Natural Healing Express Weekly

Column 366 Understanding Hormones and Metabolism

Hormones and Metabolism are probably the biggest issue I see with my female clients. When hormones are out of balance, the body demonstrates this in a myriad of ways. Some concerns are fatigue, allergies, menopause, pre-menopause, diabetes, wrinkles and aging, PMS, low libido and sex drive, mood disturbances and weight gain to name a few.

Since this is a pretty large topic, this may span over an article or four. And, first things first, let's understand your hormone system. You would be surprised how many women don't actually even know what system they are "treating" when they are buying into the latest and greatest energy packet of herbs or pills. No offense, as I am much more of a conservative on putting things into my body, however, I have a relatively "open" theory of utilizing supplements as food. This lends itself to not buying into the latest and greatest mixture on the market. But, I UNDERSTAND. Because, at the end of the day, we all just want to feel better, have more energy and keep on top of our lives. So, let me enlighten you and then you all make your decisions from your more educated viewpoint.

Quick Overview of your Hormone System

Hypothalamus – Located in your brain, this is the control center for homeostasis. This regulates and issues orders to all other glands in the body, especially the pituitary which regulates water balance, body temperature, biological rhythms and emotions. Location - Brain

Pineal – Melatonin, the gland's major hormone, helps the biological clock for sleep/wake. Location - Brain

Pituitary- This endocrine gland secretes at least nine major hormones, including hormones that stimulate the thyroid, adrenal glands and ovaries. Location – Brain

Thyroid – Here's the biggie. Considered Metabolism Central. This butterfly shaped gland affects energy regulation in every cell in the body. Location – Lower Throat

Parathyroid – Located near your thyroid, this is the major star of calcium balance in the body. Location – Lower Throat

Thymus-This is the center for infection fighting T-lymphocytes, the gland responsible in establishing immunity. Location – Lower Throat

Adrenal – Under stress, this gland secretes specialized hormones that help us in the fight or flight response. Location - Belly

Pancreas – Cells here produce insulin and glucagon, hormones that work together to regulate blood sugar levels. Location - Belly

Ovary – Contains many hormones, estrogen, progesterone, and testosterone. Location – Mid Pelvis

Thank you to everyone who has reached out regarding the Natural Medicine Kit seminar. I believe we have enough interest to host one at Natural Healing Express here in Lena. Please pencil in your calendar for Saturday, April 6th. We will start at 10:00 am and be complete by 12:15pm. This will include a

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express