that was undertaken and the known damage that would happen to our military. This is truly staggering. So my medical background, if you look at the way that God designed the tapestry of my life and work in medicine, the field that I'm actually very highly specialized in and working in for 38 years, didn't exist as a separate medical specialty in the United States. Reproductive medicine was OB-GYNs focused only on fertility management, but reproductive medicine, which internationally is called climacteric medicine looks at reproductive hormone effects on all aspects of our health. But that wasn't a recognized specialty in the US at the time that I started doing this work. And it's literally, God led me, called me. I spent years studying overseas with some of the top people in the world at the international conferences, bringing it back to America, teaching other doctors and writing for lay people to understand.

One of my books is called The Savvy Woman's Guide to Great Sex, Strength, and Stamina. And it's the role that testosterone plays in women's health, that doctors also overlook. All the way around and look at what God designed in the work I was doing in medicine all along, how that has uniquely equipped me to help in the fight against the damage of these experimental gene therapy shots that no one knew was coming, if you weren't in pharmaceutical research, designing this evil agenda."

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Chapter 4: Herbal Remedies and Natural Supplements for Hormonal Balance



In this chapter, we delve into the world of herbal remedies and natural supplements for hormonal balance. Harnessing the power of nature, these remedies offer holistic support for your reproductive and endocrine system. With a rich history rooted in traditional medicine systems, these herbal options provide a gentle and natural approach to address hormonal imbalances and promote fertility. From adaptogenic herbs that aid in stress adaptation to phytoestrogen-rich plants that support estrogen balance, there are numerous choices available. However, it is important to remember that individual needs vary, and consulting with a homeopathic professional or herbalist is recommended to tailor the remedies to your specific requirements. Join us on this exploration of herbal remedies and natural supplements as we embark on a journey towards achieving hormonal equilibrium.

Herbal Remedies for Reproductive Health

Vitex (Chaste Tree Berry)

Vitex works by exerting its effects on the hypothalamus and pituitary glands, which are responsible for regulating hormone production. By influencing these glands, Vitex helps to balance the levels of estrogen and progesterone, promoting a healthy menstrual cycle and addressing issues such as irregular periods, excessive bleeding, and PMS symptoms. It is particularly beneficial for women experiencing luteal phase defects or shortened luteal phases, which can affect fertility.

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Furthermore, Vitex has been found to alleviate common symptoms associated with PMS, such as breast tenderness, bloating, mood swings, and irritability. It helps to modulate the levels of prolactin, a hormone involved in milk production and linked to PMS symptoms. By reducing prolactin levels, Vitex can help to alleviate these discomforts and improve overall well-being during the menstrual cycle.

In addition to its effects on the reproductive system, Vitex has also shown potential benefits for hormonal acne. By balancing hormone levels, Vitex helps to address the underlying hormonal imbalances that can contribute to the development of acne. It may help reduce the occurrence of breakouts and promote clearer skin.

Black Cohosh

Black Cohosh is a herbal remedy that has been used for centuries to support hormonal balance and address various reproductive health concerns. It is particularly well-known for its potential benefits in managing menopause symptoms.

During menopause, a woman's estrogen levels decline, leading to uncomfortable symptoms such as hot flashes, night sweats, mood swings, and sleep disturbances. Black Cohosh contains phytochemicals, including triterpene glycosides, which have been found to have estrogen-like effects in the body. These compounds can help alleviate menopause symptoms by supporting hormonal regulation and rebalancing the body's natural hormone levels.

Studies have shown that Black Cohosh may help reduce the frequency and severity of hot flashes and night sweats, resulting in improved quality of life for menopausal women. It may also have a positive impact on mood and sleep patterns, helping to alleviate irritability and sleep disturbances commonly associated with menopause.

In addition to its effects on menopause symptoms, Black Cohosh may also offer benefits for menstrual health. It has been traditionally used to relieve menstrual discomfort, such as cramps and mood changes. By supporting hormonal balance, Black Cohosh can help regulate menstrual cycles and promote overall reproductive well-being.

Dong Quai

Dong Quai, also known as *Angelica sinensis*, is a popular herbal remedy used to support hormonal balance and reproductive health, particularly in women. It has been used in traditional Chinese medicine for centuries and is highly regarded for its potential benefits.

One of the primary uses of Dong Quai is in managing menstrual irregularities. It is believed to have estrogenic effects, which can help regulate the menstrual cycle and promote regularity. It is often used by women experiencing amenorrhea (absence of menstruation) or irregular periods. Additionally, Dong Quai is known for its potential to alleviate menstrual cramps and discomfort, making it a valuable herb for women seeking relief from these symptoms.

Dong Quai is also considered beneficial for menopausal women. It is believed to have mild estrogenic activity, which can help ease menopausal symptoms such as hot flashes, night sweats, and mood swings. By supporting hormonal balance, Dong Quai may contribute to a smoother transition through menopause.

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Furthermore, Dong Quai is often included in herbal blends aimed at supporting fertility. It is thought to enhance blood circulation to the reproductive organs, which can potentially improve the chances of conception. However, it is important to note that fertility is a complex matter, and it is advisable to consult with a healthcare professional specialized in reproductive health when addressing fertility concerns.

Maca Root

A study published in the journal *Menopause* in 2015 investigated the effects of maca on menopausal symptoms. The study found that maca supplementation significantly reduced menopausal symptoms, including hot flashes and night sweats, suggesting a potential positive impact on hormonal balance.

Ashwagandha

A randomized, double-blind, placebo-controlled study published in the *Journal of Evidence-Based Complementary & Alternative Medicine* in 2016 examined the effects of ashwagandha on stress and anxiety. The results showed that ashwagandha supplementation significantly reduced stress and cortisol levels, indicating its potential in supporting adrenal gland function and hormonal balance.

Evening Primrose Oil

A review published in the journal *Evidence-Based Complementary and Alternative Medicine* in 2013 assessed the efficacy of evening primrose oil in premenstrual syndrome (PMS) symptoms. The review concluded that evening primrose oil may be effective in reducing breast pain and tenderness associated with PMS.

Saw Palmetto

Research on saw palmetto primarily focuses on its potential benefits for prostate health. A systematic review published in the journal *Cochrane Database of Systematic Reviews* in 2009 analyzed several studies and found evidence suggesting that saw palmetto may improve urinary symptoms associated with BPH.

Rhodiola Rosea

Studies on rhodiola rosea have primarily focused on its adaptogenic properties and its effects on stress and fatigue. These studies provide solid evidence of its potential benefits in managing stress.

Licorice Root

Research on licorice root has explored its effects on cortisol levels. A study published in the journal *Hormone Research* in 2007 investigated the impact of licorice root extract on cortisol metabolism. The study found that licorice root extract increased cortisol levels, suggesting its potential to influence hormonal balance, particularly in stress-related imbalances.

Dr. Henry Ealy reveals: “Well, glycyrrhizin and licorice root is gonna give you also additional properties of prolonging cortisol half-lives, so that you have a little bit more energy stimulation. And it’s also going to be an adaptogenic for the adrenal. So it’s going to help deal with adrenal fatigue, especially in the presence of Vitamin C. So it’s natural medicine to the rescue, man. God’s medicine to the rescue.”

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Red Raspberry Leaf

Red Raspberry Leaf is commonly used as a uterine tonic and is believed to support the female reproductive system. It is often used during pregnancy to help strengthen the uterus and prepare for labor. A randomized controlled trial published in the Journal of Midwifery & Women's Health in 2001 investigated the effects of red raspberry leaf tea on labor and birth outcomes. The study found that women who consumed red raspberry leaf tea during pregnancy had a shorter second stage of labor compared to the control group.

EXPERT OPINION - DR. JOEL KAHN

Dr. Joel Kahn: *"So in terms of herbal, there is the famous tree, the ginkgo tree, and there is the approach of using a supplement of ginkgo: ginkgo leaves in a capsule, in a tablet, with some idea that it improves brain blood flow and improves memory and cognition. I don't think it's resolved, but there certainly is some data to support the idea that ginkgo may provide better overall brain health. In terms of spices, sort of not exactly an herb, we know that the brain can become inflamed. Inflammaging or inflammation in aging is a word out there, and brain inflammation is a topic.*

Inflammation, chemicals, and destruction of tissue by white cells and the whole reaction. So, societies that eat a lot of turmeric, of course, a root vegetable that you can buy, the whole root in a grocery store, sort of unusual shape and color, but you can slice it and eat it and juice it, and add it into stir fry's. You can buy turmeric powder, of course, I'd always recommend organic sources. But societies who eat the most turmeric have the best brain association. So these again are association studies.

There is actually a wealth of data about how turmeric actually works in terms of how chemistry and how it alters pathways of inflammation, so it's not just observing societies that are generally traditional turmeric users have the best brain health. It's also the biochemistry of turmeric affecting cholesterol for the better, blood sugar for the better, inflammatory pathways for the better. So, that's radical stuff. Blueberries fall - and again, not exactly an herb - but blueberries get a special shout out in the world of fruits for brain health. A lot of people call them brain berries, because of the specific polyphenols and anthocyanins and flavonoids and these wonderful chemical words. But the innate plant mysterious advantage there is to eating berries in general, but blueberries for brain health. Going back to herbs, there's a wonderful herb from India that probably the public is somewhat familiar with and I love the name, ashwagandha. Ashwagandha is often called an adaptogen, it helps you adapt to stress without being addictive or without being a narcotic like the current crisis out there with opioids. Ashwagandha can be beneficial for sleep, for stress, for brain health, for blood pressure. It's just a wonderful thing to add in, I use it in the elderly, I use it in the young. Sometimes 500 milligrams twice a day, sometimes a little lower if somebody's small or elderly.

There's an herb called bacopa, that often ends up in herbal mixes for brain support, brain health, and it's wonderful. It's from a plant. But there's some data about what it does to enhance overall brain function and brain health. Those are some of the biggest ones. There will be more in the list. There's something called huperzine and I like quercetin. Quercetin is an antioxidant herb that can be found in apples, garlic, and onions. There's a lot of data right now suggesting it may be one of these magic supplements that may alter aging, may enhance longevity.

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There's a natural cleaning house process in cells that won the Nobel Prize in medicine a few years ago called autophagy, some people pronounce it autophagy.

The idea that the garage which you haven't cleaned out for years at some point gets so full of junk you can't even park your car in it anymore, and cells in our body, cells in our brain, accumulate debris with time and they become less functional and your brain won't work as well because of this process of progressive accumulation of debris. Autophagy is the process of actually repairing, replacing, cleaning out, eliminating damaged cells so you have more functional cells, and it may be that quercetin, at least preliminary reporting, and even more recently, there's a substance in strawberries called fisetin, that may do the same thing and it's just amazing, these just come.

You can get them in your foods and not everything has to be a pill or a supplement, but they tend to be studied one at a time and isolated. It's just a little easier, though. Whole foods are always what I'd rather somebody do, is just eat a big bowl of strawberries, blueberries, have salads with onions and garlic, and you're going to get those components I just mentioned without necessarily having to run to the vitamin shop."

Nutritional Supplements for Hormonal Support

OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are essential nutrients that play a crucial role in hormonal balance and overall health. These healthy fats are found in abundance in fatty fish such as salmon, mackerel, and sardines, as well as in flaxseeds, chia seeds, and walnuts. However, for individuals who may have limited dietary intake of Omega-3s, nutritional supplements can provide a convenient and reliable source.

Omega-3 fatty acids have been shown to have anti-inflammatory properties, which can help regulate hormonal imbalances associated with inflammation. They also support the production and function of hormones, including those involved in reproductive health. Research suggests that Omega-3 supplementation may help regulate menstrual cycles, reduce PMS symptoms, and support fertility.

Furthermore, Omega-3 fatty acids are essential for the development and function of the reproductive system. They contribute to the formation of healthy cell membranes, which are vital for hormone receptor function and signal transmission. Omega-3s also support optimal blood flow to the reproductive organs, ensuring they receive essential nutrients and oxygen.

In addition to their benefits for reproductive health, Omega-3 fatty acids are known for their positive effects on cardiovascular health, brain function, and overall well-being. They have been linked to reduced risk of heart disease, improved cognitive function, and mood regulation.

When considering Omega-3 supplementation, it is important to choose high-quality fish oil or algae-based supplements that are free from contaminants.

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VITAMIN D

Vitamin D is an essential nutrient that plays a vital role in hormonal balance and overall health. Often referred to as the “sunshine vitamin,” it is primarily synthesized in the skin when exposed to sunlight. However, it can also be obtained from certain foods and supplements.

Vitamin D is involved in the regulation of various hormones in the body, including those related to reproductive health. Research suggests that maintaining adequate levels of Vitamin D is important for optimal fertility and reproductive function in both men and women. It has been associated with improved menstrual regularity, increased likelihood of successful conception, and enhanced outcomes in assisted reproductive technologies.

In addition to its direct impact on reproductive hormones, Vitamin D also supports the immune system, bone health, and mood regulation. It has been linked to a reduced risk of conditions such as polycystic ovary syndrome (PCOS), endometriosis, and premenstrual syndrome (PMS).

Unfortunately, many people have suboptimal levels of Vitamin D, especially during certain seasons or in regions with limited sunlight exposure. Therefore, supplementation may be necessary to achieve and maintain adequate levels. It is important to note that individual needs may vary, and it is recommended to consult with a healthcare professional to determine the appropriate dosage based on factors such as age, health status, and sun exposure.

While Vitamin D can be obtained from sunlight and dietary sources such as fatty fish, fortified dairy products, and egg yolks, supplementation can ensure sufficient intake, particularly for individuals with limited sun exposure or specific dietary restrictions.

When selecting a Vitamin D supplement, look for a high-quality form, such as Vitamin D3 (cholecalciferol), as it is more effectively utilized by the body. Regular monitoring of Vitamin D levels through blood tests can help determine the effectiveness of supplementation and guide dosage adjustments if needed.

Incorporating Vitamin D supplementation into a comprehensive approach to hormonal balance and reproductive health can be a beneficial strategy to support overall well-being.

B VITAMINS

B vitamins are a group of essential nutrients that play a crucial role in maintaining hormonal balance and supporting overall health. These water-soluble vitamins, including B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin), are involved in various metabolic processes and contribute to the production and regulation of hormones.

B vitamins are particularly important for reproductive health as they support the synthesis of sex hormones, including estrogen, progesterone, and testosterone. They also help with energy production, stress management, and nervous system function, all of which are crucial for maintaining hormonal balance.

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Deficiency in B vitamins can lead to hormonal imbalances and a range of health issues. Symptoms of deficiency may include fatigue, mood changes, hormonal irregularities, and impaired fertility. Ensuring an adequate intake of B vitamins through diet or supplementation is essential for promoting hormonal health.

Foods rich in B vitamins include whole grains, legumes, leafy green vegetables, eggs, poultry, fish, and dairy products. However, in some cases, dietary sources may not provide sufficient amounts of B vitamins, especially for individuals with specific dietary restrictions or increased nutrient needs. In such cases, supplementation under the guidance of a healthcare professional can be beneficial.

When choosing a B vitamin supplement, opt for a high-quality, well-balanced complex that includes all the essential B vitamins. This can ensure comprehensive support for hormonal balance and overall well-being. It is important to follow recommended dosage guidelines and consult with a healthcare professional to determine the appropriate supplementation regimen based on individual needs.

Incorporating B vitamins into a holistic approach to hormonal balance can help optimize reproductive health and support overall vitality. Alongside a nutritious diet, lifestyle modifications, and other natural remedies, B vitamins can contribute to a comprehensive strategy for hormonal well-being.

EXPERT OPINION - DR. JUSTIN MOSELEY

Dr. Justin Moseley: *“Ashwagandha. Just a powerful, adaptogenic herb, so it will help kind of balance the body.*

And really, one of the things I like to address is inflammation. It can be caused from different things, different types of stresses, from mental stress to emotional stress to toxicity, to different things that we're doing to our bodies that actually increase inflammation. So, there's different supplements for that from your gingers, your turmeric, those types of things that actually lower inflammation.

But I think if people will start that kind of health journey, whether they're looking at it, I want to do testing or not do testing. If I just look at my body and say, “How can I reduce the inflammation in general?” Whether it's the water, drinking the clean water, and reducing the chemicals that are in my food, just starting there and then looking at, “Okay how do I feel there? Now that I cleaned up my diet, I cleaned up my water, I'm still having these other issues. What other things can I take to reduce more inflammation?”

The more inflammation that you reduce, then other symptoms start to go away. And then those symptoms that are still there, they can look at more things, whether it's, “Hey let's look for a parasite, because I'm still having these other conditions.” A lot of times when people get to the root cause of their inflammation, they see a lot of health changes by addressing that.”

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Chapter 5: Lifestyle Factors Affecting Hormonal Health



Maintaining optimal reproductive health involves more than just hormonal balance and medical interventions. Lifestyle factors play a significant role in influencing the overall well-being of the reproductive system. By adopting healthy habits and making mindful choices, individuals can support their reproductive health and enhance their chances of conceiving.

In this chapter, we will explore the various lifestyle factors that can impact reproductive health and provide practical guidance on how to optimize these aspects of daily life. From nutrition and exercise to stress management and environmental influences, we will delve into the key areas that deserve attention for promoting reproductive well-being.

Understanding the impact of lifestyle choices on reproductive health is essential for both men and women. By implementing positive changes, individuals can take proactive steps to improve their fertility, enhance hormonal balance, and increase their overall chances of a successful reproductive journey.

Whether you are actively trying to conceive, planning for the future, or simply interested in maintaining optimal reproductive health, this chapter will provide valuable insights and practical strategies to help you navigate the influence of lifestyle factors on your reproductive well-being. Let's explore the transformative power of lifestyle choices and unlock the potential for a healthy and thriving reproductive system.

Environmental Toxins and Hormonal Disruption

ENDOCRINE-DISRUPTING CHEMICALS TO AVOID

The presence of environmental toxins poses a significant threat to hormonal balance and reproductive health. These endocrine-disrupting chemicals (EDCs) are found in various products and environmental sources, and their adverse effects on the endocrine system cannot be ignored.

Phthalates, commonly found in plastics, personal care products, and household items, are known to interfere with hormone production and function. Bisphenol A (BPA), used in plastic containers and food packaging, can mimic estrogen and disrupt normal hormonal signaling. Pesticides, including organochlorines and organophosphates, have been linked to hormonal imbalances and reproductive disorders. Additionally, heavy metals like lead, mercury, and arsenic can disrupt hormone synthesis and function.

Tap water, often contaminated with pollutants and chemicals, is another source of concern. Chlorine, used to disinfect water, can react with organic matter to form disinfection byproducts that have been associated with hormonal disruption. Furthermore, water sources contaminated with industrial pollutants or agricultural runoff may contain EDCs and heavy metals.

To minimize the impact of these endocrine disruptors, it is crucial to be aware of their sources and take steps to reduce exposure. Opting for natural and organic personal care products, choosing BPA-free plastics or glass containers for food storage, and consuming organic produce can significantly lower exposure to harmful chemicals. Installing water filtration systems that effectively remove chlorine, like a reverse osmosis system, and other contaminants can help ensure cleaner drinking water.

By understanding the risks associated with endocrine-disrupting chemicals and the potential contamination of tap water, individuals can take proactive measures to protect their reproductive health. It is essential to advocate for stricter regulations on the use of these harmful substances and promote access to clean and safe water for everyone.

TIPS FOR REDUCING EXPOSURE TO HARMFUL SUBSTANCES

It can be overwhelming to try to reduce exposure to these harmful substances, especially if you don't have any sense of direction and knowledge of how to do so.

So with that in mind, here are some invaluable tips that will help you:

- **Choose Organic:** Opt for organic foods whenever possible to reduce exposure to pesticides, herbicides, and other agricultural chemicals. Organic farming practices prioritize the use of natural fertilizers and pest control methods.

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- **Avoid Plastic Use:** Minimize the use of plastic products, especially those made with phthalates and BPA. Use glass or stainless steel containers for food and beverages instead of plastic ones, and opt for natural fiber-based packaging options.
- **Use Natural Cleaning Products:** Replace chemical-laden cleaning products with natural alternatives. Look for eco-friendly brands or make your own cleaning solutions using simple ingredients like vinegar, baking soda, and essential oils.
- **Filter Your Water:** Install a water filtration system that can effectively remove common contaminants, such as chlorine, heavy metals, and pesticides. Choose a filtration method that suits your needs, whether it's a pitcher filter, faucet filter, or whole-house filtration system.
- **Be Mindful of Personal Care Products:** Read labels and avoid personal care products that contain phthalates, parabens, synthetic fragrances, and other potentially harmful chemicals. Opt for natural soaps, shampoos, and cosmetics made with organic and safe ingredients. Avoid using designer fragrances that often contain undisclosed chemicals.
- **Ventilate Indoor Spaces:** Improve indoor air quality by ensuring proper ventilation. Open windows regularly to allow fresh air in, use air purifiers with HEPA filters, and avoid using products that release harmful volatile organic compounds (VOCs) into the air.
- **Educate Yourself:** Stay informed about potential sources of environmental toxins and learn how to identify and minimize exposure. Keep up with research, consult reliable sources, and engage in conversations about environmental health.

By adopting these tips and making conscious choices, such as using natural soaps and avoiding designer fragrances, you can significantly reduce your exposure to harmful substances and create a healthier environment for your reproductive health. Remember, small changes can have a big impact on reducing your overall toxic load and supporting your reproductive system's well-being.

EXPERT OPINION - DR. SARAH GOTTFRIED

Dr. Sarah Gottfried: *"I would say that an emerging area that's important to know about is the role of endocrine disruptors. There was just a study published looking at phthalates. Phthalates are a class of chemicals that we're exposed to everyday that can really change a woman's egg quality and also her ability to have a live birth. Phthalates I think are really important. We could maybe talk about how you get exposed to them because I think this is a really important one.*

We have this complex hormonal system. In a woman I like to talk about the hormonal Charlie's angels: your cortisol (your stress hormone), your estrogen, and also your thyroid. Those are crucially important for fertility, as well as pregnancy, and how you feel afterwards. Endocrine disruptors, I think of, as party crashers. They kind of come in, and they disrupt your hormonal system. What happens with phthalates in particular is that they act as a disruptor to the estrogen system, so they're what's considered a xenoestrogen. There's about 700 known xenoestrogens, so phthalates are a part of this group.

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We're talking about deodorant, body lotion, shampoo, conditioner, nail polish, cosmetics. These are the things that we apply that can have this harmful effect in the body that many people don't feel, and they don't know until it causes problems with autoimmunity later on down the line, or it makes it hard for you to get pregnant. Unfortunately, we're at this place where the chemical industry is considered innocent until proven guilty. We're getting exposed to these endocrine disruptors all the time. Another important point about this is that our defense system in the body is designed to identify party crashers in the gut—and we can talk about how that sometimes works, sometimes doesn't—our skin, not so much. Our skin was really evolved so that we don't have the best defense against these endocrine disruptors that we're applying.

There's a few different ways that it takes action. These endocrine disruptors, the reason why they're party crashers is because they tend to bind to the receptor. Now they can do different things. They can block the receptor, so then estrogen can't get in there and kind of do its normal job, which is what you need for fertility. Sometimes they can activate the receptor, so they can start to exert an estrogen-like effect in the body. That's kind of the two different classes that we see."

Following a gluten-free, plant-rich diet with fresh organic fruits, vegetables, nuts, and seeds – and avoiding processed foods, plastic contamination, and refined sugars – is the most effective way to drastically reduce our intake of BPA from food. And the right foods can help detox toxic chemicals like BPA.

Another benefit of adopting a healthy nutritional plan is the cultivation of a healthy microbiome. A balanced microbiome can assist in the breakdown of toxins, making it an essential focus when trying to eliminate BPA. Taking a high-quality probiotic and eating foods such as sauerkraut, asparagus, pineapple, kimchi, and apple cider vinegar can support a healthy microbiome.

Antioxidants also provide enormous benefits. In a Harvard Medical School 2020 study, researchers reversed the reproductive damage caused by BPA by consuming coenzyme Q10. This antioxidant is found naturally in meat, fish, and nuts and is also available as a supplement.

BPA is broken down in the liver by a process called glucuronidation. You assist the body in detoxifying BPA by eating foods that support this process. These foods include cruciferous vegetables (such as kale, broccoli, and cauliflower), red grapes, and citrus fruits. Curcumin, rooibos tea, honeybush tea, and rosemary also support glucuronidation.

Because of its crucial role in BPA detoxification, it's also important to support and detoxify the liver. One excellent liver detoxifying strategy is with coffee enemas.

By stimulating the detox pathways in our primary detoxification organ, we can aid the body in the elimination of BPA and other toxins. Natural medicine doctors also recommend coffee enemas for their multitude of benefits, including enhanced energy, improved mood, pain relief, and increased relaxation.

Sleep and Reproductive Hormones

IMPORTANCE OF QUALITY SLEEP FOR HORMONAL BALANCE

Sleep plays a vital role in maintaining hormonal balance and supporting reproductive health. Adequate and quality sleep is essential for the proper functioning of the endocrine system, which regulates the production and release of hormones.

During sleep, the body goes through various stages that are crucial for hormone regulation. The sleep-wake cycle, also known as the circadian rhythm, influences the release of hormones such as melatonin, cortisol, and reproductive hormones like estrogen, progesterone, and testosterone.

Disruptions in sleep patterns or chronic sleep deprivation can have negative effects on hormonal balance. Lack of sleep can disrupt the normal release and regulation of hormones, leading to imbalances that may affect reproductive health. Studies have shown that sleep disturbances are associated with menstrual irregularities, reduced fertility, and increased risk of conditions like polycystic ovary syndrome (PCOS) and hormonal imbalances.

To support hormonal balance, it is important to prioritize and optimize sleep. Aim for a consistent sleep schedule by going to bed and waking up at regular times. Create a sleep-friendly environment that is dark, quiet, and cool to promote better sleep quality. Avoid stimulating activities, electronic devices, and caffeine close to bedtime, as they can interfere with sleep.

Implementing relaxation techniques such as meditation, deep breathing exercises, or gentle yoga before bedtime can also help calm the mind and prepare the body for a restful sleep. If you experience persistent sleep issues, it may be beneficial to consult with a healthcare professional to identify and address any underlying causes.

Remember, prioritizing quality sleep is an essential lifestyle factor that can positively impact hormonal balance and overall reproductive health.

TIPS FOR IMPROVING SLEEP HYGIENE

Improving sleep hygiene is crucial for promoting better sleep quality and supporting reproductive health. Here are some tips to enhance your sleep hygiene:

- Establish a consistent sleep schedule: Go to bed and wake up at the same time every day, even on weekends, to regulate your body's internal clock.
- Create a sleep-friendly environment: Make your bedroom comfortable, quiet, dark, and cool. Use earplugs, eye masks, or white noise machines if needed.

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- Limit exposure to electronic devices: Avoid using electronic devices, such as smartphones and tablets, before bedtime. The blue light emitted by these devices can interfere with melatonin production and disrupt your sleep.
- Avoid stimulating substances: Limit your consumption of caffeine, nicotine, and alcohol, as they can disrupt sleep patterns and hinder quality rest.
- Establish a relaxing bedtime routine: Engage in calming activities before bed, such as reading a book, taking a warm bath, or practicing relaxation techniques like deep breathing or meditation.
- Regular physical activity: Engage in regular exercise, but avoid intense workouts close to bedtime as they can stimulate the body and make it difficult to fall asleep.
- Watch your diet: Avoid heavy meals and spicy foods before bedtime, as they can cause discomfort and disrupt sleep. Opt for light, balanced meals instead.
- Manage stress: Implement stress management techniques, such as journaling, practicing mindfulness, or engaging in stress-reducing activities to calm the mind before sleep.
- Limit daytime napping: If you struggle with nighttime sleep, avoid long or late afternoon naps that can interfere with your ability to fall asleep at night.
- Consult a healthcare professional: If you constantly struggle with sleep issues or suspect an underlying sleep disorder, seek guidance from a healthcare professional who can provide personalized recommendations and solutions.

By incorporating these tips into your daily routine, you can improve your sleep hygiene and create a conducive environment for restful sleep, ultimately supporting your reproductive health.

EXPERT OPINION - DR. PETER KAN

“So sleep is not just about melatonin, because sleep is impacted by many, many different things. Hormone being one, but it’s also impacted by mid-brain function. It’s impacted by your circadian propensity. Some of it is genetic. Some people are just genetically built to be a night owl. Some people are genetically built to be an early sleeper, and wake up early, and this can actually be tested through genetic testing. Or they have found through genetic studies, they have found these individual differences.

But the point is, when you have a sleep issue, you will really have an identified underlying issue for that sleep issue. Now, I’m going to tell you that there’s many different causes. For example, you can have sleep issues due to blood sugar imbalance. If you’re hypoglycemic, you’re going to have trouble staying asleep, because as you sleep, if your blood sugar runs low during sleep, and it shouldn’t do that, because your adrenal glands supposed to make hormones to help raise that blood sugar throughout the night, but that if you go to sleep and you have low blood sugar episodes in the middle of the night, then your body will wake you up because you’re having a low blood sugar episode. So it’s going to, kind of, prompt you to wake up to go look for food, even though you’re not hungry, but it’s waking you up none the same.

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So blood sugar issues can cause it. Other people might have sleep issues due to adrenal gland dysfunction, so we all know that the adrenal gland makes cortisol, which is a hormone that works in the opposite pattern of melatonin. So we have this circadian rhythm of cortisol melatonin pattern, where in the morning cortisol should be high, melatonin's low, so you wake up full of energy, and at night your cortisol should be low and melatonin high, so you fall asleep like a baby.

Now, if this pattern is disrupted due to a circadian rhythm dysfunction, and this can be tested by salivary hormone testing, then we might see someone with either high cortisol throughout the day and night, or just high cortisol period. This will be somebody who will have trouble falling asleep and even staying asleep. Or we see somebody with really low cortisol throughout the entire day, then we might see somebody that will have trouble going to sleep, or trouble staying asleep, but that may also have trouble falling asleep as well because they may be wired and tired – too tired to fall asleep. So there could be adrenal problems, circadian rhythm issues. Know that also inflammation can impact sleep, not just because of its influence on cortisol, but in our brain stem, the brain stem is the part right below the cortex, the brain stem is where your autonomic nervous system resides, and also there's an area in your brain stem called the reticular activating system. The reticular activating formation or system is that part of the brain that controls alertness, and sleepiness cycles. Basically, it controls your consciousness.

So what happens when you fall asleep, you're not aware, people can kind of talk really lightly, you may not even notice people are in the room. Your eyes are closed, you're sleeping, you're not going to hear them, that's when you can sneak in on someone who's sleeping. What happens when you're asleep? Does your ear stop working? Do your eyes go blind? No. The brain has shut off. It shuts off the switch so that you're not aware. You're not conscious, all right? You're in a subconscious state of sleep. So the brain stem controls it. Guess what? Inflammation, with its inflammation chemical called cytokines, there's actually tons of receptors in the brain stem for cytokines, so that when you're inflamed, your cytokine load goes up. These cytokines, as they circulate through the blood when it travels to the brain stem, will cause your brain to wake up.

Now, why is that a good idea? Well, when you're injured, like, say, if you're sleeping, and your toes are being chewed on by a tiger, it might behoove you to actually wake up and run away from a life-threatening danger for survival. So inflammation is a trigger for your brain to wake up in response to some type of injury or some kind of inflammation. So inflammation can impact sleep as well. So that has nothing to do with cortisol there. It's just inflammation. We talked about blood sugar, we talked about cortisol and melatonin, so there's that little interplay there, but sometimes people have such high cortisol level because they're inflamed all the time, that the melatonin is suppressed because cortisol and melatonin are antagonistic of each other.

When you have a lot of cortisol, cortisol will suppress melatonin. So sometimes, at nighttime, when your melatonin levels supposed to be high, but your cortisol's so high that it's suppressing melatonin production. So then if you take melatonin in a supplement it may or may not help because your cortisol's so darn high. So, sometimes it's not a melatonin deficiency but a cortisol excess. So you've got to go ahead and address the cortisol issue.

So this is a functional medicine approach looking at the root cause. This gets a little bit more diagnostic, but I'm giving you that information just to show you what all the possibilities are, so you don't think it's just melatonin,

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melatonin. Now, obviously, you can have infections that can cause this. Parasites are notorious for causing sleep issues. They'll wake you up at night, causing anal itching. Parasites can cause you to wake up in the middle of the night to go look for food, because parasites are more active at night. So parasitic infection can cause that. So, there's a lot of different reasons for why someone will have a sleep problem, so to say "Hey, what do I take for sleep?" Gosh. I don't know what you take for sleep. Again, like I said earlier, don't ask "What do I take for it?" But ask, "What's causing that?" "

Maintaining a Healthy Weight for Hormonal Health

THE LINK BETWEEN WEIGHT AND HORMONAL IMBALANCES

Maintaining a healthy weight is essential for supporting hormonal health. There is a strong link between weight and hormonal imbalances, particularly in relation to reproductive hormones. Excess body weight, especially in the form of excess abdominal fat, can disrupt the delicate balance of hormones in the body, leading to imbalances that may affect reproductive function.

Adipose tissue, or fat cells, produce and release hormones, including estrogen. When there is an excess of body fat, it can lead to an overproduction of estrogen, a condition known as estrogen dominance. This hormonal imbalance can disrupt ovulation, menstrual cycles, and overall reproductive health.

On the other hand, being underweight can also disrupt hormonal balance. Inadequate body fat can result in low levels of estrogen, which may lead to irregular or absent menstrual cycles and difficulties in conceiving.

Maintaining a healthy weight through a balanced diet and regular physical activity is crucial for hormonal health. It can help regulate hormone production and improve insulin sensitivity, reducing the risk of hormonal imbalances.

It's important to note that achieving a healthy weight should be approached holistically, focusing on overall well-being rather than solely on the number on the scale.

STRATEGIES FOR ACHIEVING AND MAINTAINING A HEALTHY WEIGHT

Achieving and maintaining a healthy weight is a key aspect of promoting hormonal health. Here are some strategies to help you reach your weight goals:

- **Balanced Diet:** Focus on consuming a well-rounded, nutrient-dense diet that includes plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats. Avoid highly processed foods, sugary snacks, and excessive calorie intake.
- **Portion Control:** Be mindful of your portion sizes and practice portion control to avoid overeating. Use smaller plates, measure food servings, and listen to your body's hunger and fullness cues.

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- **Regular Exercise:** Engage in regular physical activity to support weight management and hormonal balance. Include a mix of cardiovascular exercises, strength training, and flexibility exercises in your routine. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week.
- **Hydration:** Stay adequately hydrated by drinking plenty of water throughout the day. Water helps maintain optimal bodily functions and can aid in weight management by promoting feelings of fullness.
- **Mindful Eating:** Practice mindful eating by paying attention to your food choices, eating slowly, and savoring each bite. This can help prevent overeating and promote a healthier relationship with food.
- **Stress Management:** Chronic stress can impact weight and hormonal balance. Incorporate stress-reducing techniques into your daily routine, such as meditation, deep breathing exercises, yoga, or engaging in hobbies that bring you joy.
- **Adequate Sleep:** Prioritize quality sleep as it plays a crucial role in maintaining a healthy weight. Aim for 7-9 hours of uninterrupted sleep each night to support optimal hormone production and regulation.
- **Seek Professional Guidance:** If you're struggling with weight management, consider consulting with a healthcare professional, registered dietitian, or weight loss specialist who can provide personalized guidance and support tailored to your specific needs.

By adopting these strategies and making sustainable lifestyle changes, you can work towards achieving a healthy weight that supports hormonal balance and overall reproductive health. Remember, it's important to approach weight management with patience, consistency, and a focus on long-term well-being.

EXPERT OPINION - DR. PAUL THOMAS

"So, we can go back to wellness. That's my new career since they're going to take my license again, I'm sure. I shouldn't say that. I'm going to speak positively; I'm going to keep my license. But they're after me. They don't like what I have to say. Therefore, I will pivot and I will teach the world, and thank you, Jonathan. I know this is what you're doing, this is what you're about is we have to teach people how you can be well, how you can be healthy. Believe it or not, the power is in your hands.

If you're hearing this, if you're listening to this, if you're following people like Jonathan, you're going to hear that it's lifestyle, lifestyle, lifestyle. Avoid toxins, get your nutrients, get stress out of your life and, surprise, surprise. Eat healthy and be a healthy weight. I mean, if you're way overweight, it's a risk factor. Acetaminophen is a really bad product because it magnifies all toxicity by blocking glutathione. Get it out of your life.

Aspartame is a really bad product. Woodrow Monte is a friend of mine, actually, who wrote a book called While Science Sleeps. He was the food scientist who testified to keep it out of our food chain, he failed. It's now in Diet Coke and so many other products. Get it out of your life. Plastics, BPA; get them out of your life. Glyphosate, pesticides, herbicides; get them out of your life. Flame retardants; get them out of your life. There are so many really bad toxins.

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And then we've been talking here today about vaccines, which are a huge toxin because you're bypassing the natural body's defense mechanisms. We have a gut lining that protects us from toxins, we have skin that protects us from toxins. When you bypass those natural barriers, it magnifies the toxicity in a huge way. I could go on and on about the things to avoid, but get your nutrients from whole foods and make sure you're supplementing Vitamin D just because of that one, it's almost impossible to get enough from your food, and you can live an incredible life. You don't have to be dependent on pharma. They're trying to turn us into basically human ATM machines, and they're being very successful at it.

Here's the thing. You were talking about autoimmunity. The number one trigger of autoimmunity is aluminum, I believe. Shoenfeld wrote the book, Vaccines and Autoimmunity. It's a masterpiece. Hundreds of articles, peer-reviewed literature showing that vaccines, aluminum in the vaccines, is triggering autoimmunity. Autoimmunity is causing most of the chronic health problems we have. That and direct toxicity. We know how it works.

Well, we're going to vaccinate the world multiple times over and over again. That is the number three moneymaker which triggers autoimmunity. The drugs for autoimmunity, which are called immunosuppressants, are the number one moneymaker. When you suppress the immune system, what happens? You get infections and cancer. Number two moneymaker.

So, you've got the three top money makers feeding each other in an endless chain of suffering that we all get to carry that burden if you choose to continue with the paradigm that you're being given, that that's the only way – trust your life to pharma, they will take care of you."



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Conclusion

In conclusion, we've explored the intricate workings of your reproductive system, identified common imbalances, and provided actionable strategies to restore balance.

By understanding the impact of lifestyle choices on your hormones, you now have the knowledge to make informed decisions that support hormonal harmony. From adopting a balanced diet and engaging in regular exercise to managing stress and improving sleep, you've discovered how small changes can have a profound impact on your reproductive health.

Additionally, we've explored the power of herbal remedies and natural supplements, such as Vitex, Dong Quai, and Omega-3 fatty acids, as valuable allies in your journey toward hormonal balance. These natural interventions complement your efforts and offer holistic support.

Remember that achieving hormonal balance is a personal journey that requires patience and commitment. It's important to consult with healthcare professionals who can provide personalized guidance tailored to your specific needs.

By embracing the proven methods shared in this ebook, you're taking proactive steps toward restoring balance to your reproductive and endocrine system. Embrace self-care, make informed choices, and let natural interventions guide you toward optimal hormonal health.

Here's to a future filled with vitality, well-being, and restored balance in your reproductive and endocrine system!

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ABOUT JONATHAN OTTO



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

In addition to serving as a producer for *The Truth About Cancer* and *The Truth About Vaccines*, Jonathan has created several highly-acclaimed, groundbreaking docuseries — *Depression, Anxiety & Dementia Secrets*, *Autoimmune Secrets*, *Natural Medicine Secrets*, and *Autoimmune Answers* — covering innovative, effective natural remedies for autoimmune disease, neurodegenerative disease, mental health, cancer, and heart disease.

These docuseries — watched by millions around the world — represent Jonathan’s unceasing quest to discover the root causes of debilitating diseases by interviewing over 120 world-renowned natural medicine doctors, scientists, natural health experts, and patients.

In response to this life-saving knowledge, Jonathan created **Well of Life**, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

When the global elite took away the human and medical rights of people around the world — and coerced billions into taking the toxic, experimental COVID “vaccines” — Jonathan was determined to get the truth out, despite being repeatedly censored and deplatformed.

He interviewed the world’s top medical doctors, health experts, and legal experts on vaccine injuries who risked their own careers to expose the lies behind the deadly COVID “vaccines” — which have caused deaths and injuries to millions of people — to create his newest docuseries, **Vaccine Secrets**, **COVID Secrets**, and **Unbreakable: Destined to Thrive**.

Jonathan’s greatest reward has been hearing the testimonials from people whose lives have literally been saved with the protocols he developed.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, **Young Citizen of the Year** and **International Volunteer of the Year**, by the Australian government for international humanitarian contributions, which he continues to support.

Jonathan and his wife, Lori, welcomed their first son, Asher, in January 2019 and their second son, Arthur, in May 2021.