

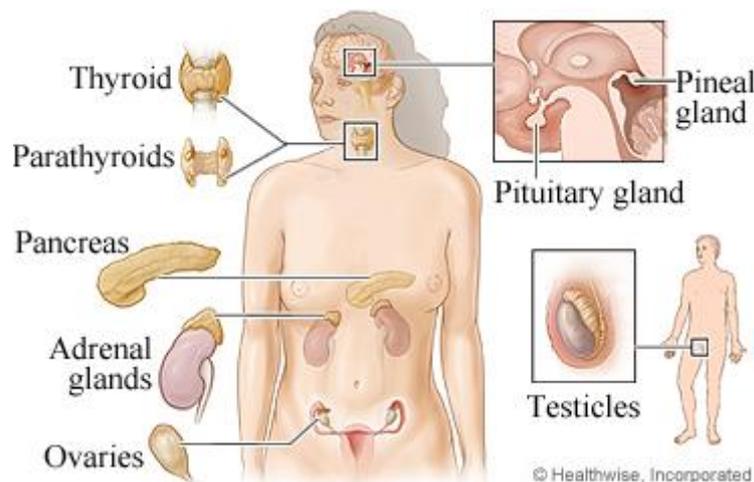
# The Act of Balancing Hormones

Today, staggering health statistics show that one in three people die from cancer. One in five pregnancies end in miscarriage. We have an unprecedented rise in obesity especially under children, osteoporosis, allergies, asthma, mental illness, birth defects, ulcers and emphysema. Additionally, many people today face paralyzing exhaustion and crippling fatigue. Sadly, it seems as though we have forgotten that our natural state is one of balance and vitality. **Simple preparation of nutrient rich foods is what keeps a body healthy. Choosing the proper foods will help restore your energy, bring wellness and healing into your life.** The correct foods for your body have the power to heal, just as the wrong foods can trigger illness, Hormonal Imbalance and rapid aging.

I believe that you are your own best healthcare expert. If you are healthy, happy, have boundless energy, no problems or symptoms of any kind, are of an excellent body weight, have clear eyes, healthy skin, healthy hair and have a vibrant joy for living, then the diet you are eating is obviously working well for you. However, if you cannot attest to the previous statement of incredible health, then perhaps you may wish to reconsider that your diet isn't as healthy as you think it is.

## Understand Your Endocrine System

Gain basic knowledge and a simple understanding of the endocrine/hormonal system, what it is made of, and why it becomes imbalanced.



1. The **Pituitary gland** is situated in the brain (as big as an almond) thus making your brain part of your hormonal system. Symptoms like forgetfulness, depression, anxiety etc.
  2. The **Thyroid gland** has to do with your metabolism (the picking up and losing of weight) as well as your body temperature (hot flashes, night sweats, cold hands and feet during mid-summer...)
  3. The **Adrenal glands** are as big as a grape and situated on top of the kidneys. They secrete about 50 - 150 hormones daily, but are mainly responsible for secreting adrenalin or cortisol. Fight of flight syndrome. Most people suffer from adrenal exhaustion.
  4. The **Pancreas** - responsible for insulin release. Anybody with a sugar related problem ie diabetes, insulin resistance etc have a hormonal imbalance/dysfunction.
  5. The **Ovaries** – the ovaries are very delicate glands and extremely sensitive.
- Others that are also part of this hormonal system are the thymus gland, the skin, the heart, the kidneys etc. With men we have the testes in the place of the ovaries etc.

This endocrine system works like a symphony orchestra. It Functions as a whole. If one of these glands or organs dysfunctions it affects the rest of the hormonal system. For example, if the thyroid is not functioning properly it may affect the brain/pituitary gland so that you struggle with forgetfulness or PMS, or say the adrenal glands are exhausted and not functioning properly it may affect the thyroid and metabolism or it may affect the pancreas and its insulin.

The two most important hormones that get secreted by the woman's endocrine system are Estrogen and Progesterone. In nature's wisdom, these two hormones are meant to work together. They are meant to be balanced. Progesterone works as a counterpart to Estrogen.

Estrogen is the dominant sex hormone during the first week after menstruation. With ovulation, progesterone levels rise to assume dominance during the two weeks preceding menstruation. A surplus of estrogen or, a deficiency of progesterone during these two weeks allow an abnormal month long exposure to estrogen dominance, setting the stage for the symptoms of estrogen side-effects. That is why most women struggle with hormonal related problems... **Estrogen Dominance!**

In most industrially advanced countries, as well as in SA, diets are rich in animal fats, high in sugar, refined starches and processed foods. This diet provides calories in excess of need, and it leads to twice as high estrogen levels in women. Also, pesticides and herbicides contain xeno-estrogens. Xeno-estrogens are chemicals that mimic estrogen in the body and elevates estrogen levels.

Every single cell in your body is made from the food and beverages you consume. It's really simple: a healthy diet of high quality food creates high quality and healthy cells. Poor food choices lead to symptoms, illness, disease, Hormonal Imbalance and relapse from good health.

### **My Suggestions**

The following dietary suggestions dramatically improve immune function, decrease inflammation, help **Regulate Hormones more effeciently**, support mental and emotional health through optimizing the nervous system, heal digestive problems, and help generate healthy cells instead of diseased ones.

### **Definite Don'ts**

- Avoid drinking **Coffee**. This includes decaffeinated. You urinate out so many life-giving minerals as well as stress out your stress glands when you consume this beverage. Wean off slowly to prevent severe withdrawal headaches. The variety of symptoms I have seen improve with the elimination of coffee alone, is mind-blowing.
- Cut on **Sugar**. Sugar is a one-way ticket to a depleted immune system and the diseases that follow its depletion. Fresh fruit is great. Everything else is downhill after that. Refined white sugar is the worst. Brown sugar is no better. Read your labels for glucose, dextrose, sucrose, turbinatate sugar, cane syrup, invert sugar, galactose, maltose and corn syrup. **Eating white sugar has affected the health of millions around the world.** Dr Nancy Appleton, author of *Lick the Sugar Habit* has documented research findings concerning its effects on the body. Here are some examples: Sugar can suppress the immune system. Sugar upsets the mineral relationships in the body. Sugar can cause hyper-activity, anxiety, difficulty concentrating, and crankiness in children. Sugar can produce a significant rise in triglycerides. Sugar contributes to the reduction in defense against bacterial infection (infectious diseases). Sugar causes a loss of tissue elasticity and function, the more sugar you eat the more elasticity and function you lose. Sugar reduces high-density lipoproteins. Sugar leads to chromium deficiency and to PMS.

I would also leave out even the "healthy" sugars like rice syrup, fructose, organic cane sugar and pure maple syrup. Some people need to switch to these "healthy" sugars as a transition toward a healthy diet before they take the plunge toward exceptional health. Dried fruit is

best if you make it yourself in a dehydrator. If you purchase dried fruit, make sure that they are unsulphured and organic. Best Sweetener: Raw Honey and Date Paste!

- **ABSOLUTELY NO Artificial Sweeteners.** If sugar is a one-way ticket to disease, then artificial sweeteners make sugar look like a pleasure cruise. My advice to you is this: get off that boat now before there's no turning back. Artificial sweeteners like Aspartame destroy the Thyroid. Aspartame damages the brain. Read up on Aspartame Disease.
- If you eat **beef, poultry or lamb**, make sure it is **organic, grass-fed and free-range grown** with no antibiotics or hormones. Have you ever seen how our mass-produced livestock are raised? The living conditions of these animals and the poor quality of feed they consume, render this meat to be health destroying. High quality organic red meats (beef, lamb and wild game) are best. Poor quality red meats and poultry are best avoided.
- **Unhealthy Fats** (Trans-fats, Hydrogenated and Partially Hydrogenated Oils). Absolutely no **margarine** - even those labelled "non-hydrogenated". Vegetable or nut/seed oils cannot be solid at room temperature without altering their chemical structure in some way. Margarine is a one-way ticket to accelerated disease as are other **hydrogenated oils** ex potato chips and French fries.
- **Avoid chemicals, additives, preservatives, processed foods.** Most salad dressings, deli meats, hot dogs, hamburgers, sausages, most smoked meats, canned foods, boxed foods, packaged foods, soups, sauces, condiments (relish, mustard, barbecue sauce, etc.), artificial sweeteners, candy bars, popsicles, ice cream, most dried fruit, most restaurant food, and the list goes on and on. Read your labels. Better yet, don't buy packaged foods. These foods are a one-way ticket to the degeneration of your health and hormonal system.
- Absolutely no **white flour**. This is found in breads, wraps, cookies, pastas, pastries, desserts, crackers, and hidden within many foods that you may not be aware of unless you read the label. 90% of patients I see do not tolerate **wheat** products. I strongly recommend that anyone with a chronic disease remove wheat and gluten from his or her diet. Consider doing the ImuPro100 blood food allergy testing. **Gluten** is a protein component of grains found in wheat, spelt, kamut, barley, oats and rye. Gluten intolerance is determined via blood IgG and IgA antibody testing, blood IgA antibodies to tissue transglutaminase, salivary IgA antigliadin antibody test, or electrodermal food sensitivity testing. The elimination of gluten has produced great improvement in some people. Non-gluten grains include Quinoa and Millet. I strongly recommend that people with neurological illnesses, autoimmune diseases, people with intestinal disorders, those with mood disorders such as anxiety, depression and irritability, or those who have unresolved skin rashes, completely remove gluten from their diet and eat only non-gluten grains.

## Definite Do's

- Consume Fiber-rich Foods! Fiber binds to synthetic estrogens and escort it out of the body. **Herbal Fiberblend** – a special combination of fibre and 19 Herbs, cleanses and heals colon and digestive tract, helps peristaltic movements. Excellent for constipation and spastic colon. A 'one-step' detoxification product. Helps stop Diarrhoea. Helps stabilize blood pressure and blood sugar problems. Helps heal piles and polyps. Heals hemorrhoids. A must for Cancer patients! Excellent for De-worming! Herbal Fiberblend is not a laxative and not habit-forming.
- **Eat Fruits and vegetables.** At least 8 - 11 servings daily. This is a case where more is better when it comes to vegetables. When it comes to fruits and vegetables, **organic and fresh** are always best, however, for those who are unable to hit the 8 - 11 daily servings mark, I recommend **Barleylife**. **Barleylife is a 100% dried Wholefood Juice Powder** and contains a wide spectrum of naturally occurring vitamins, minerals, Enzymes, other nutrients as well as Phytochemicals, Chlorophyll, Anti-Oxidants and Amino-acids. Barleylife has anti-inflammatory, antioxidant, and wound-healing properties. Green barley grass has a powerful

alkalizing effect, since it contains buffer minerals including sodium, potassium, calcium, and magnesium, all of which neutralize acidic materials.

For a healthy body as well as a clear mind, it is very important that you start with high quality ingredients and whole foods. **Whole Foods** refer to those foods in which nothing has been added and nothing has been removed. Cooking for good health means using ingredients that have not been processed or stripped of their vital nutrients. Omit processed foods and read the labels as you shop. You do not have to overhaul your diet all at once. Try making changes slowly introducing a new food each week and removing an unhealthy food each week. Over time, these minor changes will reprogram the way you think of foods. All without the pressure of a quick change. Never undervalue the positives that you are crafting with those small baby steps. Always remember that you are moving in the right direction.

- Drinking **fresh vegetable juice** at least once per week (if not daily) exponentially maximizes a healthy diet. **Juice** your own concoction. Here's one idea: use 5 medium carrots, 1/2 beet, 2 celery stalks, handful of spinach, 1/2 cup cabbage, parsley, watercress and a slice of fresh ginger. Or **Use The Garden Trio – Juicing out of a Jar that is the Barleylife, Just Carrots and redbeets in one glass! Enjoy!**
- Consume **Good Fats!** Omega 3 (an EFA) deficiency contributes to many modern day illnesses and also hormonal imbalance. EFAs are fatty acids that are necessary for normal growth and development, for Thyroid function and for brain and skin health. It cannot be manufactured in your body, you must obtain them from your diet. You get them from eating Fruits and Vegetables. Also, ensure that all of your **oils** are cold pressed and organic. The best oils by far are Olive oil and Coconut oil. Also, Flax oil, Hemp oil etc. People who don't consume fish or fish oils can benefit from using uncooked flax oil.

**Supplement with AIMega** - AIMega contains a balanced ratio of Omega 3, 6 and 9.

**Eat Avocadopear** daily – high in Omega 9 and fibre. Read the work of Dr Udo Erasmus '*Fats that Heal and Fats that Kill*'. **Eat Nuts and seeds.** If you tolerate them well, buy raw nuts and seeds, as they are loaded with vitamins and minerals. Avoid peanuts (not a nut, a legume) peanuts are on the top of the list for having the greatest susceptibility to molds. Do not eat roasted nuts and seeds unless you roast them yourself. You can do this by lightly browning raw nuts or seeds in the oven or on a non-stick frying pan. Nuts and seeds can be eaten raw, used in a stir-fry, used to make creamy salad dressings, in Smoothies, ground as flour for cakes, or used for great toppings on casseroles. (20% of people I see do not tolerate certain nuts well). **Eat fish** at least 3 -4 times per week if you are not allergic to it or have not chosen to be vegetarian. High quality fish in my opinion, is by far the best source of protein available for a healthy diet. Wild (north pacific) salmon heads the top of the list. Salmon contains every amino acid, an abundant supply of essential fatty acids, and every vitamin and mineral the body requires for great health. Other quality fish include sardines, herring, anchovies and trout. Fresh fish is best. Ensure canned fish is packed in water with no chemical additives. Most fish oils that are sold as supplements are not molecularly distilled for heavy metals. With the increasing heavy metal accumulation in fish, this is of great concern regarding toxicity. (Look for highest concentration of EPA and DHA).

### **If suffering from Estrogen Dominance Use Renewed Balance Cream!**

- The root of the MEXICAN WILD YAM (dioscorea) is the source of phyto -progesterone. In the US a highly sophisticated enzyme process has been developed, which converts diosgenin (extracted from the root) into phyto-progesterone. The safest and most natural application is via the skin, by-passing the liver and time-releasing natural progesterone directly into the bloodstream. Renewed Balance Cream is in its molecular structure identical to the one made by the human body. This remarkable hormone is also called the precursor to other steroid hormones. The body is able, whenever required, to convert (via the biosynthetic pathway) progesterone into Corticosteroids, Androgens (testosterone), Estradiols and Estrials

(estrogen's). So, if required, the body can produce its own estrogen simply by converting progesterone.

- If On the Run.. Having a **Naturally Empowered Health Shake** at least 4 - 5 times weekly is wise. It can also be used as a comprehensive nutrient-packed meal replacement for those on the run who usually skip breakfast and want to maintain a healthy diet. Add to your Shake ProPeas. **ProPeas** is a 100% Alkaline Protein Powder that provides 12 grams of protein per serving in a low-sugar, low-carb, low-fat concentrate. Protein is a key component to weight management, helping with satiety, metabolic rate, and lean muscle mass. In addition, the vegetable pea protein in ProPeas offers a safe, allergen-free alternative to common whey and soy protein options. Sweetened naturally with stevia, ProPeas tastes great mixed into a smoothie or combined with chilled rice milk.
- Also grow your own **organic sprouts**. In this way you depend on yourself year-round for daily organic fresh greens that help prevent cancer and increase your vitality. Fresh living sprouts, chock loaded with living enzymes, vitamins and minerals that YOU can grow yourself, is one of the best healthy diet tips I can give you. A mixed blend of **sprout seeds** including broccoli is the most helpful. There are many ways to grow sprouts. The cheapest way is by using a wide mouth glass jar, the healthiest and least labour intensive way of growing sprouts is by using the **EasyGreen Sprouter** as these sprouts are automatically rinsed and nourished with a constant supply of fresh clean water and the old skunky waste water is constantly drained from the unit. The result is a cleaner and healthier sprout. As well, this sprouter ensures varying growing stages of the sprouts so you can eat fresh living food on a daily basis.

## Helpful/Harmful For Some

Determine what your **food allergies and sensitivities** are by opting for the ImuPro100 blood food allergy testing.

- Avoid **cow's milk**. 80% of patients I see do not tolerate dairy products. For those who tolerate dairy well, I recommend organic goat's milk, organic goat's cheese, organic yoghurt and organic butter. I strongly recommend to people who have cancer, heart disease, asthma, chronic sinusitis and chronic ear infections to avoid dairy products completely. (By the way, ice cream initiates a triple threat: milk, sugar and chemicals. Why not make your own Frozen Fruit Ice Cream made from only fruit?)
- **NO Gluten** if Gluten Intolerant – do the ImuPro Blood test from MDS labs to test
- **Eggs**. A very common food allergen. An excellent source of protein for those who can tolerate them. Egg sensitivities/allergies are best determined by ImuPro100 blood testing in my experience. Use Egg Replacer or Flax seed to replace eggs in baking.
- **Salt**. I believe adding salt to your food (for the sodium) along with a diet high in vegetable greens (for the potassium) is very healthy. Our bodies require a balance of both minerals for optimal functioning. Use Hymalian Pink salt. Some people cannot tolerate adding salt to their diet due to water retention and high blood pressure. However, salt is not the problem. The problem starts well before that point and often these people do not drink enough **water**, do not **exercise**, and do not eat **An Exceptionally Healthy Diet**. When people become healthier, I often observe that they can tolerate salt easily.
- **Legumes** (beans, lentils, chickpeas). 50% of people tolerate these well. 50% don't. If you don't tolerate them (i.e. gas, bloating, etc.) don't eat them. Do not take enzymes just to tolerate them well. Leave them alone as they will do you more harm than good. For those that tolerate them well, they are good sources of protein and complex carbohydrates.
- **Soy**. This is not the wonder food that it is touted out to be. Yes, some menopausal women find great relief with their hot flashes by eating soy products, and some people tolerate it well and use it as a protein source. I believe it is overused and for many people, creates

problems. Avoid soy if you have thyroid problems or are copper toxic (determined via hair analysis). If you consume soy, ensure your diet is high in iodine (found in Barleylife and fish).

## Effectively Managing Colon, Digestive and Lymph Problems

In my years of working with health and Nutrition, I have witnessed many people effectively deal with Colon and Digestive Related Issues utilizing the category of **FOOD & NUTRIENTS**.

- Those who completely eliminate sugar, coffee and food chemicals have better Digestive Health.
- Those who eliminate food sensitivities and food allergies from their diet, have HUGE improvement in Constipation, Bloating, Gas, Diarrhoea, Pain, Cramps... IBS symptoms etc.
- Use **Herbal Fiberblend** or **Herbal Release** or both.

### Herbal Fiberblend

A Special combination of fibre and 19 Herbs, cleanses and heals colon and digestive tract, helps peristaltic movements. Excellent for constipation and spastic colon. A 'one-step' detoxification product. Helps stop Diarrhoea. Helps stabilize blood pressure and blood sugar problems. Helps heal piles and polyps. Heals hemorrhoids. A must for Cancer patients! Excellent for De-worming! Herbal Fiberblend is not a laxative and not habit-forming.

### Herbal Release

A combination of 8 herbs that Cleanses the Lymphatic system, helps 'un-block' lymph nodes, helps with constipation, water retention, excellent for Cellulite and Varicose Veins etc.

Make sure that you have a regular and good functioning digestive system.

## Effectively Managing Stress

In my experience, I have witnessed many people effectively deal with stress and life challenging situations utilizing the category of **FOOD & NUTRIENTS**.

The top three ways that I have seen are as follows:

- Those who completely eliminate alcohol, sugar, coffee and food chemicals deal with stress much better. These beverages are like gasoline on a fire and create huge stressful burnout.
- Those who eliminate food sensitivities and food allergies from their diet, rebound far more easily from stressful challenges.
- Those who take **Composure** daily maintain neuro health, especially in regard to dealing efficiently with stress. The Composure formula is made up of four herbal extracts and four whole herbs – alfalfa, marshmallow root, oatstraw, irish moss, passionflower, shavegrass, slippery elm bark, and yucca. Many of these herbs contain flavonoids that are beneficial to overall health. Composure may be taken during the day to help with stressful situations or during the evening to help relax.  
100 percent natural, with no artificial colors, flavors, or preservatives.

The greatest observable physical improvements I have ever seen in people (vitality, optimal weight, eye brightness, healthy facial colour, skin, nails and hair) have come about after positive nutritional changes. Improved physical health more often than not, filters into greatly improved emotional and mental health.

## **Other Important Factors for Managing Hormonal Health**

### **Have a Positive Outlook on life!**

Take time to smell the roses... Laugh every day! Proverbs says laughter is Medicine.

### **Drink enough Water!**

Most people suffer from dehydration. According to the word... Water = Life!! When we drink enough water it washes wastes and toxins/poisons out of the body. Water puts oxygen into the blood thus leads to improved blood circulation etc.

### **Daily dose of Sunshine.**

We need 20 min of sunshine on a daily basis directly on the skin. Early in the morning and late in the afternoon. Go for a walk, play with the kids outside, water the garden etc. Sunshine helps the production of vit D. Sunshine lifts the serotonin and melatonin levels in the brain and helps with depression, etc.

### **Exercise!**

Exercise helps the Endocrine system function optimally. Exercise puts oxygen into the blood, builds bone density. Exercise gives energy etc.

Exercise at least 3 x per week – go for a walk for 20 min or exercise at home, climb steps, or go to the gym with a friend.

**DO** something!

### **Contact:**

*Disclaimer: I am not a doctor, or a medical practitioner in any shape, form, or variety. NOTHING in this article/notes/recommendation represents medical advice, nor is intended to treat, cure, or mitigate any disease. NO matter how much fun any of my ideas relating to diet, exercise, or lifestyle might sound, you MUST seek medical advice before making changes to your diet or embarking on any exercise program.*