

Basic Principles of Women health

Syllabus

Fundamental concepts	2
From external controll to inner guidance	2
Finding lost connection between body and mind	4
Healing from destructive thoughts and emotion.....	6
Key to female health: 20 % symphatetic and 80 % parasympatetic nerves system operation during the day	7
Excess stress	7
Syncronizing with your menstrual cycle.....	8
Female organs and their messages.....	9
The Uterus	9
The Ovaries.....	11
Vulva, Vagina, Cervix, and Lower Urinary Tract.....	12
Breasts.....	13
Engaging feminity.....	16
Here's what masculine and feminine energy look like in action.....	16
Signs of Excess Masculine Energy in Women	17
What Is Your Masculine/Feminine Balance?	17
Sources:	17

Syllabus

Step by step program for female health	2
I) Finding lost connection with your body, Syncing with your menstrual cycle and circadian rythm.....	2
II) Addressing the underlying reasons for hormonal imbalance	3
III) Detoxification.....	3
Detoxification tips in daily routine	4
Large intestines, liver and lymph.....	4
Liver detoxification.....	5
Constipation and water retention	7
Lossing weight efficiently.....	8
How to cease inflammation thorough the body	9
Víruses, bacteria	10
Heavy metal saturation.....	10
IV) Importance of daily routine and proper lifestyle	11
Clean your life and activities	11
Reestablish Cyclic Ovulatory Flow	12
Sleep disorders, insomnia, circadian rythm and importance of good sleeping habits	13
Stress Reduction	14
Training routine	14
Strengthen Your Pelvic Floor.....	14
Do some inner work	15
Use affirmations	16
V) Focusing on hormon diet, medicinal foods, spices and herbs	16
Diet.....	16
Herbal teas.....	18
Spices	20
Homeopathy	21
Energy Medicine	21
VI) Vitamins and nutrition.....	21
VII) Engaging your feminine energy.....	22
Sources:.....	22

Syllabus

Menstruation cycle	2
Syncing with Your Cycle for a Symptom-Free Future	5
Foods that supports healthy cycle	5
Phases of your cycle.....	6
PHASE 1: Menstrual Phase	6
PHASE 2: Follicular Phase	7
PHASE 3: Ovulatory Phase	7
PHASE 4: Luteal Phase	8
Causes that can cause complication in your cycle	9
Pain causing factors	9
Birth Controll pills	10
PMS	11
Factors contributing to PMS	12
Treatment	13
An Annual Wake-Up Call: SAD.....	14
How to treat depression	15
Compilcation with your cycle	15
Absent periods – amenorrhoea.....	15
Absent ovulation.....	15
Brown stains.....	16
Dark red or black clots	16
Heavy bleeding.....	16
Short bleeding.....	17
Very frequent bleeds	17
Irregular periods	17
Excessive Buildup Of The Uterine Lining (Endometrial Hyperplasia, Cystic And Adenomatous Hyperplasia)	17
Dysfunctional Uterine Bleeding (Dub)	19
Heavy Periods (Menorrhagia)	20
Sources:	21

Syllabus

Reasons for female hormonal system to go haywire	4
Things to do to balance your hormones.....	4
Adrenal gland and Cortisol.....	5
Signs of Cortisol Balance	6
Signs and stages of high Cortisol.....	6
Health risks linked to high cortisol	7
Remedy.....	8
Top 5 ways to lower cortisol with yoga.....	9
Hypocortisolism.....	9
Remedy.....	10
Thyroid.....	10
Low Thyroid	11
Take Your Basal Temperature.....	11
What Causes Low Thyroid?.....	12
Remedies	12
Importance of Iodine.....	12
Causes of iodine deficiency	13
Symptoms.....	13
Benefits of iodine	13
Remedies	14
Hyperthyroidism.....	14
Progesterone	14
Reasons For Low Progesterone.....	15
Remedy.....	16
Estrogen	16
The highs and lows of estrogen dominance	17
What causes excess estrogen.....	18
Remedy	20
Low estrogen	21
Reasons why estrogen levels drop	21
Remedy	21
Signs of Estrogen Balance	21

Androgens (testosteron)	22
High androgens, PCOS, IR.....	22
Symptoms of PCOS	22
Remedy	25
Insulin resistance	25
Hair loss (Outward sign of an inner imbalance in the body)	27
Top Hormone Imbalances	28
Importance of cholesterol.....	29
Autoimmun diseases	29
Leaky Gut	30
Questioner	32
Sources:.....	36

Hormones and the Endocrine System

(Hormons production is governed by your thoughts and emotions)

Food choices, environment, attitude, aging, stress, genetics, even the chemicals in our clothes and mattresses can affect our hormone levels.

Hormons are produced in the endocrine glands: your adrenal glands, pituitary gland, hypothalamus, thyroid, pancreas, and ovaries, among others. These glands control important physiological functions by releasing hormones into the blood, through which they travel to distant organs and cells. In other words, hormones are chemical messengers, like snail mail in the body. They influence behavior, emotion, brain chemicals, the immune system, and how you turn food into fuel.

Food cravings, greasy hair, fascial hair, anxiety, cronic fatigue, weakened connective tissue, infertility, irregular menstruation, weight gain, hair loss etc. are all sign of hormonal imbalance and they are inseparable one from the other. When you start to cure yourself from the inside out those symptoms gradually will diminish or dissapear complitelly. With the right dietary changes, supplements, daily routine and exercise regimen you can start to cure yourself efficiently.

It is a fact that hormons more likely to out of whack for those women who overuse their masculine energy. (more on this on Chapter I.)

Tartalom

Fertility.....	1
Transforming Infertility.....	2
The most common (and often interrelated) factors affecting female infertility	3
Psychological Factors	5
To do list to increase fertility	6
Herbs.....	7
Sources:.....	7

Fertility

Motherhood is not simply the organic process of giving birth . . . it is understanding the needs of the world. —Alexis DeVeaux, mother and sponsor of MADRE, a Latin American relief organization

Ideally, prenatal life, close to the mother's heart, is bliss for the unborn. Women need to choose to live out their pregnancies wisely, because the way they do so affects both themselves and their offspring for generations to come. Though Sigmund Freud coined the term "infant amnesia" to explain the fact that most people don't consciously recall much that happened to them before the age of three, the truth is that our bodies always remember our life in the womb, birth, and early childhood. Parents have a huge influence on the mental and physical attributes of their children, and this influence starts long before birth and continues throughout life.

All of us retain the imprint of our entire lives within our cells, starting before birth. Our lives begin in the water of amniotic fluid, our first environment. This period and early childhood are the critical times when most of our expectations and potentials are created. Prenatal and birth memories, and their impact on the unborn, are among the many reasons why women must learn to manage their fertility well. We must become conscious vessels.

Syllabus

Endometriosis.....	2
Symptoms.....	2
Treatment.....	2
Fibroid Tumors	3
Symptoms.....	3
Treatment.....	4
Ovarian Cysts.....	4
Symptoms.....	5
Treatment.....	5
Human papilloma virus (HPV).....	5
Symptoms.....	6
Treatment.....	6
Herpes.....	7
Symptoms.....	7
Treatment.....	7
Cervicitis.....	8
Vaginal Infection (Vaginitis).....	8
Symptoms and Common Causes	9
<i>Repeated Intercourse over a Short Period of Time</i>	9
<i>Emotional Stress</i>	10
<i>Antibiotics</i>	10
<i>Birth Control Pills</i>	10
<i>Diet</i>	10
Treatment.....	10
<i>Douching</i>	10
<i>Nutrition</i>	11
Benign Breast Symptoms: Breast Pain, Lumps, Cysts, And Nipple Discharge.....	11
Fibrocystic Breast Disease.....	11
Breast Cysts	12
Treatment for benign breast symptoms	12
What Causes Breast Pain?	12
Breast cancer	13
The Breast Cancer/Diet-Hormone Link.....	14
Program to promote healthy breast tissue	14
Uterine Prolapse	15
Treatment.....	16
Sources:.....	16

Syllabus

Intro	2
Perimenopause.....	5
Perimenopause and hormone level.....	6
Symptoms and remedies.....	8
Weight gain.....	8
Hair gets thiner	8
Hot flashes and mood swings	9
Mood swings Insomnia Fuzzy thinking	9
Heart Palpitations.....	9
Migraine Headaches.....	10
Breast pain.....	10
Irregular or Erratic Periods – Fibroids.....	10
Heavy Bleeding	10
Loss of Sexual Desire	11
Vaginal Dryness and/or Painful Intercourse	11
Sleeping problem.....	11
Fatigue	12
Urogenital symptoms.....	12
Skin.....	12
Bone loss and joint rigidity.....	12
Psychology of Menopause	13
Brain Rewiring	13
Embracing The Message Behind Our Menopausal Anger.....	13
How Menopausal Emotions Affect Our Health	14
How Thoughts Affect Hormone Levels at Menopause	15
Powerful Feelings, Powerful Healing	16
Finding A Larger Meaning	16
The Empty-Nest Syndrome	17
Breaking the Chain of Self-Sacrifice.....	17
Hormonal Changes	19
Estrogen, Progesteron and Testosteron	19
Menopause And Thyroid Function	20
Menopause And Adrenal Function	21
The Hormone-Balancing Diet and Herbs	24
Principles	26
What To Do About Bloating	30
Perimenopause Supplement Program.....	31
Exercise	31

Relax, Meditate, Do yoga.....	31
Quell Cellular Inflammation.....	32
The Final Frontier: Accepting Our Bodies.....	32
Sources:.....	32

Menopause

Intro

Many of the doctors are not trained in the subject, so in most case you can only rely on yourself and make your research to improve symptoms. You may look for a naturopath, and may one who is also a doctor.

Till just a century ago wome life expectancy was fourty fifty year, they hardly experienced any menopause. But today, with a woman's life expectancy at eighty-four years, it is reasonable to expect that she will not only live thirty to forty years beyond menopause, but be vibrant, sharp, and influential as well. The menopause you will experience is not your mother's (or grandmother's) menopause. Many people will have two different careers over their life span. They'll likely have their first career in their thirties and forties and another in their fifties and early sixties. Many of them had a major peak of creativity beginning at about age fifty and, in many cases, lasting for twenty-five to thirty years.



Menopause is a transition to a higher consciousness level, which happens which everyone. Those who are already prepared emotionally and phisically the transition is easier and with less symphoms, those who have not made the necessary changes to adjust their life probably will be met with more problems.

A research study showed that more than half of the women between the ages of fifty and sixty-five felt happiest and most fulfilled at this stage of life. It does not mean we stop operating as ladies, it just means that our menstruation shuts down and we are no longer able to bear a child, as these functions can be cumbersome to an elderly body. But many women experience her finest expression of feminity around or after menopause. In other words we have to change our preconception that menopause it is the beginning

Tartalom

Hormon yoga asanas and guidelines in your own practice.....	1
Why Hormon yoga	1
Fundamentals of right posture.....	2
Neutral pelvis.....	2
Correct sitting	3
Lazy hips (Women hip as the source of wisdom & energy)	3
Spine protection	4
How to avoid lower back pain.....	4
Knee protection	4

Hormon yoga asanas and guidelines in your own practice

Why Hormon yoga

- Lots of fine movements which is beneficial for women body
- Focus on hip area
- Working on glands with modified asanas
- Strenghtening the inner (Yinparts) of the body
- Lots of balancing asanas
- Optimal alignment (hip – head, heels, joints, hip, spine)
- Hip, core, pelvic floor, lower back strenghtening asanas
- Asanas for healthy women organs, against prolapses, dislocations
- Practice aligned with cycle
- Asanas for grounding
- We strengthen the digestive system