

'I am GLAND'

How are your Hormones?

If you skew the endocrine system,
you lose the pathways to self.
When endocrine patterns change,
it alters the way you think and
feel. One shift in the pattern tends
to trip another.

Hilary Mantel

26th November 2023



Bio-Testing & Therapy International

Bio-Testing & Therapy Presentation

Host

Eoin MacCuirc

Welcome

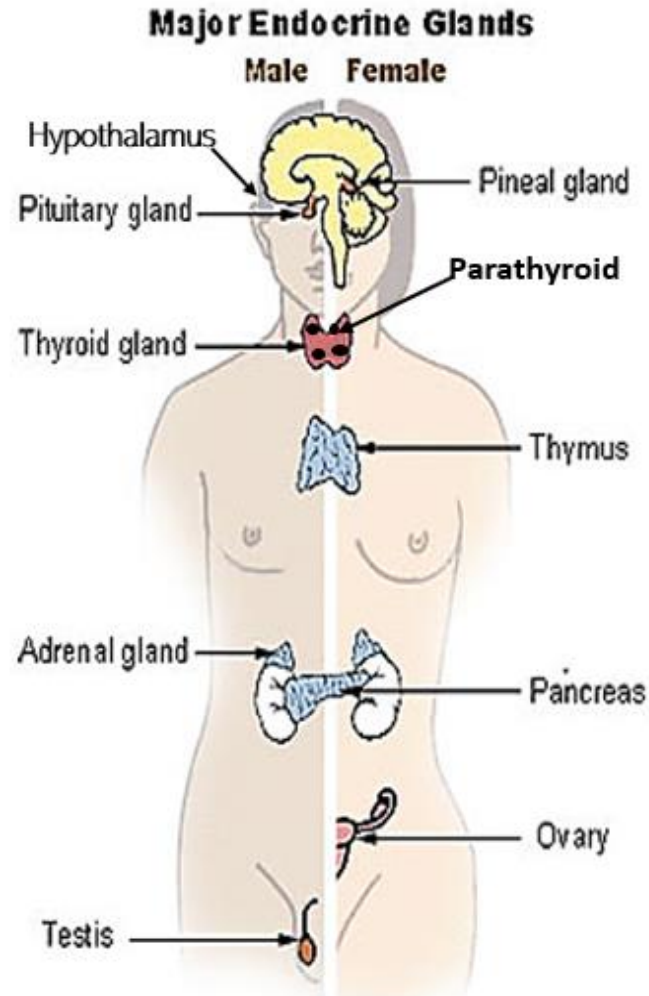
Tips for Meeting Attendees

- ***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**

'I am GLAND' How are your Hormones?

**Sunday
26th November 2023
Top to Bottom**

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



**Sunday
17th December 2023
Bottom to Top**

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

Diagram Extracted:

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

Freddie Fox



Extracted
F. J. Fox
8th July 1989

Freddie has written much on the endocrine system which there will be references to throughout the presentation but this extract from his work, 'A practical protocol for EAP Testing and Physiological Therapy' gives us a very good place to start...

The Procedure:

1. The Hypothalamus: This small, cone-shaped hollow organ in the centre of the head is the master control centre for the physiological state and functioning of the body. If the hypothalamus itself is out of order, there is little point in trying to deal with other problems. The hypothalamus must be given top priority. So, it makes sense to start EAP testing with the acupoint for the hypothalamus just above the attachment of the ear each side of the head. Almost inevitably a high or low reading (above or below 54 on the analogue scale of the measuring device) indicates a focus on the hypothalamus.... What happens then is that the autonomic nervous system throughout the body is likewise disturbed, since it lies under the control of the hypothalamus and all the readings for other parts of the body follow suit....High readings indicate hyperactivity. Low readings indicate hypo-activity, If the readings are 30, it may indicate a problem of Chronic Fatigue (e.g., Post Viral Fatigue Syndrome). Read on.....

<https://bio-testing.org/app/uploads/2023/11/iv-p4-A-Practical-Protocol-for-EAP-Testing-and-Physiological-Therapy.pdf>

Dr Rangan Chatterjee

Is a British physician, author, television presenter and podcaster. He is best known for his TV show *Doctor in the House* and for being the resident doctor on *BBC Breakfast* and as a regular contributor to *BBC Radio*!

“My life goal is to inspire 100 million people to start living a healthier lifestyle. Ambitious? Yes. But I truly believe that together, as a community, it’s something we can achieve”.

“Every day, for at least 15 minutes, be selfish, and enjoy some time for you.” Dr R Chatterjee

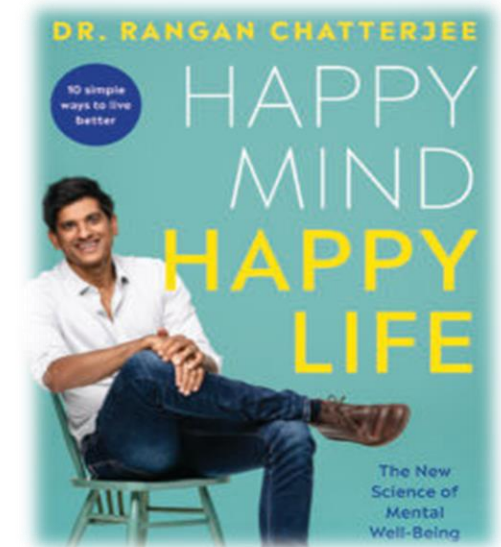
“Every Friday, I send out an exclusive email with the five top things that have improved my life that week”

Sign up to ‘Friday Five’

<https://drchatterjee.com/>

AT THE VERY INSTANT THAT YOU THINK, “I AM HAPPY,” A CHEMICAL MESSENGER TRANSLATES YOUR EMOTION, WHICH HAS NO SOLID EXISTENCE WHATSOEVER IN THE MATERIAL WORLD, INTO A BIT OF MATTER SO PERFECTLY ATTUNED TO YOUR DESIRE THAT LITERALLY EVERY CELL IN YOUR BODY LEARNS OF YOUR HAPPINESS AND JOINS IN.

- DEEPAK CHOPRA -



Breakout Rooms

Personal introductions

'Are you Gland'?

Discuss

10 mins

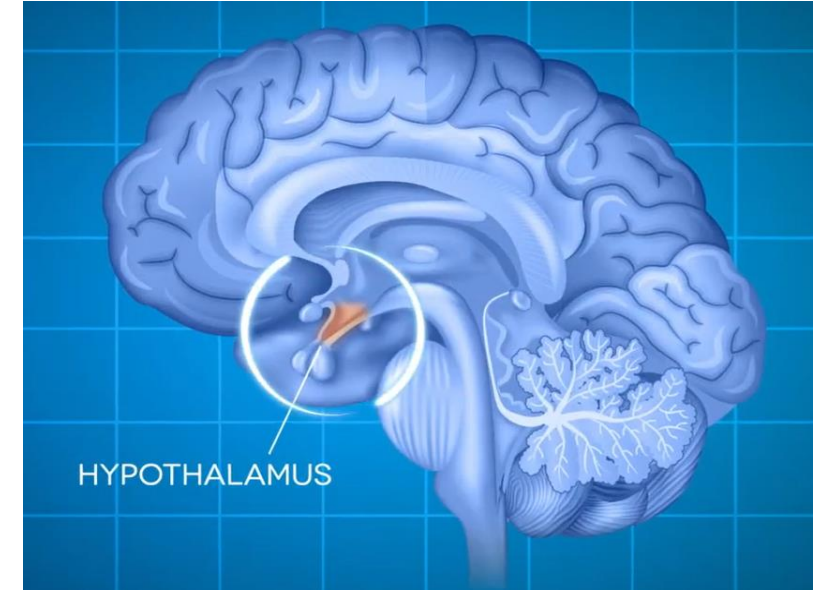


When you come back, please put in the chat 3 common themes that your group had come across.

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

The Hypothalamus

All our hormones and neurotransmitters work together as one dynamic system to help us maintain optimal health and keep us happy, focused, and peaceful. They are like a finely orchestrated symphony that must work together to keep everything in balance. Further Reading: nce. The 'command and control' centre for this process is in your brain. It is made up of the hypothalamus and pituitary glands.



Your hypothalamus is the boss of your entire body!

The hypothalamus EAV Point is the little hollow at the top of each ear just above the attachment of the ear each side of the head.

“The hypothalamus is one of the most important parts of the brain, involved in many kinds of motivation, among other functions. The hypothalamus controls the "Four F's": fighting, fleeing, feeding, and mating.”

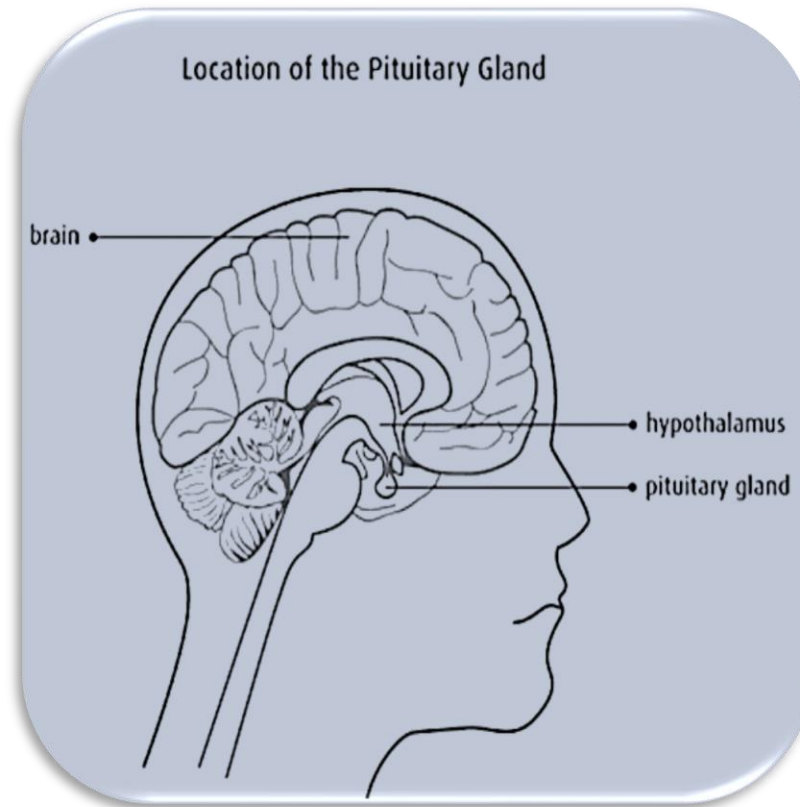
Marvin Dunnette

<https://drhyman.com/blog/2010/05/22/are-your-hormones-making-you-miserable-2/>

<https://genesgold.com/hypothalamus/hormones-of-the-hypothalamus/>

The Pituitary

The pituitary is a small, pea-sized gland. It is found at the base of your brain, in line with the top of your nose, just below the hypothalamus. The hypothalamus pituitary axis acts as the maestro of the endocrine orchestra. It tells other glands in your body what to do.



The pituitary gland is behind the nasal cavity and lies just above a sinus (sphenoid sinus). The pituitary gland is connected to a part of the brain called the hypothalamus they are connected by a structure called **'the infundibulum'**

Location extracted:

<https://cancer.ca/en/cancer-information/cancer-types/pituitary-gland-tumours/what-are-pituitary-gland-tumours/the-pituitary-gland>

The Pineal Gland

The pineal gland was commonly called the “third eye” for many reasons, including **its location deep in the centre of the brain and its connection to light via the circadian rhythm and melatonin secretion** (the hormone of darkness) which is responsible for sleep-wake/ Serotonin/ ‘Happy Hormone’ cycle.

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



Hank Grebe / Getty Images

Autopsy studies have shown that the average size of the pineal gland is similar to that of a grain of rice.

Quote: <https://quotesgram.com/img/pineal-gland-quotes/13402824/>

Diagram: <https://www.verywellhealth.com/pineal-gland-anatomy-4774967>



Third Eye

By Emma Mills

This one true Eye, it beckons me;
To visualize what You can not see.
To escape our bodies, fleshly dense,
Is what I know as common sense.

Knowledge continues to multiply,
As I come to understand
My Third Eye

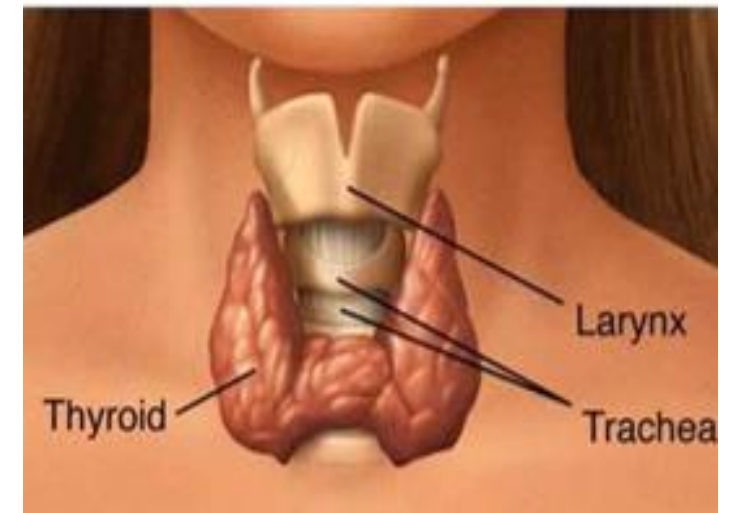
Many spiritual traditions believe the ‘third eye’ serves as a connection between the physical and spiritual worlds.

The Thyroid

Is located in the lower throat. Weighs about 20 grams.

In response to TSH from the pituitary it secretes:

1. Thyroxine to control the metabolic rate, the heartbeat (together with adrenaline and the sympathetic nervous system), the level of cholesterol, and the production of vitamin A from carotene.
2. Calcitonin: to limit the amount of calcium & phosphorus in the blood by balancing the effects of parathormone from the parathyroid glands.



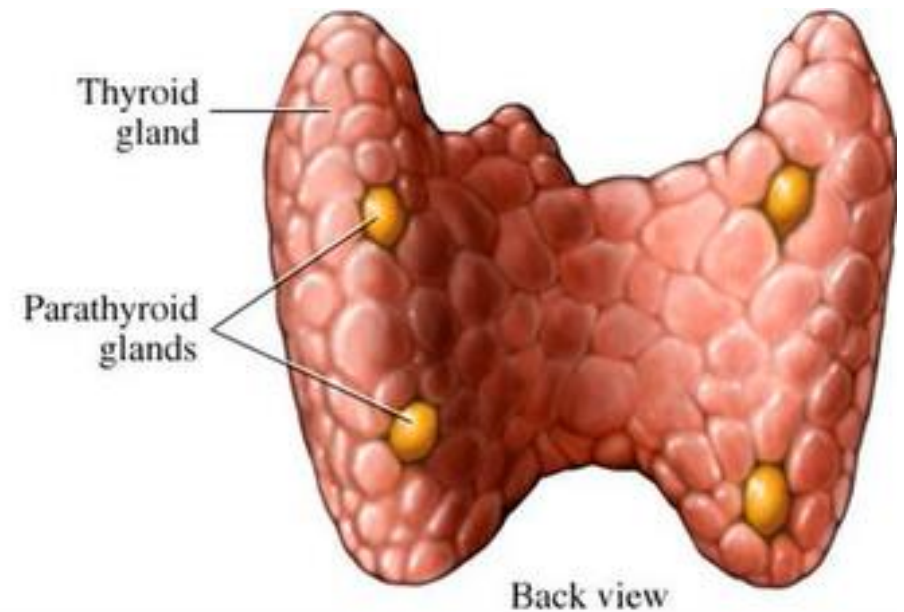
Text: <https://bio-testing.org/app/uploads/2023/11/iv-p104-The-Endocrine-System.pdf>

Diagram: <https://slideplayer.com/slide/10744500/>

The Parathyroids

The Parathyroid Gland: four small glands embedded in the thyroid, two each side. They secrete:

1. Parathormone to raise the level of calcium & phosphorus in the blood when necessary, by increasing solubility in the bones and reducing the excretion by the kidneys.
2. Calcitonin: As above. It seems some calcitonin is also secreted by the parathyroids although most of it is secreted by the thyroid.



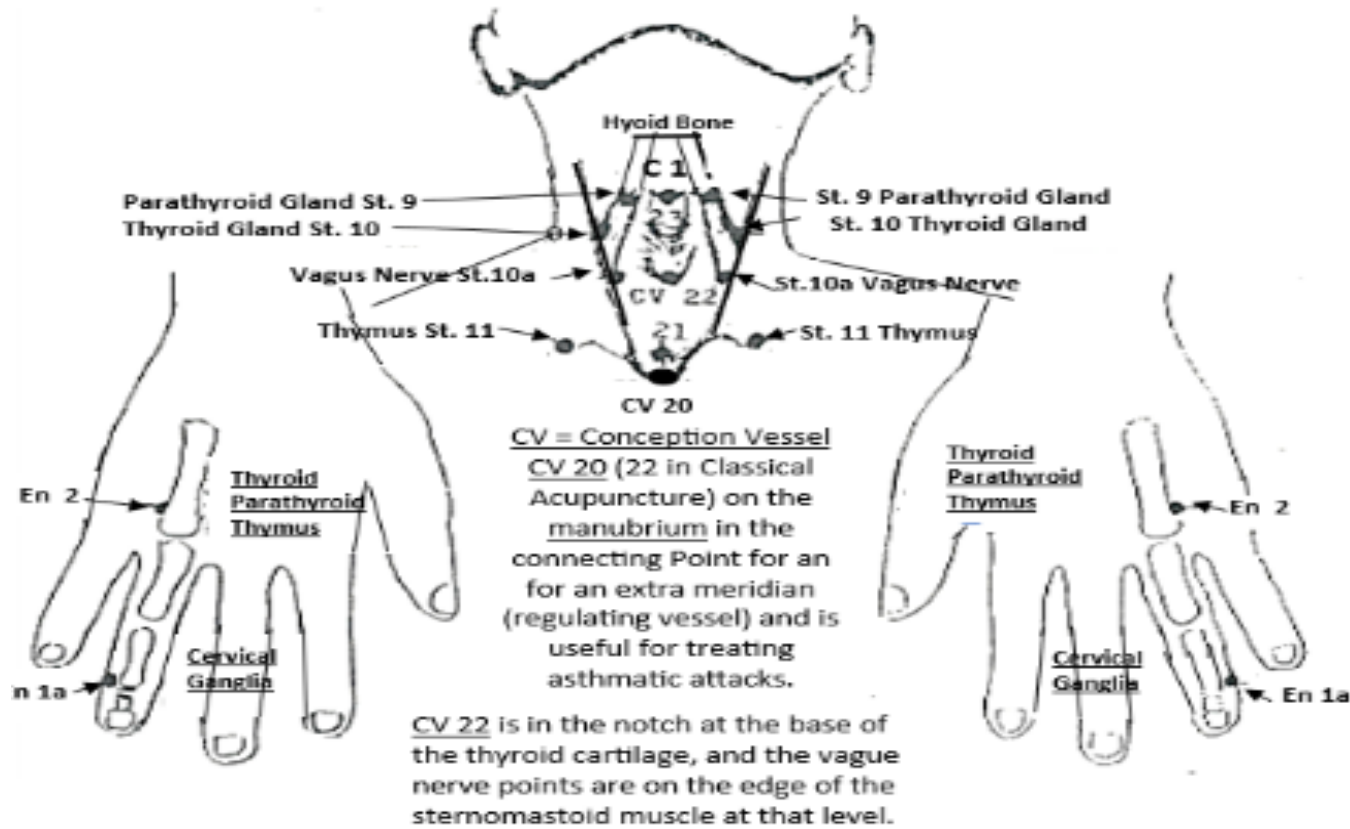
N.B. If the serum level of calcium & phosphorus is too high, a calcium spur may form on the point of contact of the heel with the shoe or in any joint which is stressed. Also, on a stressed area of the spine, or on the mandible.

Autonomic N.S.: The THYROID, PARATHYROID & THYMUS GLAND

with related permeable points on the HANDS

©

F.J. Fox, M.D. (Med. Alt.)
21 Halewood Rd,
Liverpool L225 3PH
6th Oct. 1086



The thyroid gland is innervated by the 3 pairs of cervical ganglia which lie immediately in front of the Cervical Vertebrae in the middle and lower parts of the neck. En. 1a is related to all 3 pairs.

The parathyroid gland is innervated by the lower pair of cervical ganglia only.

The thyroid gland secretes thyroxine and calcitonin. The latter hormone keeps the level of calcium in the blood down to normal.

The parathyroid gland secretes parathormone which raises the level of calcium and serum of the body.

When the two are in balance, Calcium metabolism in the body is normal.

When the two are in imbalance, calcium metabolism is out of balance.

If the levels are too high, calcium spurs and deposits form.

If the level is too low, white flecks appear in the fingernails, and cramps may occur.

Osteo arthritis is related to faulty calcium metabolism, as in osteo-arthritis.

When the calcium level is too high, calcium is wasted through the liver, passing through the bile ducts into the duodenum. The initial bile ducts may get blocked with calcium. Gallstones may form in the gall bladder.

The cervical ganglia nerve signals are often distorted by the presence of chemicals such as methyl paraben or formaldehyde from shampoo and hairspray, chlorine from soap powders, or metals from the fillings in teeth. These should be massaged down into the bloodstream from the deep lymphatics in the neck.

CV 23 is in the notch at the top of the thyroid cartilage and serves for determining the level of the St 9 points for the parathyroid glands.

The St 10 points for the thyroid gland are at the creasing points of the sternomastoid and the omohyoid muscles.

<https://bio-testing.org/app/uploads/2024/02/ii-p22-The-Thyroid-Parathyroid-Thymus-Gland.pdf>

The Thymus

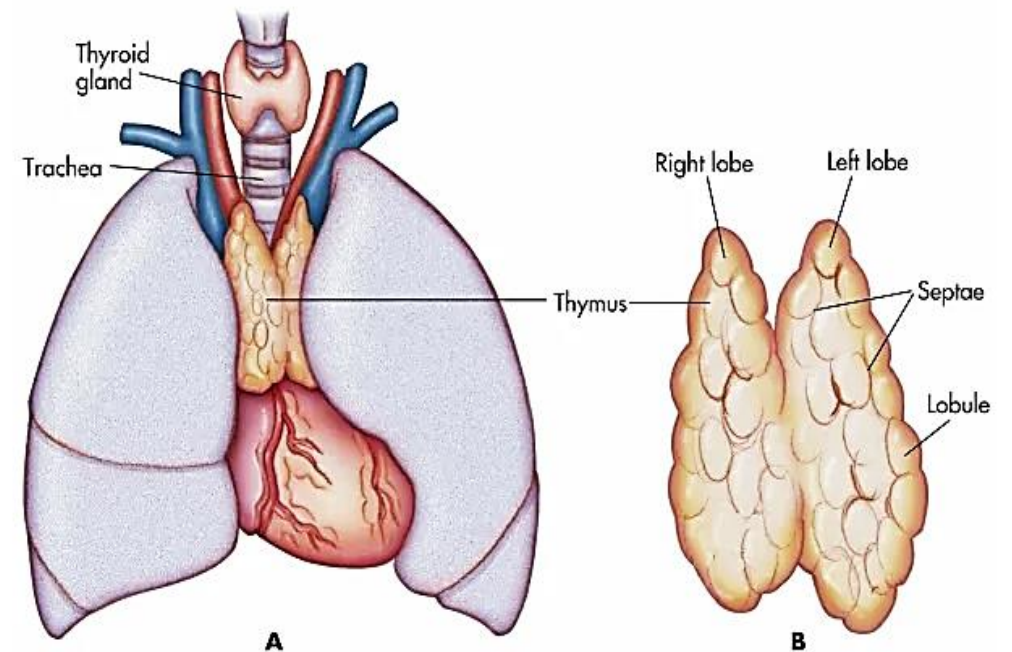
Is located under the upper sternum has to do with the development of immunity which enables the body to reject and destroy protein other than its own.

Although most important in infancy and childhood, it is now known to play an important role also in adults.

It produces T-cells, which stimulate phagocyte activity.



Thymus Gland



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

Illustrations: <https://medika.life/the-thymus/>

Breakout Rooms

Discussion

What do you know about your endocrine system?



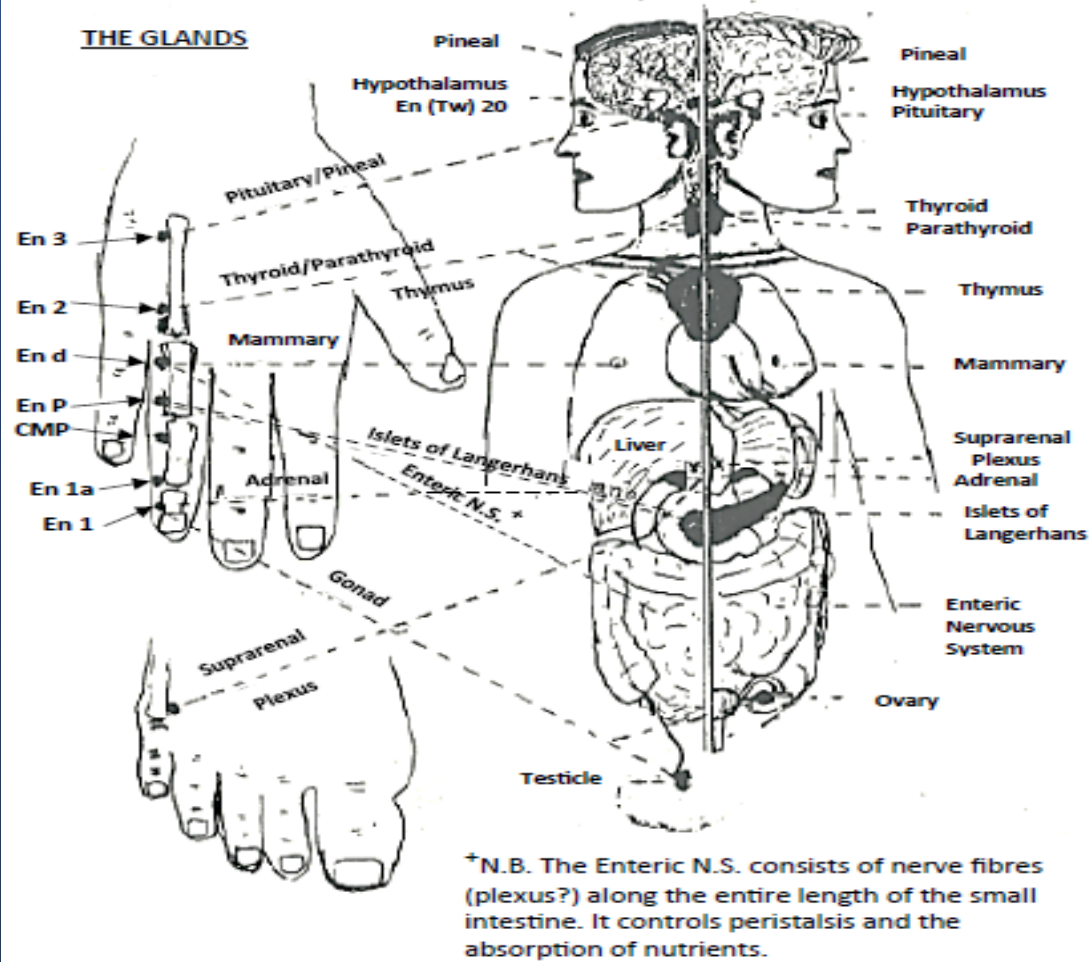
When you come back please put in the chat 3 common that your group had come across.

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

The ENDOCRINE SYSTEM and Related Permeable Points on the 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



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: (endocrine) - estrogen / progesterone (exocrine) - ova

TILDA - The Over 50s in a Changing Ireland



#400 The New Science of Living a Longer and Healthier Life with Professor Rose Anne Kenny [Feel Better, Live More with Dr Rangan Chatterjee](#)

<https://podcasts.apple.com/gb/podcast/feel-better-live-more-with-dr-rangan-chatterjee/id1333552422?i=1000634002845>

TILDA is a large-scale, nationally representative, longitudinal study on ageing in Ireland, the overarching aim of which is to make Ireland the best place in the world to grow old. Professor Rose Anne Kenny is a medical gerontologist, Founding Principal Investigator and the author of the international bestseller *Age Proof: The New Science of Living a Longer and Healthier Life*.

<https://tilda.tcd.ie/>

<https://drchatterjee.com/the-new-science-of-living-a-longer-and-healthier-life-with-professor-rose-anne-kenny/>

This is a wonderful and practical conversation that is going to give you a variety of simple ways to play the long game when it comes to ageing. And the empowering message is that it's never too early or too late to start.

Simple Self Help

Chakras

Colour therapy

Music (frequency)

Exercise

Strong Support System (Friendships)

Mindful Eating



Endocrine - Colours - Chakras

Endocrine Gland	Colour	Chakra
Pineal	Purple	Crown
Pituitary	Indigo	Third eye
Thyroid/Parathyroid	Blue	Throat
Thymus	Green	Heart
Pancreas	Yellow	Solar Plexus
Adrenals	Orange	Sacral
Gonads	Red	Base/Root



1. Wearing colours (scarves/clothes/glasses)
2. Drinking water from coloured glass bottles
3. Eating colourful foods
4. Using coloured crystals
5. Using colours in your home
6. "Tap" in colour energy

FREQUENCY MUSIC

All 7 Chakras Healing Music, Full Body Energy Cleanse, Aura Cleanse, Chakra Balancing

<https://www.youtube.com/watch?v=FsF97Xhf9h8>

285 Hz 🎧 "Healing Hands" 🎧 Theta Binaural Beats Total Healing 🎧 Restructure Damaged Organs [#GV56](#)

<https://www.youtube.com/watch?v=8WEyvmOukaY>

Exercise

“Exercise is one of the ways we can communicate to our body and to our endocrine system/glands to secrete our hormones at the correct levels” - movement has such a powerful impact on hormones

Some of the benefits

- Balanced energy
- A sense of calm and relaxation
- Improved balance and coordination
- Improved flexibility and mobility
- Improved overall health, happiness and well-being.

Conclusion: In terms of health benefits exercise has no alternatives. So, whatever the reason might be, the **effects of exercise on body systems** keep one healthy, jolly, disease resistant and in sound mind.

It is important that you choose the right exercise for you otherwise it can turn into distress and becomes detrimental to your hormones – what suits differs from person to person

Start Simple.....

- *Walking*
- *Qi Gong*
- *Dao Yin (Dow-In)*
- *The Rosen Method*
- *Yoga*

A quickie

The Hormone Hook up
Donna Eden Energy Medicine

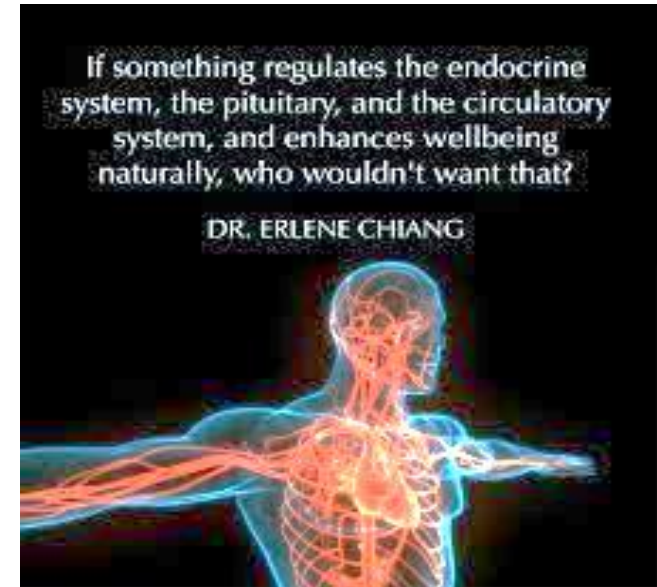
<https://www.youtube.com/watch?v=Dkdf69PDKAQ>

Rosen Method YouTube Clip

<https://youtu.be/AXSx0ncOOt8>

<https://adielgorel.com/how-qigong-enhances-health-focus-by-teaching-us-to-be-mindful>

*Qigong is the Mind-Body Exercise
That Heals You Erlene Chiang*



Yoga as an Exercise

Yoga can be helpful for people who lead a sedentary lifestyle and inactivity is the cause of the imbalance, yoga poses can help manage the symptoms of hormonal imbalance.

These exercise can boost hormone circulation, improves organ function, physical condition and improves the state of mind. So, yoga as an exercise has effects on endocrine system too that might improve the overall condition.

PHENOMENAL RESULTS ! This One Exercise Will Change Your Life | Every Morning 21

Times/Sadhguru....<https://www.youtube.com/watch?v=HLha33SzaaU>

The Incredible Benefits of Surya Namaskar Sadhguru...SUN SALUTATION

<https://www.youtube.com/watch?v=OBds5NZ4PRs>



Mindful Eating

<https://justingredients.co.uk/blogs/posts/nourishing-your-endocrine-system-five-foods-to-keep-it-happy>

Nourishing Your Endocrine System: Five Foods to Keep It Happy 🍴🔪

1. Leafy Green Vegetables 🌿
2. Omega-3 Fatty Acid-Rich Foods 🐟
3. Berries 🍓
4. Fermented Foods 🥒
5. Nuts and Seeds 🌱



“The critical part with meal spacing is that you stabilize your hormones so that you do not have those spikes in insulin that occur when you eat large meals.”

Ian K. Smith

Mushrooms



Shiitake

Use for Immune System Boosting, Cancer Prevention, Cholesterol Reduction, Diabetes Prevention and Improved Bone Health.



Maitake

Use it to help manage diabetes, gut health, brain health, to “enhance immune function” and to treat AIDS and cancer.

One long-standing practice that persists today is the use of adaptogens. As part of a daily health and wellness routine, these special mushrooms and botanicals can help the body resist stress-induced changes and restore natural homeostatic balance.

How Mushrooms Support Hormone Balance

Since so many of the body’s vital functions are mediated by hormones, keeping them steady is crucial. When regularly included in the diet or taken in supplement form, the bioactive compounds found in the adaptogenic mushrooms chaga, cordyceps, maitake, reishi, and shiitake can do just that.

<https://ommushrooms.com/blogs/blog/mushrooms-for-hormone-balance-m2>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7826851/>



Reishi

Use it to boost your immune system, when stressed or anxious, to feel more balanced & get deeper sleep. an excellent liver tonic



Cordyceps

Use it to defy aging, provide long-lasting energy, improve athlete performance, heart health, anti-inflammatory and in type II diabetes.



Chaga

Use to lower cholesterol/blood sugar levels, slowing cancer growth, boost immunity, and reducing, blood pressure/inflammation.

PUBLIC DRINKING WATER

In 1986 Freddie wrote a paper 'Focus on Fluoridation' warning of the danger of fluoride to health, and in the early 90's in England alongside him Sr. Rachel in Ireland fought this 'Mass to stop the Fluoridation of Public Drinking water.



In April, this year BTTI supported the 'Environmental Gathering' and organised 'Zoom Health Chats'

In April '23 Prof. Vyvyan Howard & Chris Neruth, brought us up to date with the most recent Health research & reports.

In Oct '23 Walter Graham gave of his knowledge and experience of fighting this issue on a 'Human Rights Issue'

Outcome: If you're drinking unfiltered tap water there's a good chance you're consuming some of the 300+ chemicals in our environment today.

Included in most water supplies are:

- Chlorine
- Fluoride
- Heavy metals
- Microplastics (Endocrine-disrupting chemicals)
- Limescale



What you don't want - but it can happen

Harmful Bacteria / Parasites

Synthetic Hormones

Drugs

Volatile Organic Compounds (VOCs)

Pharmaceuticals

Water providers differ; Find out what is in your water – under the 'freedom of information act' you can request results of water tests for your own area by writing to your local water board.

PFAS 'Forever Chemicals'

A Worldwide Problem

We know very little about the health and environmental toxicity of the vast majority of this huge group of chemicals. What we do know, is that the ones that have been studied in depth are toxic.

We know they can cause harm to both humans and wildlife, and we know that once they get into our environment there is virtually no way we can get rid of them. Almost all the PFAS ever made are still out there in our environment today.

Continuing to produce and use PFAS at our current rate is simply a risk too great to accept.

[PFAS and Forever Chemicals - Drinking Water Inspectorate \(dwi.gov.uk\)](https://www.dwi.gov.uk)

'Dark Waters' Trailer <https://www.youtube.com/watch?v=RvAOuhyunhY>

Extracted - Jersey Water: PFAS Catalyst for Disease

Written by Sarah Jane Simon – Summer 2022

Conclusion

“Water, the elixir of life on planet earth; and here is humanity collectively destroying its unique pure qualities by polluting it with toxins. PFAS toxins being unique in that they bond to protein. **Every global governing institution instrumental in protecting life on earth is neglecting the seriousness of PFAS manufacture**, for all life on earth today is being affected by PFAS toxins. The impact of this manmade poison has permeated the natural world potentially creating an apocalyptic type of tragedy, in that it is negatively altering DNA, essential for all known forms of life. I wonder if the evolution of DNA sequencing will cater for these manmade PFAS chemicals, time will tell”.

My Advice: “Your mains water contains PFAS as confirmed by Jersey Water. You can reduce exposure by using an alternative or treated water source for drinking, food preparation, cooking, brushing teeth, and any activity that might result in ingestion of contaminated water”

<https://www.bbc.co.uk/news/world-europe-jersey-66361242>

Toxic Blockage

Proper lymph function is imperative for a healthy body!

It is very important to keep our filters clear so that toxic overload does not happen in the filters so we must clear our Kidneys, Spleen, Liver and Bile

BT&T use Lymph drainage exercises

LYMPH DRAINAGE EXERCISES 1

7 Lymph Drainage exercises in a Bio-Testing & Therapy Treatment



BT&T Clearings

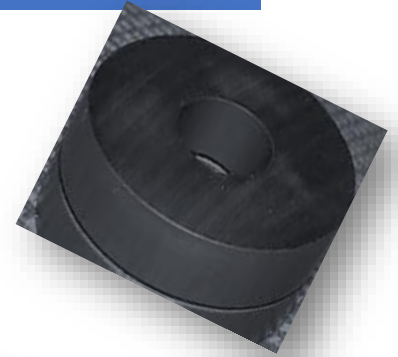
LYMPH DRAINAGE EXERCISES 1
(Sheet available on request)

Other Lymph Clearing Exercises

Walking
Jogging
Swimming
Rebounding
Skin Brushing
Qi Gong
Body Tapping
(BT&T Clearings)

Toxic Blockage – BTTI tips

- Creating a magnetic flux using a ceramic elliptical magnet
- Stopping/starting the flow of blood to the brain
- Improving the blood supply to the brain – hanging over the end of the bed exercise
- Acuspark held in both hand and sparking the centreline of the head, or brushing the top of the head with the fingertips (*Piezo Electric Therapy*)
- Tapping the side of the head around the ears
- Wiping with the hand the throat to clear the lymph glands
- Massage the subclavian lymph glands and the glands beneath the jawline
- Using colour strips with the fingertips or a magnet on the wrist to ‘tune’ the blood
- Using the relevant homeopathic remedy/vials to tune the system
- Doing a BTTI protocol



A Protocol

<http://bio-testing.org/news/lymph-organ-drainage-exercises/>

Dates for your Diary

Next BTTI Zoom Event

'I am GLAND'How are your Hormones?

Part 2

17th December 2023 10am

BTTI Workshop

March 2024 10am – 1pm

Stillorgan Dublin

Contacts

Our web page www.bio-testing.org

News - For resources from today's session

For membership form

www.bio-testing.org/membership/

Email: bttiireland@gmail.com

WhatsApp Members Support Group: +447518434779

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