

## Hormones:

The endocrine system comprises of different glands: - The **adrenal glands, pineal, pituitary, thyroid, thymus, pancreas, and the ovaries (female) and testes (male)**. And today **Fat** is seen as an endocrine organ. These biologically active fat molecules are collectively referred to as "adipokines".

These various different glands work in an **interconnected** way, rather like an orchestra. The conductor of the hormonal orchestra is the pituitary gland in the brain. This centre sends signals to distant parts of the body to control everything from your stress response through the adrenal glands; blood sugar balance through the pancreas and adrenals; it regulates heart rate, blood pressure, body temperature, metabolism and growth via the thyroid gland and your sexual behaviour and function through the reproductive organs.

Most of us are **living life completely out of balance**. But so many symptoms we come to accept as "normal" are just signs of imbalance—and the type of imbalance that affects almost everyone in our society is hormonal imbalance.

Let me ask you:

- Do your mood and energy swing up and down, making your life crazy?
- Do you crave sugar or salt?
- Are you overweight and putting on more and more belly fat?
- If you are a woman, do you have premenstrual syndrome or painful or heavy periods?
- Are you depressed?
- Do you sleep poorly?
- Are you less interested in sex?
- Do you have thinning hair, dry skin, and feel sluggish in the mornings?
- Do you feel tired but wired?
- Do you have to drink coffee every morning just to wake up and a few glasses of wine every night just to calm down?

The hormones that cause the most misery, which are quite literally sending hundreds of people out of balance, that I see in my clinic are: **insulin resistance** (from excessive sugar consumption), **Adrenal imbalances** (from chronic stress and blood sugar irregularities), **imbalances in sex hormones** (such as high oestrogen and low progesterone), and **sub-optimal thyroid function** – this affects 1 in 5 woman and 1 in 10 men today.