

Syllabus

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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 hormones more likely to out of whack for those women who overuse their masculine energy. (more on this on Chapter I.)