

Natural Healing Express Weekly

Column 372 Understanding Hormones and Metabolism, Part Six, Summation

I had intended to make last week the final column on Hormones and Metabolism, but there was such an enormous amount of feedback and calls that I decided to actually write a brief summation on the five weeks of articles I have shared.

Again, Hormones and hormone related issues are the biggest issue I witness with my female clients. As stated in Article 366, please learn your hormone system to be able to understand it. Let's recap with a quick overview. The hormonal system that we spoke about includes: The hypothalamus, the pineal and pituitary gland, the thyroid, parathyroid, thymus, adrenals, pancreas and ovaries.

In the second article, we discussed what each of these do in the body. If you need to review or need a re-print of the article, please call the Flash Office and they will make sure you get a copy of Article 367.

Next we spoke about Stress Disruption and Weight Control Factors. We discussed how stress appears primarily in each of these systems; digestive, nervous, cardiovascular and Immune. We then chatted at length about the relationship between hormones, stress disruption and obesity. This is available in Article 369. For those more astute readers, you will notice that we interrupted the numeric pattern by one week. Yes, there was a special article for St Patrick's Day. I cannot live with a houseful of Irish and Irish wanna-bees without dedicating a whole article to the Holiday.

Next we chatted at length about ways to balance the hormones. We discussed a lot of theories on why some things work and some things simply don't. And then I mentioned the way I help the most folks to accomplish this in Article 370. We do look first and foremost to the Immune system and make sure the liver is operating properly. If that is clear, we begin a system of balancing the hormones. First, one learns to boost their metabolism, second, we teach ways to spice up your meals and lastly, we chat about getting just a little exercise every day.

And for the grand finale, Article 371, we chatted about hormones and Sex. And, well, that's when the phone began ringing off the hook. So, yes, we can help. And, yes, I do plan on adding a few more articles on this topic in the near future. Seems like you all have a lot of questions. And, I can tell you that we have a wonderful product for the FEMALES as it pertains to our HORMONE series which should be quite helpful. It's called Menopautonic. And this is where we START.

As for the many gentlemen who contacted us about the Female "being frigid", well, bear with us a minute here. We have to start with balancing the hormones and get everything healthy before we jump into acting like a 20 year old again. I am not saying the ladies cannot get there, I am asking the guys to consider that the women had to read five WHOLE articles just to understand what is going on with their bodies and hormones.

And the last article was about sex, which was probably the last thing she wanted to hear. The article was written to help relieve the symptoms of pre-menopause and menopause and to help some with sex. We need to walk before we run here. So, bear with me. Yes, we do have great supplements to help with "frigidity" and I will get there. Soon. But men, your lady has been through a lot in her life. She deals with issues and pain that would make your head spin, but when healthy, yes, she can shed the "frigidity". Just be careful what you wish for. I am going to bet that soon after I write THAT article, we will have just as many women calling to make sure you men can keep up. Happy Spring!

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](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express