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Quantum Techniques Teleseminar

Balancing Hormones Part 1

Dr. Carolee Johnson



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Description:

In part one of this teleclinic you will learn about premenstrual syndrome the things that can contribute to hormone imbalances including certain foods, and how to help yourself balance hormones as they pertain to PMS. We will talk about the out of control emotions, the pain, the bloated feeling etc. We will also discuss hormone caused infertility in this teleclinic. We will discuss herbal remedies that can help balance hormones in males and support male libido, and herbs for females to help balance female hormones. Codes will be given to balance hormones.

Transcript:

Dr. Carolee Johnson

Good evening. This is Dr Carolee Johnson With Quantum Techniques.

For anyone who is not familiar with whom I am, I am a naturopathic doctor with certifications in iridology, Schlerology, live nutrition, and Lymphology. I also use hydrotherapy for the chronically ill, The hydrotherapy is an amazing whole body clearing technique. Many times we have deep emotional release while doing a hydrotherapy session, and it really is amazing.

I am currently working toward certifications in emotional release by the way, and I am excited about the things I am learning there.

Tonight we are going to be talking about balancing hormones.

We will also be discussing hormone caused infertility, and then we will talk a little about male hormones and libido, and some of the herbs that can support that.

There will be codes given to help balance hormones and clear receptor sites for hormones.

You know I postponed this teleclinic due to unforeseen circumstances. Well the thing that was unforeseen was my daughter decided to go into labor on the day of my teleclinic, and I wanted to be there, so I postponed this teleclinic till today.

As it happens, this daughter of mine had a very hard time being able to have a child for a long time. She was quite discouraged until we checked a few things including receptor sites and found that she was estrogen dominant. Once this was cleared she was able to conceive and have this very much wanted child.

So I am very pleased to have a brand new grandson. Nice big healthy 9 pounds.

I was looking up the symptoms for hormone imbalance, and I found a list 10 miles long. I was very aware of many of the troubles that hormone imbalance can cause, I just had no idea the list had become so long.

I am not going to go into an extensive list of symptoms here but the one symptom that is outstanding when it comes to hormone imbalance is depression. And I know that many people struggle with that. It is not always just hormones, but hormones can easily play an important role with that.

It is a big clue to me that if you started noticing a little depression as a teenager, and it was sporadic, with a few weeks feeling fine, and then you wake up one day "feeling like a different person" then that is usually not just depression, but PMS. What you were feeling is a hormonal crash.

Unfortunately, because Pre-Menstrual Syndrome was not recognized for decades due to the male-dominated medical establishment, it was just dismissed as women just being a little sensitive or crazy.

My husband and I, living with teenage daughters know better. You know, Normal healthy happy girls that go nuts once a month.

Of course now it is recognized as a serious medical issue that has all sorts of physical and emotional illnesses and dis-eases associated with it. Like my ten mile list, but the one thing I have noticed is that EVERY female client experiences some level of monthly imbalance. Some hardly noticeable, while others are life, health, family, marriage and career destroying.

When depression is cyclic in a female, and you go for a few weeks feeling great, only to wake up feeling like another person, this is ALWAYS CAUSED by your HORMONE LEVELS dropping severely before the onset of menstruation, like with PMS.

This also happens during menopause, but it is less cyclic then, as your hormone levels are naturally tapering off.

So from a Quantum Techniques perspective, the first thing I want to do is, number one, check my diet against hormone balance, and reproductive organs. Cleaning up the diet is always number one in healing a chronic issue. We should all be very particular about what goes into our bodies. Food is information, and if we give our bodies incorrect, corrupt, or incomplete information, eventually this amazing computer like organism that we are, will eventually crash. Or at least some part of it will.

Make sure you are a little more sparing with your meat and dairy, and then make sure it is all grass fed from organic farmers. That includes your poultry and eggs. I'll tell you a little bit more about meat and milk producers in a minute here, because I believe these things may be causing hormone disruption in a lot of people.

The next thing I am going to do is do some bowel cleansing.

I was working with a young mother a few years ago, and she would have such terrible depression and horrible episodes where she acted out to the point that her family was ready to have her committed to the loony bin.

She would rage and be angry, and then drop into deep depressions where she would just cry, and for her family, she was just impossible. And they didn't know how to help her.

I recommended a good bowel cleanse, and a good nutritional food program, and told her she might want to cut down her meat and milk using only natural and organic products. I also recommended a good hormone balancing herbal supplement, and the next time I saw her she was a completely different person!

It was like night and day. Just clearing out the excessive toxin load.

When a person is detoxifying it wouldn't hurt to test and see if it is your best interest to include the liver and kidneys in your cleansing when you are balancing hormones, but just reducing the toxin load on the body helps tremendously with balancing.

If you think about it, your organs can only work as good as the quality of nutrition in the blood it receives, and the ability of the waste it produces to be eliminated. That is especially true for endocrine organs, and where hormonally related depression, or any depression is concerned.

Just for the sake of interest, In almost every brain disease—from Alzheimer's to Dementia and Senility—it is ALWAYS observed, post mortem, that the brain was filled with toxic waste fluid, if not thick waste and even lesions. This is simply the case with any organ where the circulation is deficient and the nutrition IN and waste OUT cycle is constricted, slowed down, or weakened.

And worse, toxins from built-up bowel waste due to constipation can be reabsorbed back into your blood and then eventually all of your blood will circulate into your brain. Also your body, and blood, will just be more toxic because your main elimination organ, your bowel, is not doing its job.

There are several organs in the brain that secrete hormones, and so we want to pay particular attention to that organ.

An old, great Natural Healer that I learned under used to do a lot of bowel cleansing with his patients. He used to comment and discuss how much nicer his patients would become after a good bowel cleanse. One day when he was asked why this was, he simply said, "Don't you know, you can't have sweet thoughts on a sour stomach?" IT was simple, but true!

Another thing that is significantly helpful with hormonal depression, or any type of depression, is to get yourself onto a diet of high octane "positive thought" super fuel.

That positive thought is good high quality brain food.

What I mean by this, is POSITIVE AFFIRMATIONS. I don't know why most people today are negative thinkers. Maybe it's Junk food, a lack of jokes, maybe they just don't poop enough, I don't know, probably all of the above and much more.

But, like it or not, most of the people I meet have negativity down pat. It comes natural to them, an automatic response, so you have to do daily training in being positive.

Get yourself an affirmation toolbox filled with positive thoughts and affirmations that you have heard, learned, borrowed, stolen or made up.

And, any time you hear anything negative, just open up that toolbox and pull out a positive anecdote, which is also the eraser of the negativity, and another one to secure the positive influence.

Another thing with the brain. It has been known for decades that when certain areas of your brain do not get enough blood circulation, then you do get depressed.

It is one of the main physiological reasons for depression, simply, a lack of brain circulation. Consequently, over the past few decades hundreds of studies have taken place with patients suffering from depression, using exercise to decrease depression and in EVERY single study, the groups that exercised had a dramatic reduction in their depression.

So the truth is, in a way your butt and your brain are connected, because when you get your butt moving, then your brain works better. And so does everything else, including your hormonal balance.

Long before most male medical doctors would even admit that such a disorder existed there were hundreds of women patients who were previously told by their MD that there was nothing physically wrong with them and that it was all in their heads.

So many of them were referred to psychiatrists and put on powerful and debilitating psychiatric drugs, turning them into zombies.

Even though PMS had been given some attention, at least a few paragraphs in medical literature for over 50 years, it wasn't until about a decade ago that most medical doctors really started admitting that this disorder existed.

Thankfully today, it has gotten tremendous press so that both women and men are aware that it is as real as menstruation is for most women.

Medical statistics say that based on reported complaints about 40% of menstruating woman have premenstrual syndrome. I think a more accurate number would be like 99.999% of all woman have some sort of noticeable change right before their cycle.

Granted a few of the more healthy woman may not notice a difference, but the vast majority have debilitating physiological and emotional trauma at least on and off.

The cause of PMS is fairly simple. It is the decline of both estrogen and progesterone during the days leading up to your cycle. This isn't really a disease, and for some women awareness of it and some lifestyle modifications can balance you right out.

But with most women because of the typical American junk food program and lack of exercise, this normally rapid decline in hormones is more like a dive bomber, heading into a battle ship, or Niagara falls.

The symptoms of PMS generally can be anywhere from 10 to 4 days before the onset of the period. The woman will start to notice the symptoms and they can last for a few hours, or a few days, or they can last all ten days.

Regardless of the duration, they magically disappear for almost all women immediately on the onset of menstruation. This is actually what led many medical doctors to believe that it was all in a woman's head. Not only because of the symptoms transitory nature but also how such debilitating symptoms could literally disappear instantly in the doctor's waiting room.

Fluid retention is the most typical symptom and is thought to aggravate and even cause many of the other related and almost endless physical symptoms such as edema, weight gain, reduced urination, breast fullness, tenderness and pain, headache vertigo, fainting, easy bruising, cardiac palpitations, constipation, nausea, vomiting, changes in appetite, pelvic pressure, back ache, acne and other skin blemishes.

Emotional symptoms for the vast majority of woman are much worse and much more debilitating than the physical ones. For some it might be just a head ache, or maybe vomiting or nausea.

For some it's a lot worse. The medical books list the emotional symptoms as irritability, nervousness, agitation, insomnia, difficulty in concentrating, lethargy, depression and fatigue.

This list is typical sterile medical baloney, that doesn't even come close to some of the emotional nightmares I've seen. This list is grossly understated.

A more accurate list would be extreme sensitivity, and irritability, to the point of breakdown. Crying for no apparent reason, extreme insecurity, and loss of self worth and self esteem, total indecisiveness, intense outbursts of anger, loss of self control and more.

Now many of these symptoms can have underlying trauma and frozen emotional underpinnings, but when the hormones are out of balance this is what it looks like. It can be very irrational. It seems like that the hormone imbalance brings up there very things that we need to clear in ourselves.

So if things get like this for you, start looking for frozen emotions in any area of the body. You can use the release technique as taught by Dr Stephen Daniel, which is available on our web site at www.quantumtechniques.com. These emotional imbalances could well be the cause of many of the symptoms that become so irrational during the days before menstruation.

With the release technique, you can focus on the anger, or the fluid retention or whatever the symptom is, and do that release technique. You might even find that you can balance some of the endocrine and reproductive organs just by finding the non physical issue underlying the symptom by doing that.

Dr Richard Shulze, a medical herbalist, says that over the years he had many women who physically attacked people, lost their jobs, husbands, children, homes, destroyed their careers, were arrested for assault and spousal battery, even battery on a police officer.

I guess I'd say that beats what the medical doctors describe as a head ache.

Woman are really tough creatures and even though they may keep a smile on their faces and grin and bear it better than most men, don't ever forget that during P.M.S. there can be a dragon just under the surface ready to spring out for no reason at all. So be ready with your tool box of positive affirmations, and your release technique tools.

If you know that you suffer from PMS every month, let's plan on it instead of acting like it's a big surprise every month until we get it balanced and cleared up.

Plan on being aware that you are acutely sensitive the last ten days before your cycle. When people are talking to you at a normal volume and you feel like they are yelling at you, they really aren't so, be aware that you are overly sensitive and therefore you may over react. Learn to resist the part of you that wants to make everything a big deal, until you get the underlying trouble cleaned up or cleared up.

Let's take a look at some of the things that can cause these big fluctuations in the hormone levels in the body. And this won't apply just to females, but to males as well. This is serious business, and we need to be careful to keep our environment clean because it really makes a difference in our health, and healthy hormone balance.

The first thing I want to talk about is the effects of beef and cow dairy on our hormone balance.

I have a firsthand knowledge of some of this stuff because my husband is a cattleman. I live out here on a beautiful countryside ranch, and he does only 100% organic grass fed beef. And there is a reason for that. When you pump that livestock full of hormones not only do the chemicals in those supplements affect those cows in a negative way, they make it to your dinner table and affect your own family.

At the feed lot they take the calves and pump them up to grow as fast as they can, and then slaughter them before they reach the age where the excess hormones will do any real damage to the animal. I know this is quite a graphic description, but In large feedlots, 100% of the cattle are fed five or more sex hormones, such as progesterone and testosterone to accelerate weight gain.

So now what about your children who are getting this meat. What about milk from cows who have the same thing going on to boost milk production? I have talked to dairy farmers personally who say that most of their cows can only go through two maybe three at the most milking cycles before it is completely worn out from the hormones and having to over produce to meet the quota of the producer.

And that is not to mention the fact that because of the hormones given these milk cows the risk of udder infection is much higher, and so it is common to give them feed that contains antibiotics which also goes into the milk.

The real question here is what is the effect on people. Because a child is going to reach an age where there may be some problems. They don't go into a slaughter house like the young cow does.

The side effects of this overdose of hormones and antibiotics are going to take its toll. These hormones from meat and milk are known to cause reproductive dysfunction and cancers in humans, namely breast cancer and prostate cancers.

It causes a disruption in the endocrine system.

There is another thing that is not really hormone related but it still made me want to stick to the all organic grass fed meat. There are many of our commercial dairies and meat products that come from animals that consumed livestock feed made from the remains of tens of millions of dogs and cats that were killed with euthanasia drugs at animal shelters and veterinary clinics.

I have to say, just the thought turns my stomach.

But the truth is these things do take a toll on our health, and it's not just the meat and milk. I would highly recommend grass fed everything. Which would include Milk, Beef, Poultry, Mutton, or whatever it is do the best you can to get the natural food for your families.

This hormone problem is a lot more widespread than we realize.

You know there was a group of 120 scientists from around the world who met in Prague in May of 2005 and issued a warning and an appeal to all governments to acknowledge their serious concern about the high prevalence of reproductive disorders in European boys and young men.

These health specialists identified endocrine disrupter chemicals as the prime suspects for the epidemic of reproductive abnormalities being seen worldwide.

Studies in pediatrics and other medical journals reveal that since the early 1960's there has been an estimated 40 percent increase in the male infants born in the United States and Europe with abnormal penises and symptoms of feminization.

At least 10 percent of all couples in the united states are unable to conceive a child and the numbers seem to be growing. Some communities in Canada report declines in male births, down to just one third of all births. In the last two decades of the twentieth century, a 400 percent increase in tubal pregnancies was reported among women in developed nations.

In vitro fertilization clinics through out the united states report a huge spike in the number of abnormal embryos being produced by young healthy women in their twenties who should be in the prime of their reproductive lives.

Nearly 80 percent of three hundred embryos sampled were abnormal, according to the authors of a study on reproduction who presented their alarming results to an October 2005 conference in Montreal of the American Society for Reproductive Medicine and the Canadian Fertility and Andrology Society.

Experts speculate that "environmental factors" which is a euphemism for synthetic chemicals and hormones – might be causing the rapid and widespread degeneration.

Male sperm counts worldwide have been reduced by 50 percent in the past half century, and during the same period testicular cancer rates underwent a 600 percent increase.

In China, the fastest developing country in the world, a 2001 study found that 85 percent of university students tested were infertile.

The list of statistics demonstrating an unmistakable pattern that something is going seriously wrong goes on and on. During the summer of 2005 clinics in London began reporting an upsurge in the numbers of men seeking breast reduction surgery.

So it sounds like that whatever the problem is, it is worldwide. So what is it that we all do all over the world? We eat.

It has to be something in the food or water or both. Excessive hormones in our food supply, and possibly contamination in our water supply, maybe plastics that mimic estrogens in the human body.

But the fact is if this continues at the rate that it is, and we don't do anything to protect ourselves by supporting naturally produced foods, and clean water supplies, it could actually spell genocide.

Ya know, when my Grandmother was growing up it was normal for a female to enter puberty around age 12 or so, give or take a year. Now one out of every six females in the United States and Europe are entering puberty by the age of eight and are menstruating at that age. There are even a significant number of females showing sexual development at the age of three!

And then what is astounding to me is the elaborate rationalizations embraced by many Western Physicians and the medical establishment to explain these extraordinarily rapid changes in sexual development.

They claim that early puberty is nothing more than a natural byproduct of improved nutrition. They try to reassure parents that their daughters raging hormones and menstruation at age eight shouldn't be a cause for concern because it is now considered normal for puberty to begin at that age.

So what they are really saying is that these hormones and chemicals in our food supply are redefining what it means to be normal. Isn't that interesting?

One thing I think we might take a look at that may be an endocrine disruptor is plastic. Some types of plastic molecules enter the human body called Bisphenol A or (BPA). They use this BPA to manufacture the polycarbonate plastics that are added to food containers, baby bottles, and a range of other products.

Blood and urine sampling by the Centers for Disease control and prevention discovered BPA in 95 percent of all people in the United States, apparently the result of BPA leaching from food products.

A laboratory accident in 1998 unexpectedly revealed the extent to which BPA might impact health. At case Western Reserve University in Cleveland, a lab assistant mistakenly cleaned the cages of laboratory animals with a detergent commonly used on floors. Plastic in the cages reacted to the detergent and leached BPA into the animals food and water.

Nearly half the offspring born to the affected animals had chromosomal abnormalities. At this point some scientists were concerned about the possible effects of BPA on human health since it is a chemical found in products that keep our food fresh and our floors shiny and a myriad of other uses that make life more convenient.

Subsequent studies of BPA have shown it to alter fetal mouse development and cause reproductive abnormalities at an extraordinarily low dosage, just two parts per billion. That is the molecular equivalent of two credit cards laying in the middle of an area the size of several hundred football fields.

Plastics also contribute to gender-bender characteristics.

Medical researchers at the University of Rochester in New York, writing in a 2005 issue of Environmental health Perspectives explained how an examination of 134 boys found sex abnormalities, ranging from small

testicles to abnormally small penises in those whose mothers had higher than normal levels of phthalate related chemicals in their blood.

It didn't take large exposures to these chemicals for them to produce the observed effects.

Phthalates appear in everything from children's plastic toys to drugs cosmetics and insecticides. They are made from petroleum by products and turn rigid plastics into pliable plastics.

So these phthalates appear to lower testosterone levels in males, and raise estrogen levels in females, throwing both off balance. Sometimes even to the point of altered gender traits in males.

There are other things that disrupt the endocrine system. One being Teflon in our cookware. There is also a Teflon type coating on the insides of popcorn and french-fry bags so grease wont soak through so much. It is not a safe thing, but I won't go into a lot of detail on that.

The fact of the matter is, there are several things that we use or eat on a daily basis that disrupt our hormones, throw us off balance, and then we wonder why nobody can live with us. It is not just the females that are having trouble with this. Ask any emotional male what's wrong? He doesn't know.

There is a powerful herbal formula that can be used to help balance hormones, and I will give a code for this in a minute, but I want to tell you a little about the herbs in this balancing formula first.

You can test each herb and see if it is one that will be significantly helpful for you.

The formula is Dong Quai, Chaste Tree, Wild Yam, Damiana Leaf, Licorice Root, and Hops Flowers.

DonQuai, Chaste Tree, and Wild Yam are the three most popular herbs for female complaints in Traditional Chinese, European and American Herbal Medicine.

It is estimated that over 1 billion woman use Dong Quai and praise this plant as a lifesaver for hormonal imbalance. For many years now it is the #1 herb sold in the world.

Regardless of this massive use and clinical success, American medical doctors say that there is no scientific data to back up this empirical clinical finding. But I have to say, if I were a medical doctor, I can't imagine arguing that with a billion premenstrual woman. That could be dangerous.

Chaste tree berry has had a tremendous amount of clinical findings, and scientific research proving its effectiveness. It is documented in clinical trials to balance female hormones and successfully treat everything from acne,

premenstrual problems and P.M.S. With an 86% success rate, to menopause, poor lactation, and fibroid tumors.

Wild yam root actually contains plant sources of steroids. At one time, this herb was the sole source of chemicals used in manufacturing hormones, before medicine decided horse urine was better. Or maybe just cheaper.

This valuable herb has been successfully and clinically proven to help with a myriad of female hormone imbalance problems.

Natural organic phyto-chemicals in these three powerful herbs also positively affect the Pituitary and Hypothalamus in the brain, which control the manufacture and release of hormones from the ovaries through the release of metabolic chemicals like gonadotropin releasing hormone.

You can take these three herbs together all through your cycle, but make sure you use them particularly the last ten days of the cycle.

Damiana leaf may have been one of the most widely used herbs in all of the history in times gone by, It is like the female version of what Ginseng is to men. It is a powerful strengthener and aphrodisiac.

Both licorice and hops flowers contain phyto-sterols, chemical precursors to hormones. Throughout history these herbs have been used to treat hormone imbalances and just about every other female problem known. They not only give a woman a sense of well being and control, but allow woman to age slowly and naturally and make comfortable transitions from puberty through menopause and beyond.

You can test to see if that combination is helpful for you. I am also going to give a code here for this combination to help balance female hormones and mood swings.

That Code is:

SH, IF, LF, G50, SH G50, SH, IF, LF, OE, EB, LIV, G50, SH IF, LF, SH, G50, SH, UN SH UN CHAKRA #2

For Males, men get hormone imbalances too. Although the hormones don't fluctuate monthly like a woman's menstrual cycle, they do fluctuate. There are also herbs that will balance that hormonal fluctuation in males, especially drops in testosterone levels. This formula will actually stimulate male energy, sexual energy, and performance. If a male has erectile dysfunction caused by hormonal imbalance or low levels of hormones, this will dramatically help, and I will give a code for this one too in a moment.

If erectile dysfunction is due to poor circulation rather than hormonal imbalance, the Cayenne is the number one herb for that. As far as bad circulation, this is almost an American epidemic, especially as we get older.

Cayenne enhances and stimulates the circulation like no other herb. After all it is the only herb that after ingestion turns your face red. That is blood.

Anyone that is suffering with erectile dysfunction would benefit whether it is hormonal or not from cayenne if you test good for it. With cayenne you want to start small and work your dosage up.

The male formula is Wild American Ginseng, Chinese and Korean Ginseng, Siberian Ginseng, Saw palmetto Berry, Sarsaparilla root, Yohimbe Bark, Oat seed, Kola Nut, and Ginger Rhizome.

All of the ginseng roots have been famous for thousands of years all over the world. Medical texts report that Ginseng strengthens the body and increases its resistance to fatigue, and also increases your capacity for work and concentration.

Regardless, these herbs have been prized the world over. In fact wars have been fought over them, because men say that Ginseng effects their sexual desire and function.

Yohimbe bark, like ginseng is famous world wide as a male aphrodisiac and sexual stimulant, but medicine fails to comment and only says that it increases nervous excitation. Oat seed and Kola nut both fall into the same category.

Sarsaparilla root several species of this root at various times in history were as popular as ginseng. Although it contains steroidal compounds, little research has been done on this plant. Saw palmetto berry regardless of modern medicines lack of opinion and research on most of these plants they are considered the most powerful male herbs on the planet and have been used for centuries for this purpose.

For males, You can test these herbs against any male hormonal or dysfunction problems you might have.

The code for this male formula is:

SH, IF, SH, IF, SH, LF, MF, G50, SH, UN, SH, G50, CH, TH, UN, SH, G50, OE, A, C, LIV, EB, 9g, UN, SH, UN

Next we want to check those cell surface receptor sites. Find out what the blocks are that are allowing the hormone balance to be off kilter. Anyone that does not know how to do this can call their practitioner.

Or for those who are interested in learning to test we have truth techniques one on our website at www.quantumtechniques.com, that will help you to learn how to test, and then when you have that down and are comfortable with it, you might want to take a look at the evolution series.

It is an amazing set of information that is tremendously helpful . In that series, you will learn how to clear and reset cell surface receptor sites for yourself.

For those of you who have learned to test, you can see what the blocks are, on receptor sites for healthy hormone balance, and functional healthy

hormone balance. You might particularly check for plastic residues, estrogens or estrogen mimicking chemicals in that scan.

If you want to get more specific, check to see if particular hormones are reversed. You would check estrogen and progesterone, and then testosterone in males and females since both genders have a certain amount of all of those hormones working in their bodies.

Check hormones, and also functional hormones. I won't take the time to teach any more on that scan right now, but it would be very worth your while to learn it for yourself from the evolution series of scans.

Also check for reversal in the reproductive organs. You can do physical scan level two, also available on the website to see if there are any toxins or pathogens blocking those organs from functioning properly.

Clearing a virus or any pathogen or toxin load from ovaries, or in a male prostate and testes, and then thalamus and hypothalamus would be very helpful in balancing hormones.

I am going to give a code here to help with estrogen balance, and then a second code for progesterone balance. And then a code for testosterone balance. Males and females can use all of these codes.

The first code for estrogen balance is:

UN, CH, TH, MF, LF, LIV, E, SH, G50, E, G50, SH, MF. LF, OE, A, C, G50, IF, 9G, UN, SH, UN

The Second Code for progesterone balance is:

SH, MF, SH, LF, UN, CH, LF, IF, MF, LF, SH, UN, G50, LIV, A, C, OE, E, G50, SH, G50, SH, UN, G50, OE, A, C, 9G, UN, SH, UN CHAKRA #1

The third code for testosterone balance is:

CH, UN, SH, UN, MF, LF, IF, CH, TH, SH, UN, G50, SH, G50, SH, EB, IF, LF, G50, UN, CH, LIV, E, G50, OE, A, C, 9G, UN, SH, UN CHAKRA #1

I am also going to give a code especially for clearing excess estrogen from cell surface receptor sites to help clear estrogen dominance. That code is:

UN EB, SH, G50, SH, E, LF, MF, CH, EB, SH, G50, LIV, OE, CH, TH, LF, LIV, UN, TH, IF, LF, IF, SH, UN, UN

The next thing I want to talk about is how fungus can alter the hormonal balance in a person who has had a fungal infection.

I know I talked about this some in our fungus teleclinic series, but I want to just go over some things as it pertains to hormones because this can be a very serious thing.

I am going to do a little recapping here on fungus, because it has such a huge effect on the body.

And then if you are interested in learning more about fungus, you can check out the fungus teleclinic series available on the Quantum Techniques website.

Fungus is constantly seeking its main food which is SUGAR, which naturally upsets the body's entire sugar system. The person deprived of the chaperone minerals needed to escort sugar and insulin into the cells..... becomes hypoglycemic.

They now have low cellular sugar, a perfect playground for fungus to feed. However, now the cells do not have enough sugar to burn for energy so we become weak if we do not eat often and we surely do not have enough sugar to keep us going during the night!

The brain now signals the adrenal gland to send out adrenal hormones to keep the body functioning during the night, which it does. But the side effect is that during the night the person may get hot or they may even have night sweats!

The adrenal gland is now working 24 hours per day! ... How many of us have experienced night sweats and been told it is hormone imbalance? I think that is significantly interesting.

This fermenting begins the failure of the THYROID to get its building blocks to produce it's hormones in order to regulate body temperature and important help towards the making of some neuro-transmitters.

Not only does this lack of thyroid hormone produce some fatigue and make the person's hands & feet cold but it can affect the brain in several ways. One is foggy thinking. It seems to physically interrupt short term memory because of Candida's alcohol by-product. Alcohol is documented to cause brain and nervous system damage. ...

The other is in the form of depression since the thyroid may be deprived of Iodine and the amino acid tyrosine because of mal-absorption. A severe case of hypo-thyroid-ism may result. And we will be going over that information in depth in our next teleclinic in hormone balancing part 2 in this series on hormone balancing.

Often however, upon examination the thyroid will fall into a low-end-zone of what is considered medically OK. In most cases no hormone is given and the condition continues.

The thyroid is also involved in the production of some neuro-transmitters. Without these they may soon feel they require a drug for problems with depression.

Has anyone ever wondered why so many women have to use progesterone cream? It is because fungus devours it and changes it into prednisone. ...

Prednisone is just one of the many powerful mycotoxins of the fungus that can kill bacteria. I think this is part of the explanation why most women are estrogen dominant. Not only that they have a lot of estrogen from our meat and dairy, and estrogen mimicking chemicals like plastic, but they lack progesterone due to fungus. So this will create a huge hormonal imbalance where the reproductive hormones are concerned

These imbalances can cause the face to break out, breast to lose firmness, hair problems and the most significant.... Depression and even migraines.

In fact the mycotoxins secreted by the fungus confuse the immune system and these unwanted invaders can hide in open view without an immune response.

There is a little known fact that I thought I would bring out here, and that is that: Candida suppresses the production of macrophages, one of the main components of the immune system. And when engulfed by a macrophage, fungus is able to destroy the macrophage.

Fungi secrete enzymes to digest cells, and then the body releases chemicals – unfortunately more tissue death. Then when the immune system arrives on the scene to clean up the damaged cells as it is supposed to do, it often gets blamed for all the death and destruction.

An example is the destruction of Beta cells on the pancreas that makes a person an insulin dependent diabetic. ...

Candida infections have been viewed for many years as a minor infection that affects mucous membranes such as the vaginal passages and mouth. However, evidence presented during the past decade suggests that it is more than an opportunistic infection.

It has now been associated with a variety of conditions ranging from mental disorders, deranged immune system, food intolerance, gastric upsets, premenstrual tension, infertility, ovarian failure, sexual function difficulties and fatigue.

The rise of this organism as a causative agent in many disease processes follows on the increased use of broad spectrum antibiotics, oral contraceptives, steroid drugs and other immune suppressive drugs [and heavy metal and mercury toxicity], and then of course the sugar overload.

An infected mother may pass the fungal infection known as thrush to the newborn. Most often the baby's tongue will appear red and be covered with white spots that resemble milk spots. Thrush may also infect the baby's buttocks, appearing as a rash. Because there is no simple, accurate test, this infection is difficult to detect. ...

One of the more confusing and frustrating influences of systemic mutated Candida is impotence. This appears to be more prevalent in men than in women and is the result of the estrogenic compounds produced by the destructive and invasive fungus, *FUIRERIA*, fungal-virus or fungal-bacterial mutation. Impotency here is defined as a loss of sexual libido (desire/attraction) together with an inability to stimulate and maintain an erection.

Persistent higher-than-normal levels of estrogen are known to encourage the development of cancers and adversely influence some other hormone levels.

So if you are having problems with hormonal imbalances, it is important to test to see what your systemic fungal level is, or if there is fungus anywhere in the endocrine system, or anywhere else in the body.

For the sake of interest, when I was called in last month to the delivery of my grandson for my daughter who previously could not get pregnant. She was estrogen dominant, and couldn't seem to bring her hormones into balance ever, and was frustrated every month when she was unable to conceive.

The first thing I did was to start her on a good antifungal program. We found wheat intolerance, and removed that from her diet. We balanced her hormones energetically, clearing her cell surface receptor sites of estrogen so that we could balance progesterone and testosterone.

I started her on a good herbal program so she would have natural hormone precursors available in her body, so that her body could naturally create the hormones that it needed. Of course she keeps up on her seasonal cleansing.

She became pregnant the very next month, and here we are now with a healthy brand new little boy.

And I just can't tell you how happy this young mother is to finally have a child.

For this young mother, MMS didn't test good for her, so she went on a high dose garlic program to kill fungus which means she went to a socially unacceptable level of garlic taking two cloves three times a day for a month, and then backed off to two cloves twice a day, and then went to a socially acceptable level of two cloves once a day to maintain throughout her pregnancy.

If you test good for it, take MMS for fungus, it is fast and easy.

There is a new book available on MMS called Master Mineral Solution of the 3rd Millennium by James V. Humble and Jenny Kimberley.

It has new MMS protocols that are really excellent, and teaches you how to use this product for a myriad of other ailments in a new way. I would highly recommend that you get the book and learn the protocols.

Some of the herbal antifungals are garlic, and I would do the same dose that I just mentioned a minute ago, and use high dose for about four weeks and then taper off and maintain. I believe she was just using the standard green smoothie recipe to put her garlic in just a handful of spinach in spring water, an apple and the garlic, and then an avocado since that has all the omega 3 6 and 9s that are necessary for good health, especially reproductive health.

You can do the same recipe and use an onion instead. Onion isn't as strong, and is easier to take in many cases, but it will still bring down the fungus levels.

Chaparral tea is another really good antifungal. I make this tea using a tablespoon of chaparral to each cup of water. You get 45% more herb into the water if you use distilled water because it is empty water. But I just put the chaparral into the water and either set it in the sun for a few hours, or just put it in the fridge for 24 hours and let the herb come out into the water.

With the strong desert herbs like chaparral you don't want to heat the tea on the stove because you get too much of the creosote into the tea. A sun tea or a refrigerator tea is much better with strong desert herbs.

With chaparral, I take a cup three times a day before meals on an empty stomach. Chaparral has many health benefits.

This is one of the ones that has been banned by the FDA so I do have to say, use it at your own risk. I always do, with wonderful benefits. I was able to clear uterine tumors using that herb.

Grapefruit seed extract is another good one. Not as powerful as some for clearing fungus, but it does seem to help.

For more information on clearing fungus, I would highly recommend that you listen to our anti fungal teleclinic series. There is a lot of information on anti-fungals including an anti-fungal diet.

It is surprising how many ailments can be traced back to a fungal infection. Not many people know how much fungus affects our lives today, especially with the sugar load that many of us get now days.

I am going to end my remarks for this part of our hormonal balance series, this is part one.

In Part II we will be looking at the part that the thyroid and other endocrine glands play in our hormone balance.

We will be talking about how hormones affect weight gain and weight loss. Hair loss, premature aging of the skin and other tissues and how that can be hormonally related. We will be going over a myriad of other symptoms that are related to hormone and endocrine system imbalances.

I hope you will join me for part II of this series.

Good evening

[End of Audio]