

**'I am GLAND' ....**

**How are your Hormones?**

*If your energy body is balanced and fully activated, there can be no physical or psychological ailment in you, it's simply not possible!*

*Sadhguru*

**17<sup>th</sup> December 2023**



**Bio-Testing & Therapy International**

Bio-Testing & Therapy  
Presentation

Host

Eoin MacCuirc

Welcome

# Tips for Meeting Attendees

- ***Recording: I would like to make you aware we are going to record for training purposes and monitoring purposes.***
- **Mute your microphone**
- **Position your camera properly**
- **Limit distractions**
- **Q&A**

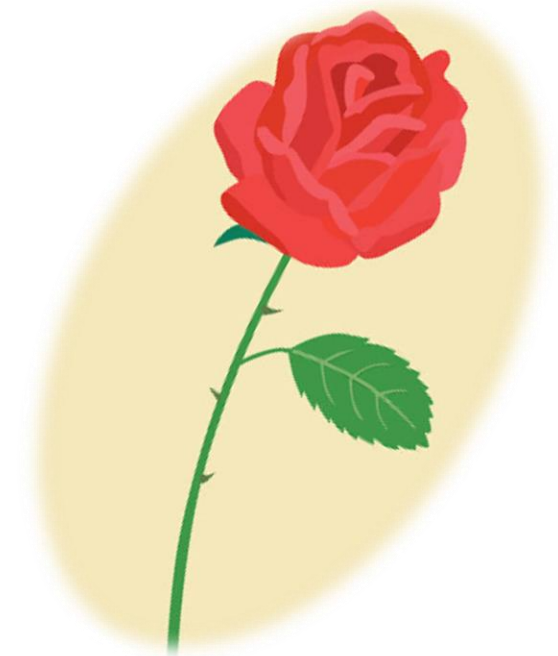
# One minute of silent reflection



Remembering all who won't be with us this Christmas for whatever reason, sending them love and light

Remembering all those who need the gift of better health, sending them hope and strength

Remembering all the blessings we are grateful and give thanks



# 'I am GLAND' .... How are your Hormones?

**Sunday  
26<sup>th</sup> November 2023  
Top to Bottom**

- Hypothalamus
  - Pituitary
  - Pineal
  - Thyroid
- Parathyroid
- Thymus

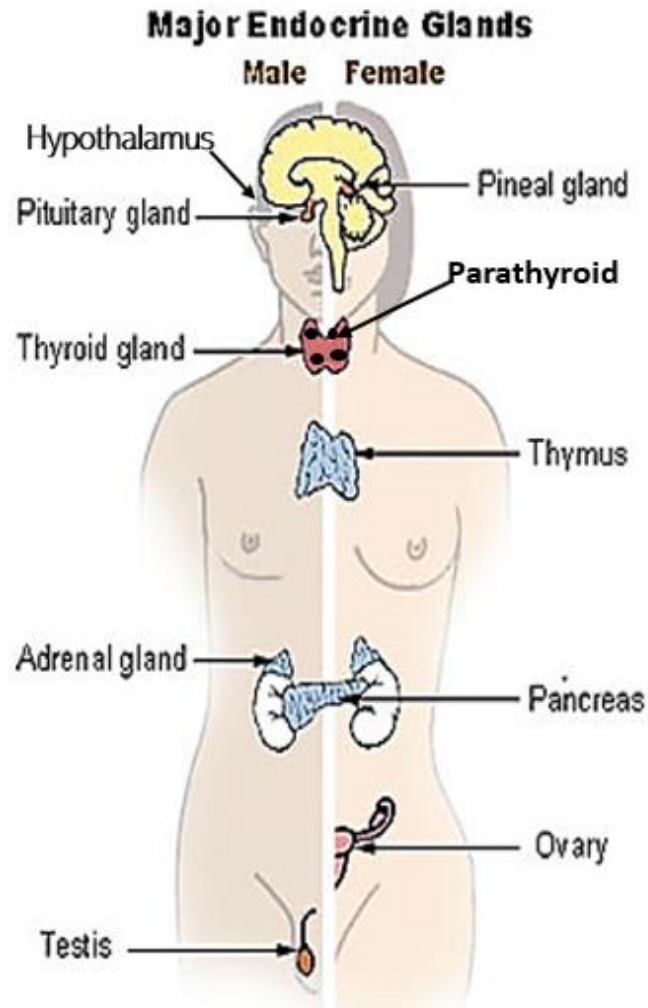


Diagram Extracted:

<https://training.seer.cancer.gov/anatomy/endocrine/glands/>

**Sunday  
17<sup>th</sup> December 2023  
Bottom to Top**

- Sex Organs
- Pancreas
- Adrenals
- Other glands
  - Stomach
  - Small Intestine
  - Heart
  - Placenta

# Freddie Fox



## Extracted

Healing from within:

A Physiological  
Approach ©  
5<sup>th</sup> March 1988

Health, like beauty, is more than skin deep. It is not something which can be imposed upon a body by smoothing signs and symptoms of a disease from the outside, with little or no consideration of physiological faults that may underlie the disease. This is especially the case with the terrible degenerative diseases that afflict modern man: cancer, heart and circulatory disease, rheumatoid and osteo-arthritis, diabetes, bronchitis and asthma, indigestion and ulcers, multiple sclerosis, lumbago and sciatica, and, worst of all, emotional and mental illnesses. Disease is not “all in the mind”. What is most urgently required to change our too superficial way of treating disease is a comprehensive and yet reasonably simple method for testing the human body for physiological disorders; and for unmasking the underlying causes so that they can be avoided. What is further needed is an effective technique for removing the underlying causes from the body and then correcting faulty body functions by tuning the organs and systems involved.

This is really the only conceivable way in which the wild tide of degenerative diseases can be tamed. We would hardly expect auto mechanics to maintain and repair our cars properly if they were unable to trace many electrical or mechanical faults that underlie breakdowns. Or if they were unable to tune the engine properly. What a tragedy that so many human bodies have to function year after year out of tune; filters overloaded, nervous system overburdened with toxins and stress.

**Read on.....**

<https://bio-testing.org/app/uploads/2023/06/iv-p59-Healing-from-within-A-Physiological-Approach.pdf>

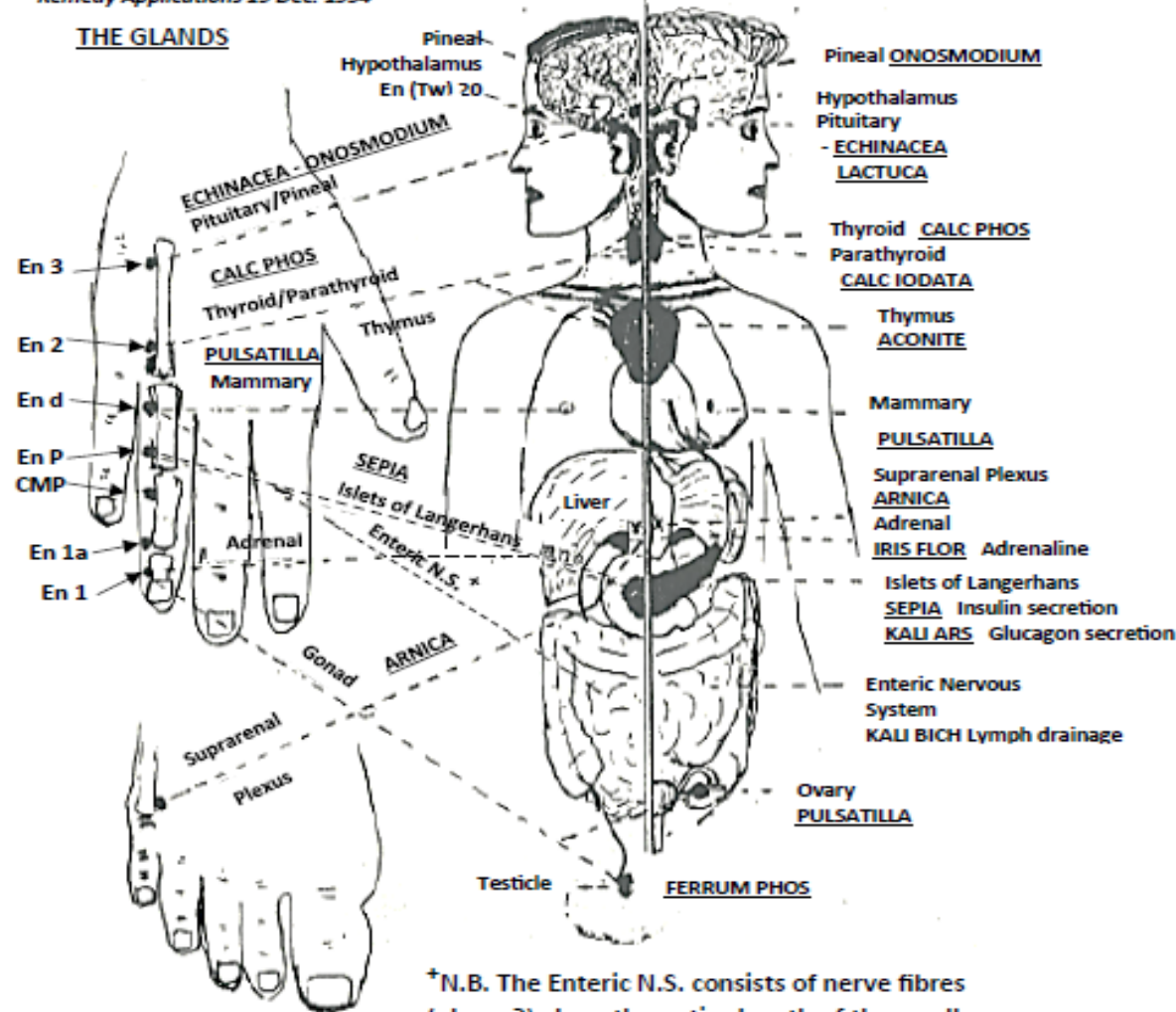
## The ENDOCRINE SYSTEM, EAV Points & HOMEOPATHIC APPLICATIONS

HANDS, FEET & HEAD according to R. Voll, M.D. Additions + F. J. Fox

© F.J. Fox, 21 Halewood Rd. Liverpool L25 3PH 1 Dec. 1986

Remedy Applications 19 Dec. 1994

### THE GLANDS



\*N.B. The Enteric N.S. consists of nerve fibres (plexus?) along the entire length of the small intestine. It controls peristalsis and the absorption of nutrients.

### Notes

The Pineal gland may influence pituitary/medullary adrenal/gonad function.

The hypothalamus is the main regulator of the endocrine system via the pituitary gland. It secretes release hormone for the anterior lobe, and control hormones for the posterior lobe of the pituitary.

The Pituitary secretes hormones as follows:

#### Anterior lobe:

Growth hormone (GH) (Somatotropin) → Liver  
 Adrenocorticotrophin (ACTH)  
 Thyrotrophin (Thyroid stimulating -TSH)  
 Prolactin (luteotrophic -LTH)  
 Follicle stimulating hormone (FSH)  
 Interstitial cell stimulating (ICSH)  
 Melanocyte stimulating (MSH)

#### Posterior lobe:

Vasopressin (Anti-diuretic: ADR)  
 Oxytocin

#### The Thyroid gland:

Thyroxine  
 Calcitonin

#### The Parathyroid glands:

Parathormone

#### The Thymus:

T hormone to produce T cells

#### The Islets of Langerhans produce:

Insulin  
 Glucagon

#### The Adrenal Glands produce:

Adrenaline & Noradrenalin (Medulla)  
 Glucocorticoids (Cortisol)  
 Mineralocorticoids (Aldosterone)  
 Sex hormones: androgens & estrogens

#### The Liver produces: Somatomedins

The testicles produce: androgens (endocrine) / sperms (exocrine)

The ovaries produce: estrogen (endocrine) - /ova - progesterone (exocrine)

# Dr. Mark Hyman M.D.

*Is a practicing family physician and an internationally recognized leader, speaker, educator, and advocate in the field of functional medicine. He is the founder and director of The UltraWellness Center, Founder and Senior Advisor for the Cleveland Clinic Center for Functional Medicine, a fifteen-time New York Times best-selling author, and Board President for Clinical Affairs for The Institute for Functional Medicine.*



It's more important to understand the imbalances in your body's basic systems and restore balance, rather than name the disease and match the pill to the ill.

— Mark Hyman —

“Between 80 and 100 million Americans suffer from insulin resistance. It is not exactly the same in everyone, but the ultimate consequences can be similar. Most people with insulin resistance have extra fat around the middle.

(**Quick Tip:** Check your waist-to-hip ratio — the measurement around your belly button divided by the measurement around your hips. If it is greater than 0.8, you likely have insulin resistance.)”

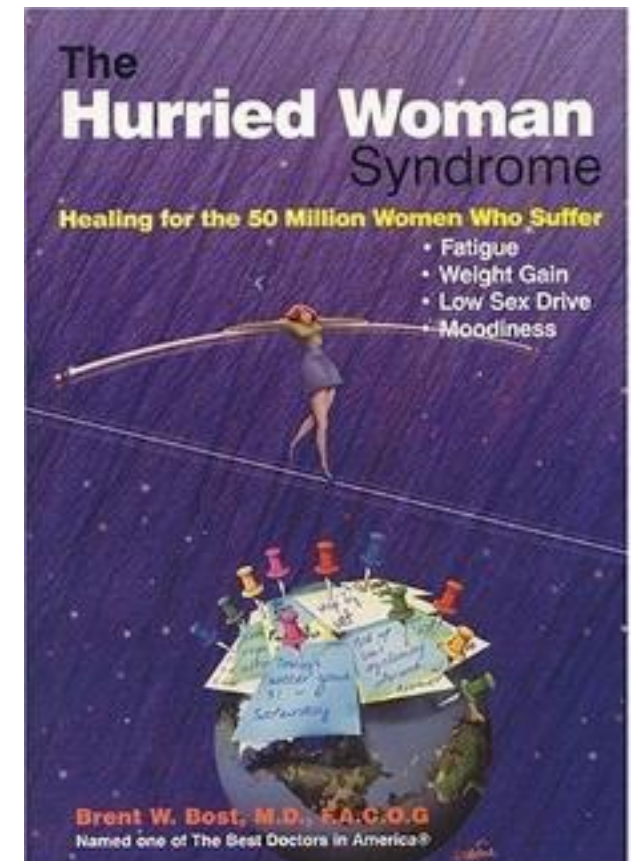
<https://www.ifm.org/about/profile/mark-hyman/> Further Reading: <https://drhyman.com/blog/2010/05/22/are-your-hormones-making-you-miserable-2/>

# Dr. Brent W. Bost

Brent W. Bost, M.D., FACOG, is a board-certified specialist in obstetrics, gynaecology, and infertility, with more than 18 years of experience in medicine. He has been named one of the Best Doctors in America by his colleagues.



**N.B. From the author**



It's okay to aim to be a superwoman, but only after you have equipped yourself with the necessary skills, like time management, anxiety management, and ability to compartmentalize life. Women must work towards making life more stable for themselves, and never forget that their own well-being must be at the top of the list, not the bottom, explains Dr. Bost. "Life doesn't need to feel this hurried."



# Breakout Rooms

Personal introductions

*What will you do in the New Year to restore balance in your life?*

Discuss

10 mins

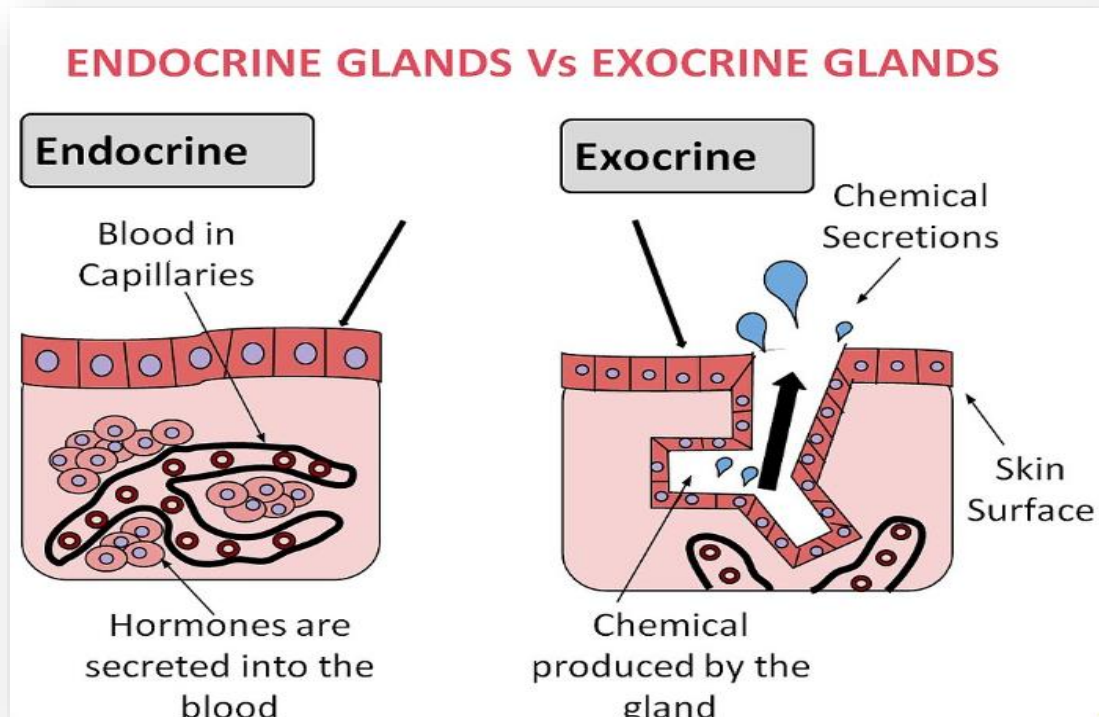


When you come back, please put in the chat 3 common themes that your group had come across.

***Please add the number of your room (Room 1) when giving feedback in the chat***

# Glands

## Difference Between Exocrine Glands And Endocrine Glands?



EXOCRINE GLANDS	ENDOCRINE GLANDS
1) Exocrine gland are glands with ducts.	1) Endocrine gland are ductless glands.
2) They secrete enzymes.	2) They secrete hormones.
3) Exocrine glands are simple.	3) Endocrine glands are complex.
4) These have brief effects.	4) Hormones have prolonged effects.
5) Secretions are produced in large quantities.	5) Secretions are in small quantities.
6) They are attached with a specific duct.	6) No duct is attached to the glands.
7) It does not pour its secretion into lymph or blood.	7) It pours its secretion into lymph or venous blood.
8) The secretion is poured directly over the target issue.	8) The secretion is transported to the target tissue through blood.
9) Target of the glands is very close to the gland.	9) Target of the glands is located away from the gland.
10) They control short term activity target organ.	10) They control long term activity of target organ.
11) Transport process is through ducts or tube.	11) Transport process is through blood stream.
12) Examples includes salivary glands, sneat glands and gastric glands.	12) Examples includes thyroid glands, pituitary glands, adrenal glands.

# Sex Organs

The ovaries produce:

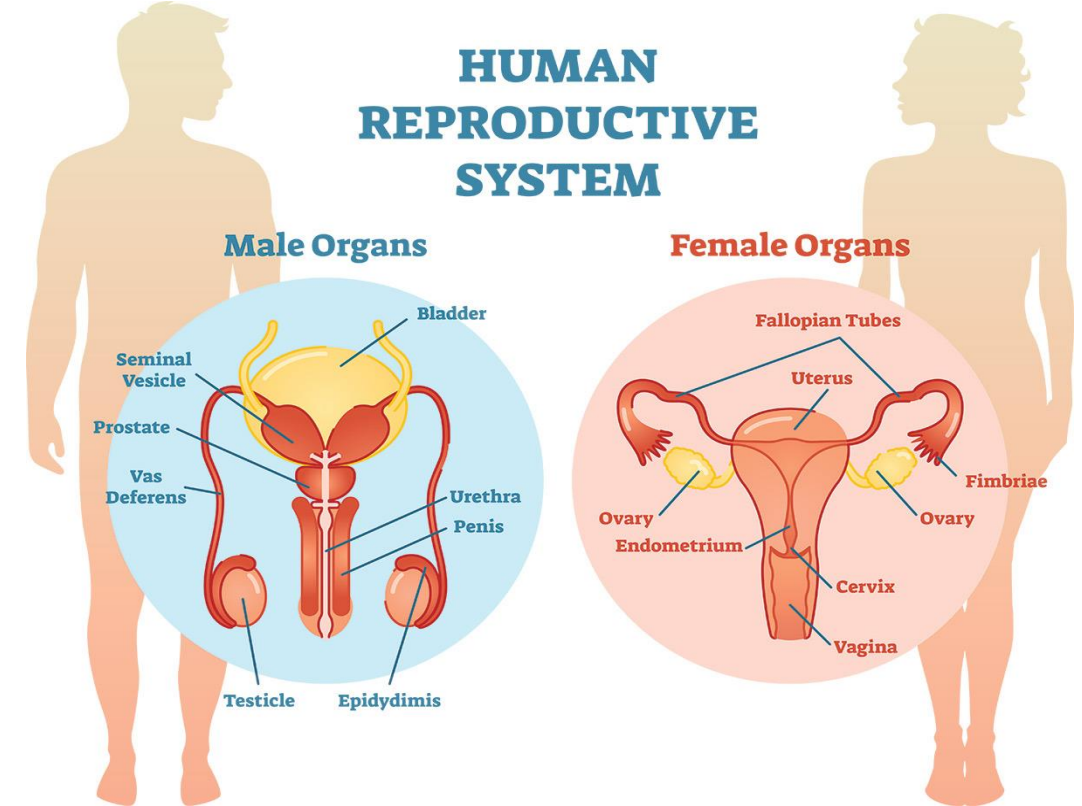
1. Oestrogens to develop woman in body (the reproduction organs, ovulation, the menstrual cycle) mind (outlook) and emotions (more responsive than man).
2. Progesterone: by the corpus luteum to thicken the wall of the womb and prepare it for the fertilised ovum should conception take place. If conception does not take place, the production of progesterone drops down steeply about 10 days after ovulation and within several more days ceases completely. Menstruation follows.

N.B. After menopause, oestrogen and progesterone production by the ovaries cease. The adrenal cortex must produce the oestrogen still needed.

Otherwise, problems such as hot flushes occur.

These can be treated by reflex zone massage of the adrenal glands and by acupuncture or moxibustion on kidney and bladder meridians. (Ki 1; Bl. 23).

Text: <https://bio-testing.org/app/uploads/2023/11/iv-p104-The-Endocrine-System.pdf>



**The Gonads or Sex Glands:** The testes produce:

1. Testosterone: this initiates and maintains secondary male characteristics including mental outlook and emotional response. It promotes the synthesis of protein for muscle growth. It eventually hardens the bone ends to stop growth.

# Sex Organs

## Focus: Prostate Cancer

Just as glandular breast tissue can become cancerous, so can glandular prostate tissue. Autopsy studies show that about half of men over the age of 80 appear to have prostate cancer, and most die without ever knowing they had it. The goal, then, is to slow down its growth sufficiently so we die with the cancer rather than from it. Harvard University researchers followed more than a thousand men with early-stage prostate cancer for several years. Men with more aggressive cancer who regularly ate chicken and turkey had up to four times the prostate cancer progression risk. **On the other hand**, less than a single daily serving of cruciferous vegetables, such as broccoli, brussels sprouts, **cabbage, cauliflower, or kale**, **may cut the** risk of cancer progression by more than half.



Hot flashes, also referred to as hot flushes, are the most **common menopausal symptom** for which women seek treatment. They afflict up to **80 to 85 percent of European** and American women, lasting, along with night sweats, for an average of more than seven years. But these symptoms are not universal. Though in North America they may be considered inevitable, if you noticed, **in Japan, for example, only 15 percent may be affected**. In fact, there isn't even a term for hot flash in the Japanese language....

...Dietary surveys have estimated that soy isoflavone intake, the phytoestrogens in soy, is at least ten times higher than in Europe or North America. And one comparison of urine metabolites revealed Japanese women have a hundred times more phytoestrogens flowing through their body at any one time. To see if this might be playing a role, researchers followed a thousand Japanese women over time, starting before they reached menopause, to see if soy consumption was linked to whether or not they developed hot flashes. Women eating around four ounces of tofu a day only had half the risk compared to women only eating an ounce or two a day. The researchers concluded, "Our findings suggest that consumption of soy products is a practical strategy for preventing hot flashes."

<https://nutritionfacts.org/video/treating-advanced-prostate-cancer-with-diet-part-1/>

<https://nutritionfacts.org/video/menopausal-hot-flashes-are-not-inevitable/>

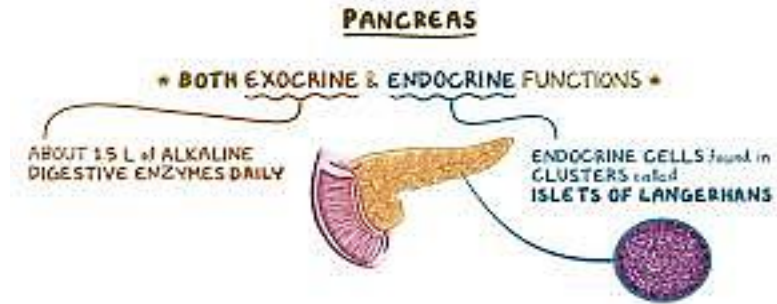
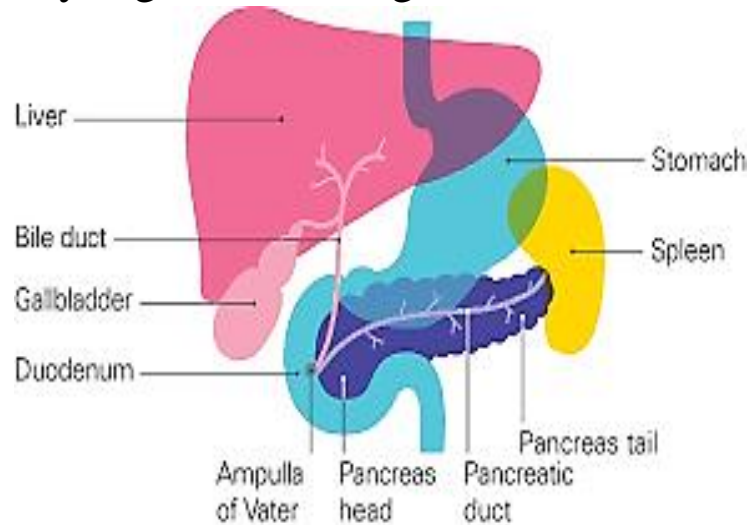
# The Pancreas

## Functions of the Pancreas

A healthy pancreas produces the correct chemicals in the proper quantities, at the right times, to digest the foods we eat. It has a dual action

**1. Exocrine Function:** producing **enzymes** important to digestion of protein, fats and carbohydrates.

**2. Endocrine Function:** producing **hormones** to maintain proper blood sugar levels which is crucial to the functioning of key organs including the brain, liver, and kidneys.



**The Islets of Langerhans:** scattered throughout the pancreas, they secrete:

1. **Insulin:** (by the Beta cells) to facilitate the absorption of glucose by cells for burning as fuel (especially important for the brain and liver), and the storage of glucose by the liver and muscles of the body. Insulin also stimulates the synthesis of proteins from the amino acids for many purposes. (cf. growth hormone!)
2. **Glucagon:** (by the Alpha cells) to dissolve glycogen (glucose in storage) to provide glucose for the blood, and – in emergencies – to facilitate the breakdown of protein into glucose for fuel.

Text: <https://bio-testing.org/app/uploads/2023/11/iv-p104-The-Endocrine-System.pdf>

# The Glucose Goddess

## The Glucose Hacks

### Hack 1: Eat foods in the right order

The right order to eat our food in to minimize a meal's glucose spike is: 1) Fiber, 2) Protein and fats, 3) Starches and sugars.

### Hack 2: Veggie starters

Veggie starters reduce the glucose spike of the meal that follows them. The objective is for the veggie starter to make up about 30% of the meal.

### Hack 3: Stop counting calories

Counting calories doesn't necessarily improve health outcomes. And not all calories are equal: calories derived from fructose are more detrimental than those from glucose.

### Hack 4: Savoury breakfast

A savoury breakfast is composed of protein (the centerpiece), fat, fiber (if possible), optional starches, and nothing sweet except optional whole fruit (just for taste).

### Hack 5: Have any type of sugar, they're all the same

All sugar is made of glucose and fructose. They all have the same impact on our body, so have the one you prefer.

### Hack 6: Pick dessert over a sweet snack

If we want to eat something sweet, it's better for our glucose to have it as dessert after a meal than as a snack between meals.

### Hack 7: Vinegar

Vinegar can be taken as 1 tablespoon in a tall glass of water (with a straw), or as a salad dressing, ideally up to 20 minutes before a meal. This reduces the spike of your meal by up to 30%.

### Hack 8: After you eat, move

After your meals, when you can, use your muscles for 10 minutes to reduce the glucose spike of the meal. Examples: walking, tidying your house, doing calf raises, etc.

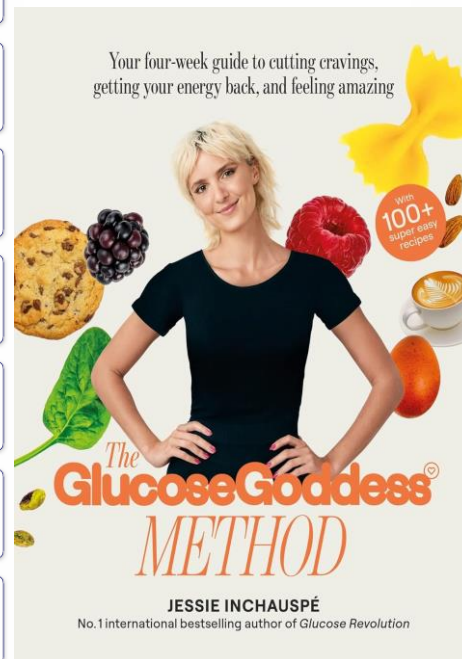
### Hack 9: If you have to snack, go savoury

Sweet snacks give us pleasure, savoury snacks give us energy. Savoury snacks include proteins, healthy fats, and fiber.

### Hack 10: Put "clothes" on your carbs

Putting "clothes" on our carbs means adding protein, fat, or fiber to starches and sugars. This reduces the speed of glucose absorption in our body.

GlucoseGoddess®



Jessie Inchauspe

<https://www.glucosegoddess.com/>

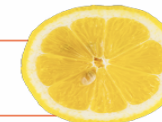
## 5 DRINKS TO SOOTHE YOUR CRAVINGS

### 1. CHAMOMILE TEA



Chamomile reduces your cravings by slowing down the breakdown of your food into glucose, giving you steadier energy. Best enjoyed after a meal, but I also love to have it as an afternoon treat.

### 2. LEMON & SALT DRINK



Sound like a weird combo? It's actually surprisingly satisfying. Squeeze half a lemon, sprinkle a pinch of salt, and add plenty of water. Not only does it help your glucose levels, it also cuts that desire to bury your face in junk food.

### 3. LIQUORICE TEA



Liquorice is a sweet-tasting plant, so having it as tea will satisfy your taste buds, without sending you on a glucose rollercoaster.

### 4. HOT CINNAMON TEA



Double the action, double the love. Both cinnamon and apple cider vinegar reduce your glucose spikes and your cravings. Mix 1 tablespoon vinegar and 1 teaspoon cinnamon with hot water. If you don't like vinegar, stick with just cinnamon or add it to your favorite green tea.

### 5. SAVOURY SMOOTHIE



Blend some protein, fat, and veggies together, and some optional fruit for taste (ideally berries), and voilà! A savoury snack to keep you satisfied. Here's an example from my book for you: blend together 2 scoops protein powder, 1 teaspoon flaxseed oil, 2 teaspoons ground flaxseeds, 3 tablespoons nut butter, 100g frozen berries, and 100ml of water.

GlucoseGoddess®



# The Glucose Goddess - Shopping

## Two rules for grocery shopping:

👉 If any of the names of sugar is in the top 3 ingredients, it will spike you.

👉 When you're looking at food in a box, like cereal, cookies, pasta, rice, cereal bars.... : if there is less than 1 gram of fiber per each 5 grams of total carbohydrates, it will spike you. Try to find things as close to 1 gram of fiber for 5 grams of carbs.



<https://www.facebook.com/102498661442807/posts/two-rules-for-grocery-shopping-if-any-of-the-names-of-sugar-is-in-the-top-3-ingr/325125905846747/>



**In dry packaged foods** (bread, cereal, cookies, cereal bars...): **for each 5 grams of Total Carbohydrate, look for at least 1 gram of Dietary Fiber.**

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories 0	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%

For every 5 grams here

At least 1 gram here

a guide by @glucosegoddess



**Avoid foods with sugar in the first 3 ingredients.**

Here are some of the many names that sugar is listed under:

Agave nectar, Agave syrup, Barley malt, Beet sugar, Brown rice syrup, Brown sugar, Cane juice crystals, Cane sugar, Caramel, Coconut sugar, Confectioner's sugar, Corn syrup, Corn syrup solids, Date sugar, Dextrin, Dextrose, Evaporated cane juice, Fructose, Fruit juice, Fruit juice concentrate, Fruit puree concentrate, Galactose, Glucose, Glucose syrup solids, Golden syrup, Grape sugar, High-Fructose Corn Syrup (HFCS), Honey, Icing sugar, Malt syrup, Maltodextrin, Maltose, Maple syrup, Muscovado sugar, Panela sugar, Pressed/Crushed fruit, Rice syrup, Sucanat, Sucrose, Turbinado sugar

a guide by @glucosegoddess



Spotting a spike:  
**Special K cereal**

**Ingredients:** Rice, whole grain wheat, sugar, chocolatey chunks (sugar, partially hydrogenated palm kernel oil, cocoa processed with alkali, cocoa, soy lecithin, artificial flavor, milk), high fructose corn syrup, salt, malt extract

Sugar is the 3rd ingredient.  
**SPIKE: NOT APPROVED**

**Total Carbohydrate 24g**  
Dietary Fiber less than 1g

24 divided by 5 is 4.8. There should be at least 4.8 grams of fiber. But there is just 1 gram.  
**SPIKE: NOT APPROVED**

a guide by @glucosegoddess



Spotting a spike:  
**Fiber One cereal**

**Ingredients:** Whole Grain Wheat, Corn Bran, Modified Wheat Starch, Guar Gum, Color (caramel color and annatto extract), Cellulose Gum, Salt, Baking Soda, Sucralose, Sugar is not in the top 3 ingredients.  
**NO SPIKE: APPROVED**

**Total Carbohydrate 25g**  
Dietary Fiber 14g

25 divided by 5 is 5. There should be at least 5 grams of fiber. There are 14!  
**NO SPIKE: APPROVED**

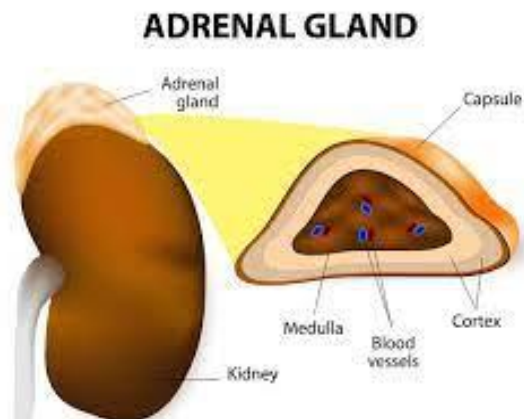
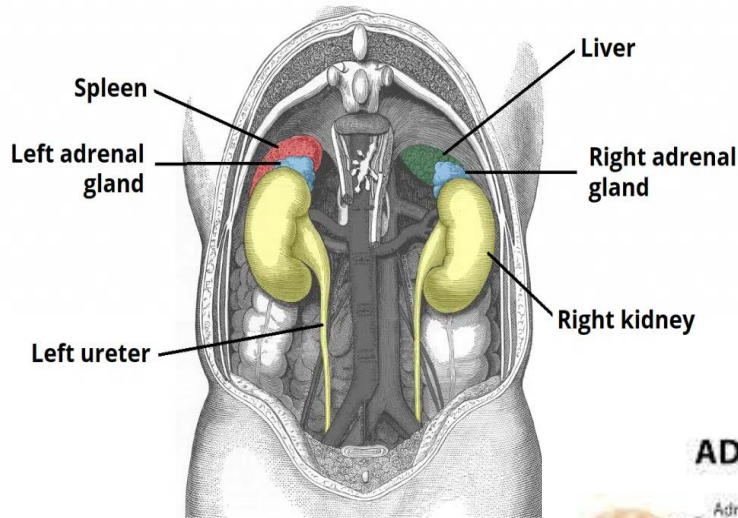
a guide by @glucosegoddess





# The Adrenals

**The Adrenal Glands:** perched atop the kidneys and consisting of the medulla or main body, and the cortex or Shell.



The medulla produces:

1. Adrenaline: It stimulates the heart, raises blood pressure, increases the circulation of blood in the muscles and dilates the air passages, especially in the bronchi. It prepares the body for fight or flight, and its production is stimulated by the sympathetic nervous system in response to anger and/or fear. Adrenaline produces a feeling of excitement.
2. Noradrenaline: to maintain an even blood pressure by adjusting vasoconstriction; to facilitate transmission of nervous energy along sympathetic nerve fibres; to promote a well-being.

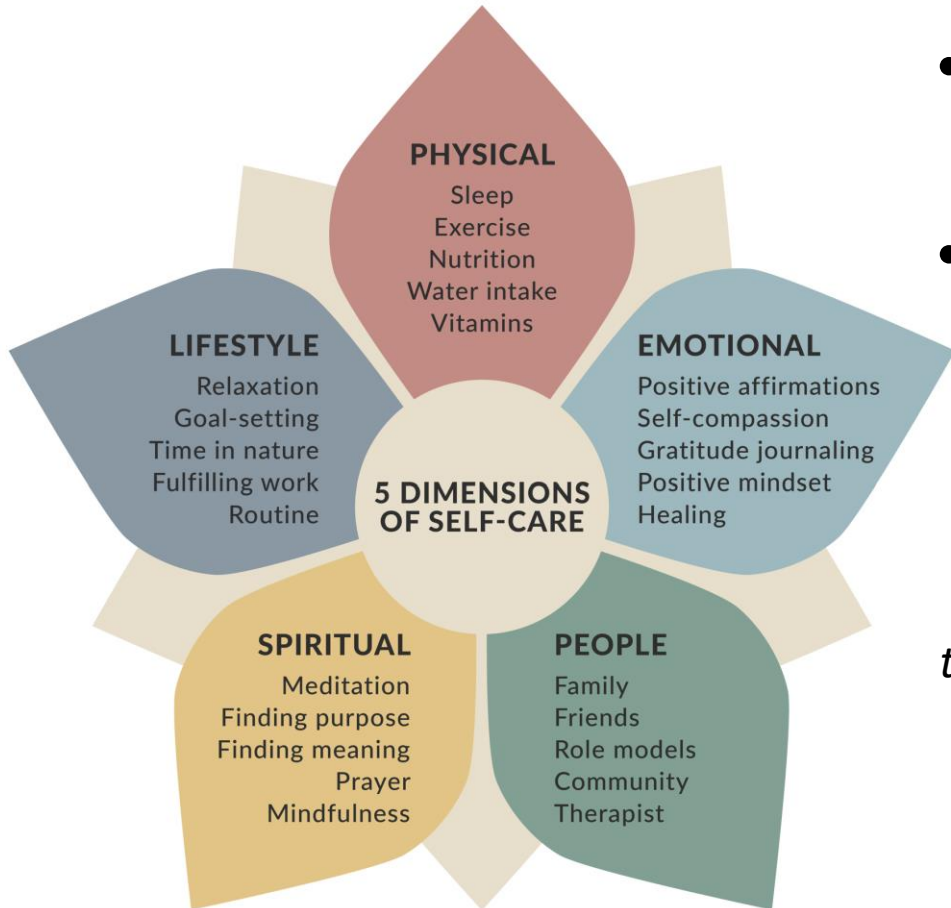
The Cortex produces:

1. Glucocorticoids, now called cortisol or hydrocortisone. In response to ACTH from the pituitary. These convert protein and fat into glucose, assist excretion of water by kidneys, help regulate blood pressure, help produce red blood cells, and act against inflammation and allergies.
2. Mineralocorticoids or Aldosterone. These increase the excretion of potassium by the kidneys and decrease the excretion of sodium and chloride. Aldosterone production is controlled by the enzyme renin produced by the medulla of the kidneys.
3. The Androgens or sex hormones: under the control of ACTH from the pituitary. They are an intermediate stage in the production of cortisol and include female as well as male hormones.

Text: <https://bio-testing.org/app/uploads/2023/11/iv-p104-The-Endocrine-System.pdf>

# The Adrenals & Stress

[https://www.mjfamilyservices.ca/home/wp-content/uploads/2022/05/The-Strengths-Based-Workbook-for-Stress-Relief -A-Character-Strengths-Approach-to-Finding-Calm-in-the-Chaos-of-Daily-Life-PDFDrive-.pdf](https://www.mjfamilyservices.ca/home/wp-content/uploads/2022/05/The-Strengths-Based-Workbook-for-Stress-Relief-A-Character-Strengths-Approach-to-Finding-Calm-in-the-Chaos-of-Daily-Life-PDFDrive-.pdf)



- Strengths- based approach
- Positive Psychology

*While positive psychology continues to have a profound impact on psychology, it also provides a rich and powerful new stimulus to the world of coaching, with clients reaping the rewards and learning how to flourish rather than simply*

*survive* (Driver, 2011).

A NEW HARBINGER SELF-HELP WORKBOOK

## *The* **STRENGTHS-BASED WORKBOOK** *for* **STRESS RELIEF**

**A Character Strengths Approach to  
Finding Calm in the Chaos of Daily Life**

*Identify & use your unique strengths to relieve stress:*

*Creativity • Curiosity • Judgment • Love of Learning • Perspective  
Bravery • Perseverance • Honesty • Zest • Love • Kindness  
Social Intelligence • Teamwork • Fairness • Leadership • Forgiveness  
Humility • Prudence • Self-Regulation • Appreciation of Beauty  
Gratitude • Hope • Humor • Spirituality*

**RYAN M. NIEMIEC, PsyD**, EDUCATION DIRECTOR, VIA INSTITUTE ON CHARACTER  
FOREWORD BY **NEAL H. MAYERSON, PhD**

PositivePsychology.com

Dr. Edward Group: <https://explore.globalhealing.com/how-to-lower-cortisol/>

# Other Endocrine Glands

In addition to the major [endocrine](#) glands, other organs have some hormonal activity as part of their function. These include the [thymus](#), [stomach](#), small intestines, [heart](#), and [placenta](#).

[Thymosin](#), produced by the [thymus gland](#), plays an important role in the development of the body's [immune system](#).

The lining of the stomach, the gastric [mucosa](#), produces a [hormone](#), called [gastrin](#), in [response](#) to the presence of food in the stomach. This hormone stimulates the production of hydrochloric acid and the [enzyme pepsin](#), which are used in the [digestion](#) of food.

The mucosa of the [small intestine](#) secretes the hormones [secretin](#) and [cholecystokinin](#). Secreting stimulates the [pancreas](#) to produce a bicarbonate-rich fluid that neutralizes the stomach acid. [Cholecystokinin](#) stimulates [contraction](#) of the [gallbladder](#), which releases [bile](#). It also stimulates the pancreas to secrete digestive enzyme.

The heart also acts as an endocrine [organ](#) in addition to its major role of pumping [blood](#). Special cells in the wall of the upper chambers of the heart, called [atria](#), produce a hormone called atrial natriuretic hormone, or atriopeptin.

The [placenta](#) develops in the pregnant female as a source of nourishment and gas exchange for the developing [fetus](#). It also serves as a temporary [endocrine gland](#). One of the hormones it secretes is human [chorionic gonadotropin](#), which signals the mother's ovaries to secrete hormones to maintain the uterine lining so that it does not degenerate and slough off in [menstruation](#).

Extracted: <https://training.seer.cancer.gov/anatomy/endocrine/glands/other.html>

# Endocrine = Connections

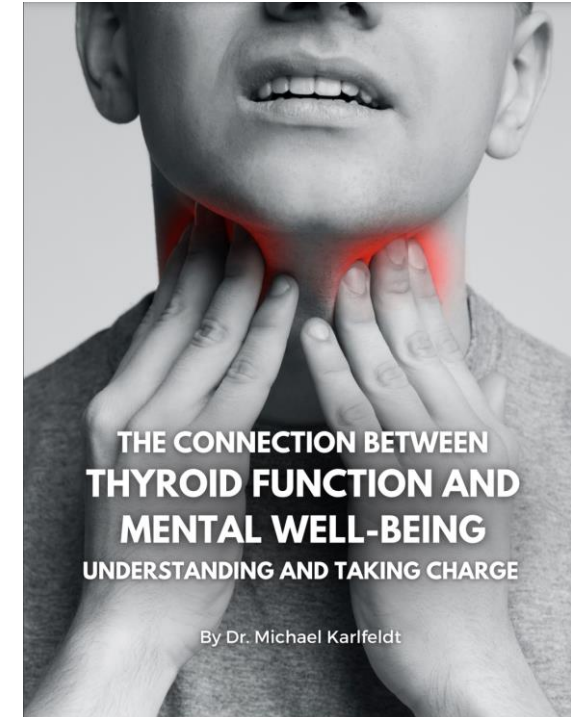
## The Silent Regulator: Thyroid's Pivotal Role in Emotional and Mental Health

The endocrine system is a network of glands producing hormones. The thyroid gland does not function in isolation but interacts with other glands and their hormones.

- **Adrenal Glands:** Chronic stress can lead to increased cortisol production from the adrenal glands. This can influence thyroid function and its impact on mood.
- **Pituitary Gland:** As discussed, TSH from the pituitary gland regulates thyroid hormone production. Disorders of the pituitary can therefore indirectly affect mood through thyroid dysfunction.
- **Gonads (Ovaries and Testes):** Thyroid hormones can influence the metabolism of sex hormones like estrogen and testosterone. Imbalances in these hormones can also contribute to mood disturbances.

In essence, while the biochemical interactions between thyroid hormones and neurotransmitters provide a direct link to mood and cognition, the broader influence on energy, sleep, and interaction with other endocrine systems underscores the complexity of this relationship. Addressing thyroid imbalances can thus be pivotal in achieving optimal mental health.

<https://www.thekarlfeldtcenter.com/author/karlfeldt/>



5. Shoulder Stand

Salamba Sarvangasana

# Zinc Tip

(Key for Thyroid, Immune & Hormone issues)

[How To Test Zinc Levels At Home - DrJockers.com](http://DrJockers.com)

Zinc, much like magnesium, is one of those nutrients that is critically important in hundreds of processes in the body. It is estimated that around 25% of the world population is actually deficient in this critical mineral. If you want healthy hormones, a strong immune system, and healthy tissues, you absolutely need to make sure your zinc levels are adequate. Not enough people know this, but there is actually a very simple method to test zinc levels in the comfort of your own home.



# ZINC

is a Mineral required by the Body to support Immune Function and assist in various Cellular Activities.

## ZINC DEFICIENCY SYMPTOMS

- ⊗ Spots on Fingernails
- ⊗ Low Energy
- ⊗ Insomnia
- ⊗ Infertility
- ⊗ Loss of Taste or Smell
- ⊗ Skin Rashes / Eczema
- ⊗ Loss Appetite
- ⊗ Lowered Immunity
- ⊗ Poor Memory
- ⊗ Sinus Problems and Allergies
- ⊗ Breast and Prostate Cancer
- ⊗ Loss of Libido
- ⊗ Frequent Colds or Flus
- ⊗ Abnormal Hair Loss
- ⊗ Slow Thinking Process

## FUNCTIONS

- ✔ Decreases Inflammation
- ✔ Suppresses Abnormal Tissue Growth
- ✔ Boosts Healthy Immune Function Supports Progesterone Production, essential for Balancing Estrogen
- ✔ Reduces risk and development of any Cancers including Esophageal, Bladder, Breast, Skin, Prostate and Head and Neck Cancers
- ✔ Supports the p53 Gene, which protects against Breast and Prostate Cancer
- ✔ Inhibits Angiogenesis
- ✔ Stimulates Apoptosis

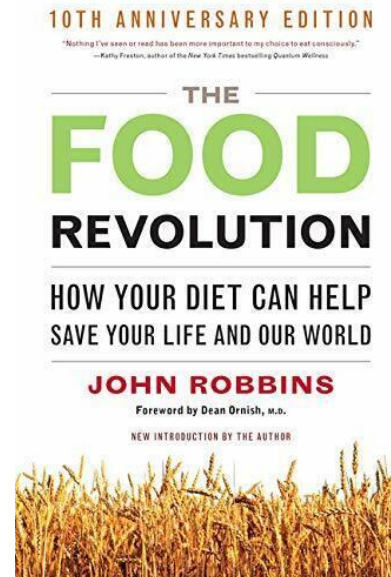
# Food Revolution Network: Food For Health with John Robbins

## Four Biggest Food Lies

1. Healthy Eating is Confusing
2. It can't be real if my doctor doesn't know it
3. Healthy Food is Boring
4. You're too small to make a difference

## Reduce risk of getting chronic disease by 80% do four things:

1. Don't Smoke
2. Maintain a healthy weight
3. Regular Exercise
4. Eat Healthful Diet (eat more plant-based and reduce more animal products)



## Plant-based diets could save millions of lives and dramatically cut greenhouse gas emissions

21 March 2016



# Food Revolution Network: Food For Health with John Robbins

## 10 Plant-powered breakthroughs to help you live your best life

1. Eat food – Real Food-Fresh Wholefoods minimally processed
2. Not too much – Eat plenty of fibre(bulk), eat nutrient rich diet
3. Mostly Plants – fresh vegetables and fruits are most nutrient rich
4. Coffee – number 1 source of antioxidants (not for everyone, no sugar and cream)
5. Eat mushrooms – help fight cancers (particularly hormone related cancers)
6. Eat berries – good for brain, heart, blood sugar and overall health
7. Eat beans – protein, fibre - beans can add years to your life
8. Eat greens – prevents cancer, heart disease, diabetes, osteoporosis, dementia
9. Spices – spice up your food, major health benefits - turmeric, garlic, ginger, cinnamon
10. Habits – establish empowering healthy habits in your life

You can Join up at: <https://thriving.foodrevolution.org/masterclass/>

# Breakout Rooms

## Discussion

*Are you gland?*

*What empowering  
healthy habit would  
you like to establish in  
your life?*

Discuss

10 mins



When you come back please put in the chat 3 common that your group had come across.

***Please add the number of your room (Room 1) when giving feedback in the chat***



# Herbs

All hormones in the body, are regulated through the endocrine system (adrenals, thyroid, testes/ovaries, pituitary, pancreas). Stress plays a big part in causing an imbalance in this sensitive balancing act. Fortunately, there are many wonderful botanicals (known as adaptogens) that are well known for supporting and nourishing these glands in their important work.



**Other great superfoods that might be in your pantry:**

**1. ACTIVATED CHARCOAL:** Known for its ability to bind to certain poisons, heavy metals, and other toxins and flush them from your body, making it a wonder substance for acute and general detoxification.

**2. RAW APPLE CIDER VINEGAR.** A natural detoxifier, raw **apple cider vinegar** helps decalcify the pineal gland due to its malic acid properties. Malic acid is an organic compound that gives fruits their sour taste. When taken as a supplement, it supports the digestive system and helps the body detoxify.

Hypothalamus – Holy Basil, Ginkgo Biloba

Pituitary - Chaste Tree, and Sarsaparilla

Pineal – Artemisia (wormwood), Gotu Kola

Thyroid – Ashwagandha, Ginger

Parathyroid - Chaste tree, Rhodiola

Thymus – Echinacea. Garlic, Thyme



Sex Organs (F) Maca, Red Clover, Black Cohosh, Wild Yam, Vitex

Sex Organs (M) Saw Palmetto, Small flowered willow Herb

Pancreas – Cascara, Dandelion

Adrenals –Eleuthero, Schisandra



Stomach – Liquorice, Slippery Elm.

Small intestine – Centaury, Swedish bitters

Heart – Mothwort

Placenta - Maintaining a healthy diet, staying hydrated, managing stress, and getting proper rest can all contribute to a healthy pregnancy.



<https://pubmed.ncbi.nlm.nih.gov/32147060/>

Randomized Controlled Trial 2020 Mar:49:102315.

The effect of fenugreek seed supplementation on serum irisin levels, blood pressure, and liver and kidney function in patients with type 2 diabetes mellitus: A parallel randomized clinical trial

# Homeopathy

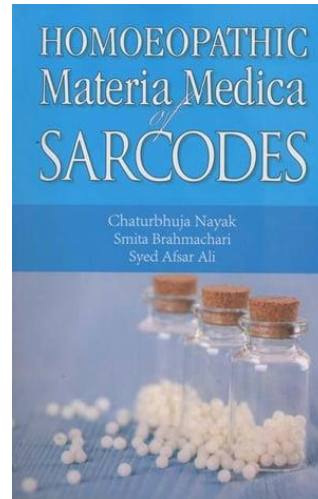
Nosodes are homeopathic remedy made from diseased tissue. In BT&T they are in the chart (Yellow & Blue) and used to identify toxic matter affecting the body (Chemical - Nosode/Microbe).

Sarcodes not as well-known in BT&T or indeed in homeopathy, but potentially extremely useful, this work will familiarise you with remedies made from the secretions of - or directly from, healthy animal or human tissue.

The clinical uses of each sarcode are highlighted – and where there is direct clinical experience of a benefit from the remedy, this is stated.

For example, George Vithoulkas has used adrenalin in potency extensively and with good effect for men with high blood pressure.

[www.helios.co.uk/shop/homeopathic-materia-medica-sarcodes](http://www.helios.co.uk/shop/homeopathic-materia-medica-sarcodes)



Other major sarcodes you may find useful to familiarise yourself with in practice include the Endocrine glands:

Anterior- (the master-gland of the body) together with Posterior-Pituitary, Thyroidinum, and Thyroid Stimulating Hormone, Orchitinum (from the testes), Folliculinum and Oopherinum.

**“Sarcodes contain the information of the biological structure of an organ. By resonating the organ structure energetically, similar to plucking a string or ringing a crystal chime, the organ's natural healing energy is stimulated; this not only supports optimal organ function, but also tends to throw off toxins (namely inorganic heavy metals) at the same time.”**

– David Lowenfe

David Lowenfe Quote: <https://www.brmi.online/homeopathic-sarcodes-organotherapy>

# Other's ideas

“**REAL SIMPLE**” is your go-to source for practical, useful and clever solutions to make every aspect of your busy life easier:

<https://www.realsimple.com/how-to-balance-hormones-naturally-7554228>

1. Focus on eating enough fibre
2. Pump the breaks on your sugar intake
3. Manage stress
4. Stay active
5. Reduce your exposure to endocrine disruptors

<https://www.foundationforlivingmedicine.org/>

**Dr. Gladys Taylor McGarey** is internationally recognized as the **Mother of Holistic Medicine**.

A 102-year-old doctor has revealed her surprising tips and tricks or a longer life.

**Top Tips** 'My days are pretty simple -

I make sure to stay hydrated throughout the entire day

Stretch in the morning and at some point, get my 3800 steps in with my walker

Eat something light for dinner so I don't go to bed with a heavy stomach

Get plenty of rest. Just about every aspect of my routine is geared toward lining up my purpose and keeping things moving. 'This keeps my life force active and healthy.;

<https://www.dailymail.co.uk/femail/health/article-12143547/102-year-old-doctor-reveals-surprising-advice-long-life.html>

“**One of the best ways to help yourself maintain a healthy lifestyle is to practice Qigong**”.

Qi means "energy" and Gong means "to work with" so simply put Qigong means working with the body's energy.

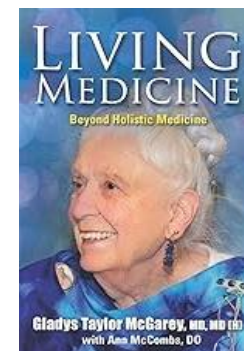
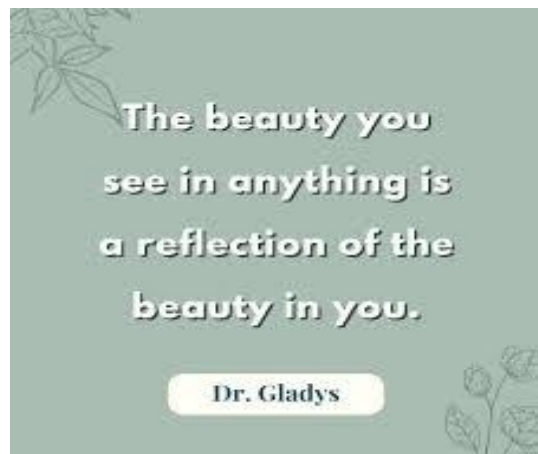
**Master Chunyi Lin**

“Chi Buttons” for clearing energies

<https://www.springforestqigong.com/qigong-every-day>

[https://www.youtube.com/watch?v=c\\_HZuAHk\\_kU](https://www.youtube.com/watch?v=c_HZuAHk_kU)

<https://www.facebook.com/reel/1068486731169932>



# Mindful Eating



**BEWARE! 7 Food Eating Habits That Are Destroying Your Health & Body | Unhealthy | Food | Sadhguru**  
<https://www.youtube.com/watch?v=tGoXCguqnCc&t=7s>

**No.1 Superfood For Women Health - Avoid Multiple Health Problems | Healthy Food | Sadhguru**  
<https://www.youtube.com/watch?v=SkI5ZlspLDk>

<https://www.mindful.org/6-ways-practice-mindful-eating/>

## 6 Ways to Practice Mindful Eating

### Mindless Eating

- 1 Eating past full and ignoring your body's signals
- 2 Eating when emotions tell us to eat (i.e., sad, bored, lonely)
- 3 Eating alone, at random times and places
- 4 Eating foods that are emotionally comforting
- 5 Eating and multitasking
- 6 Considering a meal an end product

### Mindful Eating

- Listening to your body and stopping when full
- Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
- Eating with others, at set times and places
- Eating foods that are nutritionally healthy
- When eating, just eating
- Considering where food comes from



# Dates for your Diary

BTTI Workshop  
March 2024 10am – 1pm  
Stillorgan Dublin

**Next BTTI Zoom Event**  
June 2024

BTTI AGM July 2024

# Merry Christmas

On behalf of the BTTI committee I would like to wish each and everyone of you a season full of light, peace and laughter for you, your friends and family.

May the magic and wonder of the holiday season stay with you throughout 2024



## *Christmas gift suggestions:*

*“To your enemy, forgiveness.*

*To an opponent, tolerance.*

*To a friend, your heart.*

*To a customer, service.*

*To all, charity.*

*To every child, a good example.*

*To yourself, respect.”*

*Oren Arnold*

*Novelist, journalist and humourist*

# Contacts

Our web page [www.bio-testing.org](http://www.bio-testing.org)

News - For resources from today's session

**For membership form**

**[www.bio-testing.org/membership/](http://www.bio-testing.org/membership/)**

**Email:** [bttiireland@gmail.com](mailto:bttiireland@gmail.com)

**WhatsApp Members Support Group:** +447518434779



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