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# Quantum Techniques Teleseminar

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**Balancing Hormones Part 2**

Dr. Carolee Johnson



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As a QT client, you must take complete responsibility for your own physical health and emotional well-being.

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QT consists of self-help coaching techniques and tools, within the category of “energy therapy.” A client learns and uses QT to balance their own body’s energy system with the intention of reducing stress, enhancing overall health, and removing dysfunctions in the body’s bio-energetic system. QT and its *Quantum Techniques® practitioner* believe that it is the client who heals himself/herself, and that the QT tools simply assist the client in this process. Every QT client is unique, and therefore, each client’s experience with QT may be unique.

QT is not a substitute for regular medical or psychological care. QT is not about disease or illness—rather, its focus is on healing and wellness. Medical authorities do not recognize this work as “medicine”. We agree. There are researchers in this area who believe there is a correlation between the detection of certain energetic frequencies and the presence of disease states or organisms in the body. Energy therapies, like QT, may be able to identify the unhealthy frequencies years before a physical disease manifests in the body. As a person heals those frequencies, health is enhanced. Our work, which includes evaluations and scans of the subtle-energy field, is strictly limited to address the imbalances in the subtle-energy field.

For example, in our scans we may talk about the frequencies of virus, bacteria, fungus and parasite issues. We are only saying that we have often found those frequencies when our clients are in a non healing state. Commonly, people who manifest those frequencies over time experience patterns of deterioration in the way they feel. As those frequencies are cleared and the energy field is balanced, they typically experience a return to feelings of wellness. We cannot determine if the client actually had a virus, bacteria, fungal infection or parasite. We cannot determine if a client actually has Multiple Sclerosis, Parkinson’s disease, Manic Depression or HIV, for example. Testing for that is beyond our expertise. For those determinations, we refer clients to their M.D. or licensed health care professional for appropriate tests.

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*Description:*

In Part Two of this teleclinic series on hormones, we will discuss the role that hormones play in depression, and premature aging and greying, exhaustion, and a myriad of other symptoms. How our water supply may have chemicals that contribute to these imbalances. Codes will be given to balance these hormones, and clear receptor sites.

*Transcript:*

**Dr. Carolee Johnson**

Hello this is Dr Carolee Johnson with Quantum Techniques.

Welcome to part two of our teleclinic series on balancing hormones.

Tonight 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.

We will be discussing a few things on hair loss, premature aging of the skin and other tissues and how that can be hormonally related.

We will also be going over a myriad of other symptoms that are related to hormone and endocrine system imbalances.

It's been known for a long time that hormones play a significant role in weight loss and weight gain.

In my family it seems like everyone is too thin. I know many people though who fight constantly to lose weight. But I did something interesting with one of my clients, a young man who was always too thin.

He tried everything to gain weight and look a little more muscular. I gave him one treatment with Quantum Techniques, in which I found a belief. Just a belief. There was nothing physical about it. But the next time I saw him he was ten pounds heavier and joking about his newly acquired spare tire.

He didn't really have a spare tire though. He looked fantastic!

So it stands to reason that our emotions, our beliefs, and other non physical fields can affect how much weight we carry.

My question would be, "Do these non physical fields affect our hormones?" Well, it stands to reason that if changing one single belief can change the body mass in a person by ten pounds, then the answer is yes. They must affect everything physical.

I did the same thing in myself during my healing journey. I couldn't seem to keep enough weight on, and always felt to thin and tired. I had done all my

healing work, so we looked at the non physical and found I had beliefs about having to stay thin. As soon as those were cleared I gained ten pounds and came up to a more normal weight over a period of a few months.

On the other end of the scale, My husband was about fifty pounds overweight, and when I worked on him we had to kill fungus and balance his hormones in order to come down to the weight he should be. But just killing fungus with supplements, eating a natural diet that tested good for him, using the truth techniques one scan, he came down 30 pounds without doing any kind of exercise. Then he had to work for the rest by getting his body moving, and speeding up his metabolism.

With my husband there were no beliefs about his weight, but we did find frozen emotions and beliefs that were on receptor sites blocking normal hormone function.

This is why we test, because, for different people it can be different things.

Changing our diet to fit what our body needs is always number one.

Number two is clearing out the excess toxin load so that everything works like it should. Get your colon cleaned up and do a cleanse at least twice a year. Cleanse the liver so it can function properly.

If your metabolism is sluggish, it may be that your liver is full of stones. If you filled a garden hose full of rocks and then tried to get water through it, it just wouldn't get the job done that it should. But if you clear that hose out so the water can flow freely, then it does what it was made for. With your liver moving freely your metabolism will speed up.

Also keep an eye on the kidneys and make sure they are running optimally. If there is any major elimination organ backing up, then organs glands and tissues are not going to function like they should.

Once the body is nice and clean, and you are on a good maintenance diet for good health, and you have your body moving, then we can start balancing and clearing hormones.

According to Greg Landry regular exercise provides many physical, mental, and physiological benefits. Regular exercise does help to keep the hormones balanced, resulting in more efficient metabolism, better health, and weight loss.

Hormones are chemical messengers within your body that affect almost all aspects of human function. I am going to tell you about some of these hormones and how exercise impacts these hormones.

- 1. Growth Hormone**

Growth hormone isn't just for growing taller. We need that growth hormone even if we aren't a youngster any more.

Growth hormone stimulates protein synthesis (muscle

tone/development), and affects the strength of your bones, tendons, ligaments, and cartilage. During exercise, it decreases use of glucose and increases use of fat as a fuel during exercise. This helps to reduce body fat and to keep blood glucose at a normal level which helps you to exercise for a longer period of time.

Release of growth hormone from the pituitary gland in the brain is increased with increasing aerobic exercise time, especially more intense exercise such as interval training.

If you are having trouble with bones joints tendons ligaments or cartilage, check your diet specifically against that issue. For example if you are suffering from joint pain, focus on that area of the body, and then test "This food, this food I want to be healthy, this food I want to be sick."

And then check for a reversal in growth hormone. You would say HGH, HGH I want to be healthy, HGH I want to be sick. If there is a reversal, this may be one of the things affecting the joint issue.

## 2. **Endorphins**

Endorphins are an endogenous opioid from the pituitary gland. Endorphins block pain, decrease appetite, create a feeling of euphoria (the exercise high), and reduce tension and anxiety.

Blood levels of endorphins increase up to five times resting levels during longer duration aerobic exercise, which would be longer than 30 minutes, at moderate to intense levels, and also during interval training.

Also, after several months of regular exercise, you develop an increased sensitivity to endorphins which is a higher high from the same level of endorphins, and endorphins that are produced tend to stay in your blood for a longer period of time. This makes longer duration exercise easier because you're feeling no pain, and it causes your exercise high to last for a longer period of time after exercise.

This is why exercise is so helpful in cases of depression. Not only does it get circulation to your brain, it raises that endorphin level and over time keeps it up.

Like I said in part one of this series. Your butt is connected to your brain. If you get your butt moving, then your brain works better, and it balances out a lot of hormones.

## 3. **Testosterone**

Testosterone is an important hormone in both males and females. Testosterone maintains muscle tone, volume, and strength. It

increases the metabolism, decreases body fat, and produces feelings of confidence. It is produced by the ovaries in females and by the testes in males.

Females have only about one tenth the amount of testosterone produced by males, but even at that level it plays a role in libido. Production of testosterone in females begins to decline as a woman begins to approach menopause and in males it begins to decline in his forties.

But with QT, it doesn't have to decline. I think a more logical explanation than the one the medical world gives us would be that by age 40 or so, there are so many receptor sites blocked for hormones, that hormones do seem to decline. I don't believe we have to age that fast.

For men and women, blood levels of testosterone increase with exercise, beginning about 20 minutes into an exercise session. Blood levels may remain elevated for one to three hours after exercise.

So you can start to see how beneficial exercise is in many hormones. Exercise makes a huge difference in any weight loss program. Diet alone is never enough. It is necessary to balance the hormones.

#### 4. **Estrogen**

The most biologically active estrogen, 17 beta estradiol, increases fat breakdown from body fat stores so that it can be used as fuel, increases the metabolism, elevates your mood, and increases libido.

This hormone is at much higher blood levels in females, but the ovaries begin to produce less of it as a woman begins to approach menopause. And again I think that clearing receptor sites for that hormone will do a lot to slow that decline.

The amount of 17 beta estradiol secreted by the ovaries increases with exercise, and blood levels may remain elevated for one to four hours after exercise.

#### 5. **Thyroxine (T4)**

Thyroxin is a hormone produced by the thyroid gland. Thyroxine raises the metabolism of almost all cells in the body. This increase in metabolism helps you to feel more energetic and also causes you to expend more calories.

So if you feel tired and slow, and your metabolism is sluggish, it would be important to see if this hormone is reversed, or blocked, and then also check the thyroid gland itself for reversal or toxicity, or if there is any supplementation required to give it a boost.

If you exercise then blood levels of thyroxine increase by about 30% and then remain elevated for several hours afterward - this period of time is increased by an increase in intensity and/or duration of exercise. Regular exercise also increases thyroxin levels when you are resting. So if you exercise then your metabolism will continue to stay higher. I am going to go a little deeper into thyroid issues in a little bit.

#### 6. **Epinephrine**

Epinephrine is a hormone produced primarily by the adrenal medulla. Epinephrine increases the amount of blood the heart pumps, and directs blood flow to where it's needed. It stimulates breakdown of glycogen which is stored carbohydrate, in the active muscles and liver to use as fuel. It also stimulates the breakdown of fat that is in stored fat and in active muscles to use as fuel.

The amount of epinephrine released from the adrenal medulla is proportional to the intensity and duration of exercise.

#### 7. **Insulin**

Insulin is an important hormone in regulating, usually decreasing, blood levels of glucose, and in directing glucose, fatty acids, and amino acids into the cells. Insulin secretion by the pancreas is increased in response to a rise in blood sugar as is often the case after a meal.

Typically, the larger the meal, or the greater the quantity of simple sugars consumed, the larger the insulin response. This is why it is best to eat small frequent meals and to limit consumption of sugar and of processed bread, pasta and white rice. The whole grain non- processed versions of those products would be healthier choices if they test ok for you.

Blood levels of insulin begin to decrease about 10 minutes into an aerobic exercise session and continue to decrease through about 70 minutes of exercise. Regular exercise also increases a cell's sensitivity to insulin at rest, so that less is needed. So if you are insulin resistant, take note.

#### 8. **Glucagon**

Glucagon is also a hormone that is secreted by the pancreas. The job of glucagon is to raise blood levels of glucose. When blood sugar levels get too low, glucagon is secreted and causes stored carbohydrate (glycogen) in the liver to be released into the blood stream to raise blood sugar to a normal level. It also causes the breakdown of fat so that it can be used as fuel.

Glucagon typically begins to be secreted beyond 30 minutes of exercise when blood glucose levels may begin to decrease.

As you can see, exercise has a powerful impact on your hormones, ultimately resulting in weight loss, a sense of well-being, and better general health. So next time you're exercising, think about all the wonderful things that are happening to your hormones. It might even make you want to do more exercise!

I am going to give a code here to clear receptor sites and balance liver and pancreas hormones.

**The code for balancing Liver and Pancreas Hormones is:**

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

For years, studies of obesity have found that soon after fat people lost weight, their metabolism slowed and they experienced hormonal changes that increased their appetites. It is interesting to note that when these studies were done, they were done on people who used diet only to lose weight. They didn't exercise.

Scientists hypothesized that these biological changes could explain why most obese dieters quickly gained back much of what they had so painfully lost.

But then a new group of Australian researchers took those investigations a step further to see if the changes persist over a longer time frame. They recruited healthy people who were either overweight or obese and put them on a highly restricted diet that led them to lose at least 10 percent of their body weight. They then kept them on a diet to maintain that weight loss. A year later, the researchers found that the participants' metabolism and hormone levels had not returned to the levels before the study started.

I would be interested to re- do that study and have a certain group that used the same diet program, but exercised with that to see if it changed hormone levels in these dieters.

I would be willing to bet that it would make all the difference.

In this study, Joseph Proietto and his colleagues at the University of Melbourne recruited people who weighed an average of 209 pounds. At the start of the study, his team measured the participants' hormone levels and assessed their hunger and appetites after they ate a boiled egg, toast, margarine, orange juice and crackers for breakfast. The dieters then spent 10 weeks on a very low calorie regimen of 500 to 550 calories a day intended to make them lose 10 percent of their body weight.

In fact, their weight loss averaged 14 percent, or 29 pounds. As expected, their hormone levels changed in a way that increased their appetites, and indeed they were hungrier than when they started the study.

I think the study was really interesting. But if I look at that from a Quantum Techniques perspective, then I would first test for fungus levels in these dieters, because the diet mentioned here supports fungus. Fungus changes hormone levels to support itself, and brings up the appetite in order to sustain itself. And of course this would make you feel more hungry.

So of course if fungus were present, and in 99.9% of the people I test, I find fungus at some level, then this would explain why the hormone levels change as soon as you decrease your calories, and then stay that way, to increase appetite.

If we have a fungus, and candida is fungus, then it will get fed first just like any good parasite does, and leave you hungry for more.

Aside from energetic balancing, exercise is one of the best ways to balance the majority of our hormones.

There are some hormones like cortisol that if you are stressed, it would be better to only do moderate exercise until the stress is cleared or removed.

So if you are planning to diet in order to lose weight, I would highly recommend that you do an anti-fungal program first or even with that weight loss program, in order to keep your hormones balanced while you are losing weight.

And then of course do an exercise program with that. The benefits will be much greater.

The hormone cortisol is essential to health. This hormone is produced by the adrenal glands which sit on top of the kidneys. A lack of cortisol produces exhaustion, chronic fatigue and diseases of the endocrine system such as Addison's disease.

Cortisol helps to regulate inflammatory responses in the body as well as balancing blood sugar in times of stress. It is commonly produced in higher amounts when stress is present. Recently, a lot of attention has been directed to the effects of excess cortisol. Today, with stress levels being higher than in the past, more people have excess cortisol levels.

Cortisol can directly suppress DHEA, which is a natural steroid and precursor hormone produced by the adrenals, and PROGESTERONE. We talked about problems with estrogen dominance in part one of our teleclinic series on balancing hormones. This is another factor you might want to look at if you are testing as estrogen dominant. If we can bring cortisol into balance, it will help with that estrogen balance.

So you can test for reversal of cortisol, and also of adrenal gland. To see if either are reversed or out of balance, and then find the blocks.

Excess cortisol can also suppress thyroid activity. This means that all of the conditions and symptoms associated with low DHEA, low PROGESTERONE or low thyroid can be caused by high cortisol.

Cortisol can also mobilize calcium from our bones, and circulate it back into our blood stream. This means that an excess of cortisol will cause bone loss and therefore osteoporosis.

Used as a medication, cortisol is given in auto-immune illnesses to suppress the immune system. It is also used in Leukemia to suppress the excess number of white blood cells.

However, this also means that in a person without these diseases, excess cortisol can suppress the immune system and cause disease. Patients with HIV, Chronic fatigue, candida, parasites, cancer etc. should be aware that if their cortisol elevates, it will worsen their conditions due to immune suppression.

Candida and parasites can both be worsened by high cortisol for one simple reason: excess cortisol destroys friendly bacteria just like antibiotics do. This will cause the candida and parasites to spread.

Cortisol also elevates blood sugar. This means the sugar could feed the candida or even start, or worsen, diabetic conditions. Weight gain around the abdominal region is common from stress induced high cortisol. If you have ever noticed someone under prolonged stress starting to gain weight it may not be their diet.

Cortisol can send fat to the stomach region for storage. "Fat Pads" are a common sign of high cortisol. A "moon faced" look is common on those who take cortisol medications. Both memory loss and loss of general cognitive (learning) ability have been long associated with high cortisol.

Mood swings are also common. Most people who correct their elevated cortisol level find that they sleep better and feel, overall, calmer.

The following are a list of physical signs of elevated cortisol. Anyone can experience any of these symptoms from time to time without having elevated cortisol. However, the more of them you are experiencing or have experienced, the greater the chance that your cortisol is elevated.

1. Easy bruising
2. Poor muscle tone or muscle wasting.
3. Poor wound healing
4. Thin skin
5. Stretch marks
6. Excess scar tissue
7. Fat pads
8. Chronic yeast infections
9. Accelerated skin aging
10. Puffy flabby skin

11. Water retention

12. Moon face

Under times of stress cortisol can elevate. It may stay elevated until the stress is resolved. However, if nutrition is inadequate, the adrenals will exhaust and not have the nutrients needed to keep up the cortisol production.

When this happens, the cortisol level will drop or crash below normal. This is called a "burnout". The high stress executive who suddenly finds himself exhausted, gaining weight, his energy and sex drive gone is a good example of that.

If cortisol is low, then you will want to support the adrenals nutritionally, and clear them of any toxin and or pathogen load so they can work like they should. pantothenic acid, vitamin C, vitamin B6 and the herbs ginseng and licorice may help restore it. Excessive exercise will worsen the condition. Exercise must be easy and not exhausting when you are low cortisol.

One thing I should mention here, is on the emotional level, adults who experienced stressful or traumatic events as a child are more susceptible to stress and more likely to have high cortisol levels. Hyperthyroidism, a condition where the thyroid produces too many hormones also cause high cortisol levels.

A Japanese study, conducted by Dr. Yamamoto with Kyoto University in Japan, found that individuals who experienced itchy skin suffered from high levels of stress; although the study did not measure cortisol levels, stress causes high cortisol levels. So he figured that high cortisol might be a contributing factor to that.

Cortisol is one of the factors that I mentioned earlier that caused thinning of the skin. High cortisol levels are not the only things that contribute to thinning of the skin and premature skin aging.

### ***The things that contribute most to the aging of the skin are:***

#### **Number one:**

Stress and cortisol which cause thinning, prematurely wrinkled, aged skin.

Sugar causes a loss of tissue elasticity and function, and can result in sagging, aging skin.

Toxicity is one of the major causes of aging skin. "The difference between the 20 year old you and the 40 year old you physically, is that you have accumulated more acidic wastes at 40 than at 20."

"Dehydration is associated with problems as diverse as scaly, taut skin, superscalar lines and premature aging." -

Free Radicals – causes oxidative stress and is a principle cause of aging skin.

Acid pH – is a primary cause of aging skin.

Excessive sun exposure to unprotected skin.

And I say excessive because there are factors in sunlight that actually reverse the aging process of the skin if you don't overdo it. You can get more information on that in my teleclinic on light and color therapy. At [www.quantumtechniques.com](http://www.quantumtechniques.com).

Also slathering on a UV blocking skin cream is not always a good answer. A better alternative to prevent premature aging of the skin at time when you will get more sun exposure than your body needs for healthy vitamin D, and calcium factors, and also light factors that help to regenerate the skin. A better alternative might be long sleeve cotton clothing and a sun hat and kid gloves.

It wasn't very long ago that this was the way woman protected their skin so they wouldn't get freckles. Well now in this day and age, it might still be the best way to keep your skin young and healthy. Many UV lotions, contain PABA which can react with the UV light, and cause cell damage.

I am going to give a code here for balancing cortisol levels.

**The code for balancing cortisol and functional healthy cortisol factors is:**

SH, IF, LF, G50, SH, IF, LF, G50, CH, TH, IF, G50, SH, EB, E, G50, E, A, C, G50, 9G, UN, SH, UN

I wanted to talk a little more about DHEA because a lot of people have trouble with fatigue, which can be caused by low DHEA levels. Like I mentioned earlier DHEA is one of the adrenal hormones.

Your lifestyle, diet and stress levels all contribute to the amount of DHEA that your body can produce in a given period.

Your adrenals work tirelessly to meet the demands placed on them until they are wiped out. Without adequate support, they spiral downward into adrenal imbalance and eventually adrenal exhaustion.

Using energy drinks or caffeine to get a lift is not a good answer to this issue if you are experiencing fatigue.

A lot of women will have some indication of adrenal imbalance; including symptoms of low DHEA levels, such as:

- Extreme fatigue
- Decrease in muscle mass

- Decrease in bone density
- Depression
- Aching joints
- Loss of libido
- Lowered immunity

But simply adding more DHEA to the body by taking a DHEA supplement is not the answer. Some of the popular products claim that DHEA alone can fix adrenal imbalance, but I wouldn't believe any product that says it will!, It might help some in combination with energetic balancing with Quantum Techniques, hormonal and nutritional support, lifestyle changes, and proper rest.

DHEA is just one stop along the metabolic pathway. How it gets converted comes down to individual biochemistry. Some people's bodies may use it to make more estrogen, others may make more testosterone. Just throwing a pill into the mix may not be a good choice unless it is testing significantly helpful for you.

After menopause or a hysterectomy, when your adrenals become the primary hormone factory, we see women in whom the ratio of DHEA that is converted into testosterone outweighs what's converted into estrogen and progesterone.

This can cause bouts of increased irritability and unusual body hair growth, especially when DHEA supplements are given. So if you feel you are a candidate for DHEA supplementation, do your testing to see if that is going to be helpful for you.

This is why using Quantum Techniques to test our supplements is so important. Your body knows what it needs, and what will make it sick. So test to see if you need any extra support for hormones, and if you don't, then don't throw anything like this into the hormone mix.

In most cases just clearing the blocks on the hormone receptor sites is enough to balance out the hormones. And then if supplementation is required. I would definitely consider herbal support first. The herbs are the hormone precursors, and the body uses them to create what it needs and then can easily throw off anything it doesn't need.

Where the thyroid is concerned, Too much cortisol, again caused by the adrenal glands' response to excessive stressors, causes the tissues to no longer respond to the thyroid hormone signal. It creates a condition of thyroid resistance, meaning that thyroid hormone levels can be normal, but tissues fail to respond as efficiently to the thyroid signal.

This resistance to the thyroid hormone signal caused by high cortisol is not just restricted to thyroid hormone but applies to all other hormones such as insulin, progesterone, estrogens, testosterone, and even cortisol itself.

When cortisol gets too high, you start getting resistance from the hormone receptors, and it requires more hormones to create the same effect. That's why chronic stress, which elevates cortisol levels, makes you feel so rotten—none of the hormones are allowed to work at optimal levels.

Insulin resistance is a classic example. It takes more insulin to drive glucose into the cells when cortisol is high. High cortisol and high insulin, resulting in insulin resistance, are going to cause you to gain weight around the waist because your body will store fat there rather than burn it.

This would certainly be a significant effect when it comes to creating balanced hormone levels.

When cortisol is high the brain also is less sensitive to estrogens. That's why you can have a postmenopausal woman with reasonable amounts of estrogen, but when you put her under a stressor and her cortisol rises, she'll have symptom of estrogen deficiency.

She really doesn't have an estrogen deficiency; the brain sensors have just been altered. If you then drive the estrogen levels up with supplementation to treat the symptoms, she'll start getting symptoms of estrogen dominance like weight gain in the hips, water retention, and moodiness. And the symptoms usually don't go away.

This is why you often can't effectively treat someone with hormonal imbalance symptoms such as hot flashes by simply adding what seems to be the missing hormone, be it thyroid, progesterone, estrogen or testosterone. If your cortisol is chronically high you'll have overall resistance to your hormones.

I am going to give a code here to clear receptor sites and balance functional healthy DHEA levels.

**The code for balancing functional healthy DHEA levels is:**

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

All of the hormones are important in the body. Thyroid tends to be the most misdiagnosed. I am going to go through a list of symptoms in just a minute that are related to thyroid trouble.

It's a common scenario for hypothyroid patients, especially when you are undiagnosed due to your doctor's over-reliance on a faulty TSH range, or treated with thyroxine T4-only medications:

You go to the doctor; you complain about your depression, or your anxiety, or your emotional swings, or your inability to concentrate...and onto your

doctor's favorite anti-depressant, anti-anxiety, lithium, or bi-polar med you go.

But the problem with this scenario is that your depression or anxiety or other mental health problem is not a unique and unrelated illness. It's most likely due to having a low free T3, which is the active thyroid hormone, and/or adrenal insufficiency. And this is especially common for patients treated with T4-only medications.

And this problem is not limited to depression.

Low thyroid hormones, and the common occurrence of sluggish, poorly functioning adrenals, can play a role in a variety of emotional and behavioral symptoms and disturbances, including anxiety, excessive fear, mood swings like bi-polar, rage, irritability, paranoid schizophrenia, confusion, dementia, obsessive/compulsive disorders, and mental aberrations.

I think that the biggest factor in thyroid issues right now in our world is water fluoridation.

It has been known since the latter part of the 19th century that certain communities, particularly in Argentina, India and Turkey were chronically ill, with premature ageing, arthritis, mental retardation, and infertility; and had high levels of natural fluorides in the water, which were responsible.

Not only was it clear that the fluoride was having a general effect on the health of the community, but in the early 1920s Goldemberg, working in Argentina showed that fluoride was displacing iodine; thus compounding the damage and rendering the community also hypothyroid from iodine deficiency.

Highly damaging to the thyroid gland.

This was the basis of the research in the 1930s of May, Litzka, Gorlitzer von Mundy, who used fluoride preparations to treat over-active thyroid illness. Their patients either drank fluoridated water, swallowed fluoride pills or were bathed in fluoridated bath water; and their thyroid function was as a result, greatly depressed.

The use in 1937 of fluorotyrosine for this purpose showed how effective this treatment was; but the effectiveness was difficult to predict and many patients suffered total thyroid loss. So it was given a new role and received a new name, Pardinon.

But now it was marketed not for over-active thyroid disease but as a pesticide.

This bit of history illustrates the fact that fluorides are dangerous in general and in particular highly damaging to the thyroid gland.

There isn't really a dispute that fluoride is toxic, they are schedule 2 Poisons under the Poisons Act 1972, the matter in dispute is the level of toxicity attributable to given amounts.

In other words, the concentrations in the water supply.

They say that since it is diluted, and it is unlikely to have damaging effects on the body.

I don't think they could be more wrong. So we need to make ourselves aware of how fluoride does its damage, because this stuff has a huge affect on our body. Namely the thyroid.

It is an enzyme poison. Enzymes are complex protein compounds that vastly speed up biological chemical reactions while they themselves remain unchanged. As we speak, there occurs in all of us a vast multitude of these reactions to maintain life and produce the energy to sustain it.

The chains of amino acids that make up these complex proteins are linked by simple compounds called amides; and it is with these that fluorine molecules react, splitting and distorting them, which damages the enzymes and their activity.

This effect can occur at extraordinary low concentrations; even lower than the one part per million which is the dilution for fluoridation in our water supply.

The body can only eliminate half.

Fluorides are cumulative and build up steadily with any ingestion of fluoride from all sources, which include not just water but the air we breathe and the food we eat. The use of fluoride toothpaste in dental hygiene and the coating of teeth are some of the other sources of substantial levels of fluoride intake.

The body can only eliminate about half of the total intake, which means that the older you are the more fluoride will have accumulated in your body. Inevitably this means the ageing population is particularly targeted. And even worse for the very young there is a major element of risk in baby formula made with fluoridated water.

The young are extremely sensitive to fluoride toxicity.

Since there are so many sources of fluoride in our everyday living, it is kind of impossible to maintain an average level of 1ppm like they suggest.

So what is the result of these toxic effects? It really has an effect on the immune system, but that may be a subject for a different teleclinic.

The fact with our thyroid is that thyroid antibodies will be produced which will cause Thyroiditis resulting in the common hypothyroid disease, Hashimoto's Disease and the hyperthyroidism of Graves' Disease.

Musculo Skeletal damage results further from the enzyme toxic effect.

The collagen tissue of which muscles, tendons, ligaments and bones are made, is damaged. Rheumatoid illness, osteoporosis and deformation of bones can follow.

This toxic effect extends to the ameloblasts making tooth enamel, which is consequently weakened and then made brittle; and its visible appearance is, of course, dental fluorosis.

The enzyme poison effect extends to our genes; DNA that is difficult if not impossible to repair, and chromosomes are damaged.

Work at the University of Missouri showed genital damage, targeting ovaries and testes. Also affected is inner uterine growth and development of the fetus, especially the nervous system.

Increased incidence of Down's Syndrome has been documented.

Fluorides are mutagenic. Which means, they can cause the uncontrolled proliferation of cells we call cancer. This applies to cancer anywhere in the body; but bones are particularly picked out. The incidence of osteosarcoma in a study reporting in 1991 showed an unbelievable 50% increase.

A report in 1955 in the New England Journal of Medicine showed a 400% increase in cancer of the thyroid in San Francisco during the period their water was fluoridated.

My particular concern is the effect of fluorides on the thyroid gland and the resulting hormone imbalance.

The thyroid gland produces hormones which control our metabolism - the rate at which we burn our fuel. People become tired, cold, overweight, depressed, constipated; they suffer arthritis, hair loss, infertility, atherosclerosis and chronic illness. Sadly, it is poorly diagnosed and poorly managed by a lot of doctors in this country.

What concerns me so deeply is that in concentrations as low as 1ppm, fluorides damage the thyroid system on 4 levels.

1. The enzyme manufacture of thyroid hormones within the thyroid gland itself. The process by which iodine is attached to the amino acid tyrosine and converted to the two significant thyroid hormones, thyroxine (T4) and liothyronine (T3), is slowed.
2. The stimulation of certain G proteins from the toxic effect of fluoride (whose function is to govern uptake of substances into each of the cells of the body), has the effect of switching off the uptake into the cell of the active thyroid hormone.

3. The thyroid control mechanism is compromised. The thyroid stimulating hormone output from the pituitary gland is inhibited by fluoride, thus reducing thyroid output of thyroid hormones.
4. Fluoride competes for the receptor sites on the thyroid gland which respond to the thyroid stimulating hormone; so that less of this hormone reaches the thyroid gland and so less thyroid hormone is manufactured.

These damaging effects, all of which occur with small concentrations of fluoride, have obvious and easily identifiable effects on thyroid status. The running down of thyroid hormone means a slow slide into hypothyroidism.

The incidence of hypothyroidism is increasing as a result of other environmental toxins and pollutions together with wide spread nutritional deficiencies.

Iodine deficiency causes early hypothyroidism which interferes with the health of teeth.

Fluoride displaces iodine in the body.

I Have a list of low thyroid symptoms. As I go through these, ask yourself if you have more than one or several of these. In which case, it might be time to see if the thyroid is reversed, and if there are blocks on TSH, T 1, T2, T3, and T4.

Now this is quite a long list, but I want to cover the entire thing because with the fluoridation of the water supply, you may be experiencing hypothyroidism, and not realizing what the true cause of your symptoms are. Some of these things seem a little off the wall for low thyroid symptoms, but all of these have been alleviated by using dessicated thyroid supplements, and that is why they are on the list.

That list is:

- Less stamina than others
- Less energy than others
- Long recovery period after any activity
- Inability to hold children for very long
- Arms feeling like dead weights after activity
- Chronic Low Grade Depression
- Suicidal Thoughts
- Often feeling cold
- Cold hands and feet
- High or rising cholesterol
- Heart disease
- Palpitations
- Fibrillations
- Plaque buildup

- Bizarre and Debilitating reaction to exercise
- Hard stools
- Constipation
- No eyebrows or thinning outer eyebrows
- Dry Hair
- Hair Loss
- White hairs growing in
- No hair growth, or the hair breaks faster than it grows
- Dry cracking skin
- Nodding off easily
- Requires naps in the afternoon
- Sleep Apnea (which can also be associated with low cortisol)
- Air Hunger (feeling like you can't get enough air)
- Inability to concentrate or read long periods of time
- Forgetfulness
- Foggy thinking
- Inability to lose weight
- Always gaining weight
- Inability to function in a relationship with anyone
- NO sex drive
- Failure to ovulate and/or constant bleeding
- Moody periods
- PMS
- Inability to get pregnant; miscarriages
- Excruciating pain during period
- Nausea
- Swelling/edema/puffiness
- Aching bones/muscles
- Osteoporosis
- Bumps on legs
- Acne on face and in hair
- Breakout on chest and arms
- Hives
- Exhaustion in every dimension—physical, mental, spiritual, emotional
- Inability to work full-time
- Inability to stand on feet for long periods
- Complete lack of motivation
- Slowing to a snail's pace when walking up slight grade
- Extremely crabby, irritable, intolerant of others
- Handwriting nearly illegible
- Internal itching of ears
- Broken/peeling fingernails
- Dry skin or snake skin

- Major anxiety/worry
- Ringing in ears
- Lactose Intolerance
- Inability to eat in the mornings
- Joint pain
- Carpal tunnel symptoms
- No Appetite
- Fluid retention to the point of Congestive Heart Failure
- Swollen legs that prevented walking
- Blood Pressure problems
- Varicose Veins
- Dizziness from fluid on the inner ear
- Low body temperature
- Raised temperature
- Tightness in throat; sore throat
- Swollen lymph glands
- Allergies (which can also be a result of low cortisol–common with hypothyroid patients)
- Headaches and Migraines
- Sore feet (plantar fasciitis); painful soles of feet
- Now how do I put this one politely....a cold bum, butt, derriere, fanny, gluteus maximus, haunches, hindquarters, posterior, rear, and/or cheeks. Yup, really exists.
- colitis
- irritable bowel syndrome
- painful bladder
- Extreme hunger, especially at nighttime
- Dysphagia, which is nerve damage and causes the inability to swallow fluid, food or your own saliva and leads to “aspiration pneumonia”.

If you feel you have many of these symptoms, and have never received a diagnosis of hypothyroidism, it might be time to check into that.

Or, if you have received a diagnosis and still have many of these symptoms, it's time to become more informed about better thyroid treatment and all things related to being hypothyroid.

Many people will have symptoms and will not realize that this is a possibility.

I am going to give a code here to help clear receptor sites for T-1, T2, T3, and T4. Calcitonin and TSH.

Anytime you are working on the thyroid you can also clear healthy thyroid hormone factors.

This code is for both.

**That Code for clearing Thyroid hormones and Functional T1, T2, T3 T4, and calcitonin is:**

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

If a person needs extra thyroid support in the way of supplements, all the desiccated thyroid brands contain the same hormones as your own thyroid: T4, T3, T2, T1 and calcitonin—all working synergistically and harmoniously in removing lingering symptoms of hypothyroidism: depression, aches and pains, easy weight gain etcetera.

Patients on desiccated thyroid would be wise to dose according to their own muscle testing, and the elimination of thyroid symptoms, better temperature, continuing healthy heart rate, and paying attention to superior lab work like the free T3 and free T4, and not the TSH.

I think we are becoming more knowledgeable all the time, and learning many of the things that are helpful with these hormonal issues, and not just relying on doctors who have a “because I said so” attitude.

It looks like my time is about up so I would like to thank everyone for tuning in to our teleclinic tonight.

That is all of the information I have for today’s teleclinic, but I hope to have you all back for part three of this series in balancing hormones.

It is going to get even more interesting.

Thanks for listening!

Good night.

*[End of Audio]*