Here are some nutrition and lifestyle suggestions for each category you have selected. The lifestyle decisions you make everyday have a huge impact on your experience of health and wellbeing. Consciously choose to make each day a bit healthier than the last.

Hormonal Support - Female

HERE ARE A FEW THINGS YOU CAN DO TO SUPPORT YOUR HORMONE BALANCE...

1. Diet- the diet plays an important role in maintaining a healthy hormone balance and with the plethora of refined and hormone laden foods in the market today, its more important then ever to become aware of what we are eating. The hormonal system is very delicate and therefore can easily be put of balance when we are putting the wrong things (especially *xenoestrogens) into the body. To begin, the elimination of white flour, white sugar and unhealthy fats (trans fats, canola oil, lard, soy bean oil) especially fried foods. Secondly, focusing the diet around whole, organic fruits and vegetables, whole grains (quinoa, brown rice, buckwheat, barley, oats), beans, nuts and seeds. Finally, reducing or eliminating dairy (if you do decide to continue eating it- eating only organic, hormone free yogurts, kefir, aged cheeses and raw milks). You can even introduce other milk substitutes such as coconut milk. Another great food that naturally helps to balance hormones are seaweeds (kelp) and flax seeds or oil. * xeno estrogens are substances that have an estrogenic affect on the human body and cause our natural system of hormones to get out of balance- sources are: plastics, pesticides, herbicides, soy (not tempeh or miso) and non-organic dairy and meat.

2. Sleep- Sleep is one of the most important things we do and without 5 hours of straight sleep we cause major stress on our adrenal glands. The adrenal glands are not only responsible for producing adrenaline but they also produce corticosteroid hormones. These include cortisol, corticosterone, androgens (testosterone and aldosterone). Therefore, getting to bed at a reasonable hour and getting 5 straight hours of sleep is vital to a healthy hormone program.

3. Liver Cleansing- The liver is the main processer of the hormones in the body and therefore doing frequent internal and external cleansing therapies is going to be a great way to get your hormones back in track. Using castor oil packs at night over your liver and doing frequent coffee enemas is going to be a added benefit to any hormone program.

Thyroid Support

HERE ARE 5 SUGGESTIONS TO BOOST YOUR THYROID...

1. Find a well trained holistic dentist to properly remove silver fillings and other toxic dental materials and replace with biocompatible restorative materials. Heavy metals have a dramatic negative impact on the thyroid.

2. Avoid toxic, refined foods, especially soft drinks and refined white sugar, hydrogenated oils and fried foods.

3. Eat more fresh fruits, vegetables and cultured foods.

4. Iodine nourishes the thyroid.

YOUR SYSTEM-SPECIFIC BIOMARKERS

After choosing your areas of focus, we then asked your body for specific feedback regarding areas of stress related to these organs/conditions. Following are the results of this assessment and the amount of balance each product brought to your system. The goal is to bring most of your bio-markers into range to help your innate healing ability function at its best.

-25.57 Kidneys

Kidneys
Paired organs that excrete urine, remove nitrogenous wastes of metabolism, reclaim important electrolytes and water, contribute to blood pressure control (renin-angiotensin system) and erythropoiesis (via erythropoietin production). The kidneys are bean-shaped organs about 11-cm long, 5-cm wide, and 3-cm thick, lying on either side of the vertebral column, posterior to the peritoneum, opposite the 12th thoracic and 1st–3rd lumbar vertebrae. In animals, the kidney has variable size and location.

-19.78 Urinary Bladder

The urinary bladder is a hollow, muscular, and distensible (or elastic) organ that sits on the pelvic floor in mammals. It is the organ that collects urine excreted by the kidneys prior to disposal by urination. Urine enters the bladder via the ureters and exits via the urethra.

In males, the bladder is superior to the prostate, and separated from the rectum by the rectovesical excavation.

In females, the bladder is separated from the rectum by the rectouterine excavation, and it is separated from the uterus by the vesicouterine excavation.

The ureters enter the bladder diagonally from its dorsolateral floor in an area called the trigone, which is a triangular shaped area. The urethra exits at the lowest point of the triangle of the trigone.

Apex: The Median umbilical ligament connects to the apex of the bladder.

Neck: The Neck is connected to the pubic bone by the pubovesical ligament in women, and by the puboprostatic ligament in men.

The detrusor muscle is a layer of the urinary bladder wall made of smooth muscle fibers arranged in spiral, longitudinal, and circular bundles. When the bladder is stretched, this signals the parasympathetic nervous system to contract the detrusor muscle. This encourages the bladder to expel urine through the urethra.

For the urine to exit the bladder, both the autonomically controlled internal sphincter and the voluntarily controlled external sphincter of the urethra must be opened. Problems with these muscles can lead to incontinence.

The desire to urinate usually starts when the bladder reaches around 75% of its working volume. If the subject is distracted the desire can fade and return with more urgency as the bladder continues to fill.

-18.89 Androstenedione

Androstenedione (also known as 4-androstenedione) is a a 19-carbon steroid natural hormone which is a direct precursor to testosterone, estrogens estrone and estradiol. It is a natural substance found in humans, animals and in the pollen from many plants. It is produced in the gonads and adrenal glands of all mammals. As a metabolite of DHEA it serves as a direct precursor in the bio-synthesis of testosterone.

-16.10 Estrone

Estrone is one of the three estrogens, including estriol and estradiol. Estrone is the least prevalent of the three hormones. Estrone is relevant to health and disease due to its conversion to estrone sulfate, a long-lived derivative of estrone. Estrone sulfate acts as a pool of estrone which can be converted as needed to the more active estradiol.

-15.19 Luteinizing hormone (LH)

A hormone synthesized and secreted by gonadotropes in the anterior lobe of the pituitary gland. In concert with the other pituitary gonadotropin follicle stimulating hormone (FSH) it is necessary for proper reproductive function.

In females, at the time of menstruation, FSH initiates follicular growth, specifically affecting granulosa cells. With the rise in estrogens, also LH receptors are expressed on the maturing follicle that produces an increasing amount of estradiol At the time of the maturation of the follicle, the estrogen rise leads via the hypothalamic interface to the “positive feed-back” effect, a release of LH over a 24-48 hour. This LH surge triggers

ovulation hereby not only releasing the egg, but also initiating the conversion of the residual follicle into a corpus luteum that, in turn, produces progesterone to prepare the endometrium for a possible implantation LH is necessary to maintain luteal function for the first two weeks. In case of a pregnancy luteal function will be further maintained by the action of hCG from the newly established pregnancy. LH supports theca cells in the ovary that provide androgens and hormonal precursors for estradiol production.

In the male, LH acts upon the Leydig cell of the testis and is responsible for testosterone production that exerts intratesticular activity in terms of the spermatogenesis and endocrine activity as the “male hormone”.

In both males and females, LH is essential for reproduction.
The release of LH at the pituitary gland is controlled by pulses of (GnRH) from the hypothalamus. Those pulses, in turn, are subject to the estrogen feed-back from the gonads.

Health concerns relating to LH:
Persistently high LH levels are indicative of situations where the normal restricting feedback from the gonad is absent, leading to an unrestricted pituitary production of both, LH and FSH. While this is typical in the menopause, it is abnormal in the reproductive years. There it may be a sign of: premature menopause, gonadal dysgenesis (Turner syndrome), castration, Swyer syndrome, certain forms of CAH, testicular failure.

Diminished secretion of LH can result in failure of gonadal function (hypogonadism). This condition is typically manifest in males as failure in production of normal numbers of sperm. In females, amenorrhea is commonly observed. Conditions with very low FSH secretions are: Kallmann syndrome, hypothalamic suppression, hypopituitarism, eating disorder, hyperprolactinemia, gonadotropin deficiency, gonadal suppression therapy, GnRH antagonist, GnRH agonist (downregulation).

SYSTEM-SPECIFIC REMEDIES

These are the remedies which showed the most biological preference in supporting the specific systems that you chose to assess. If you are currently on prescription medication or are pregnant or breastfeeding, it is suggested that you review these supplements with your general practitioner before usage.

For ideal health, you may want to add these remedies to your foundational basics by running bio-survey #1: FOUNDATIONAL HEALTH. Here is some additional information from the product manufacturer about each of your chosen remedies...

25.19 PF - Pure Pituitary

Pituitary lyophilized gland concentrate.

Pituitary tissue (lyophilized) 100 mg

23.06 Cortisone Acetate SR 2.5mg

Cortisone (hydrocortisone) is produced by the adrenal glands and it helps boost the immune system to assist in recovery from infections, illness, or stress. It may be beneficial in treating autoimmune disorders such as Crohn's multiple sclerosis, lupus, fibromyalgia, and rheumatoid arthritis.

REFERENCES:
Apothecure.com (2011). Natural Hormone Replacement. Retrieved from http://apothecure.com/natural_hormone_replacement.php

Womensinternational.com (2010). Bio-identical hormone therapies. Retrieved from http://www.womensinternational.com/dosing.html

22.19 DB - Whole Pituitary Lobe 1 Capsule 1 times per day

Formerly 'Pituitary Posterior Lobe'

Deseret Biologicals Glandulars are produced from healthy tissue obtained from specific organs. The ingredients are from certified safe bovine sources which have been carefully tested to ensure purity. Administration of these formulations may help to rebuild tissue when malfunctioning organ structures are in a diseased state. Glandular treatment is safe and gentle in its action. Results are generally realized faster in younger people; older people may respond more slowly due to multiple influences, such as toxicities.

Dosage:
One or more capsules daily as recommended by your health professional

21.39 DB - Hormone Combination 9 Drops 1 times per day

Hormone Combination provides comprehensive homeopathic remedies that work with each person's unique chemistry to restore balance and provide relief from hormone fluctuations due to menstrual cycle, menopause, or more severe hormone-related disorders.

For temporary relief of symptoms related to menstrual and cyclic related conditions including emotional swings, depression, headache, irritability, cravings, and fluid retention.

These statements are based upon traditional homeopathic practices. They have not been reviewed by the Food and Drug administration.

Dosage:
1-10 drops under the tongue, 3 times per day or as directed by a health professional

19.78 NSP - Stress Formula (Canada) 2 Tablets 1 times per day

Stress Formula (100 tabs)
Stock No. 1645-6

Benefits:
Vitamin B complex and vitamin C supplement.

How It Works:
In times of stress, the body uses more of certain nutrients, especially the B-complex family and vitamin C. Because these nutrients are water-

soluble, they are easily eliminated and must be replenished on a regular basis.

Ingredients:
Medicinal Ingredients: Each tablet contains vitamin C (ascorbic acid) 400 mg, pantothenic acid (d-calcium pantothenate) 80 mg, niacinamide 40 mg, vitamin B1 (thiamine mononitrate) 20 mg, vitamin B2 (riboflavin) 20 mg, vitamin B6 (pyridoxine hydrochloride) 20 mg, biotin 100 mcg, vitamin B12 (cyanocobalamin) 33 mcg and folic acid (folate) 133 mcg. Non-medicinal Ingredients: Dicalcium phosphate, cellulose, stearic acid (vegetable source), schisandra fruit (Schisandra chinensis), choline bitartrate, wheat germ flour (Triticum aestivum), inositol, magnesium stearate (vegetable source), silicon dioxide, para-aminobenzoic acid (PABA), lemon bioflavonoid extract, extract of hops flowers (Humulus lupulus), extract of passionflower flowers (Passiflora incarnata) and extract of valerian root (Valeriana officinalis).

Recommended Use:
Dosage (adults): Take two tablets daily with a meal.