

Asociace terapeutů
a detoxikačních
poradců

KINOSVĚT

With Dr Josef Jonas: About the Health

Episode 21:

HORMONAL DISORDERS - Part 1

The today's topic cannot be managed in 15 minutes. We need to divide it into several parts. Obviously it is a very important topic and I am sure I do not need to convince anyone about it because there is probably no one who would not even heard of hormones. Hormones are special substances that affect hormone-sensitive organs. There are many hormone-sensitive organs in the body and hormones control through them a whole series of mechanisms and processes that take place in our body. We have talked about the immune system, blood circulation, blood formation and other systems. Equally important is the hormonal system that works on the so-called feedback basis. This term refers to a very simple thing that is commonly used today. It is called logistics. For example, we get a message that something is missing somewhere and so we deliver it there in easiest way possible. That is exactly how the hormonal system works. Centres for control of the hormonal systems receive a message that the body is lacking something. They get a signal and issue orders to endocrine glands to work it out. These endocrine glands are designed to work for our hormonal system. They have very different effects, and therefore we need to discuss each and every of them.

The specificity of the hormonal system is that it is three-staged. The highest structure is in our brain and it is called hypothalamus. It is a unique organ, half a computer and half a gland that secretes something. This "something" then reaches the second stage, the pituitary gland. The fact that the hypothalamus works as a computer is very important because it controls for instance body temperature, controls sensations of hunger and satiety, the entire vegetative system as well as the whole hormonal system. Thus, a hormonal disorder may mean that there is something wrong in the hypothalamus. But it can also mean that there is something wrong in the pituitary gland, that is, in the second stage. The third stage then represents a particular endocrine gland which represents the actual worker who finally excretes the hormone, e.g. the thyroid gland or ovaries etc.

When we come across a hormonal disorder, we do not know exactly which stage of the hormonal system failed. Whether there is a control problem in the hypothalamus, which is a very common issue as the hypothalamus is located in the brain and is connected to the brain cells, but – at the same time - it does not use the same protective measures as the brain. It

means that it is an easy target for toxins that may get there already during the intrauterine development and, of course, later in life. We neither know whether the hormonal disorder is caused by pituitary gland failure. And the pituitary gland is divided into two parts. One part produces hormones that enter the body and act on the endocrine glands. The other part is equally important because it releases oxytocin into the blood, and oxytocin is important for breastfeeding. It also releases hormones called endorphins that help us carry the burdens of this world with a good mood. They are therefore called hormones of good mood. The second part of the pituitary gland also produces substance that controls the blood pressure.

So as you can see it is a very complicated system. And the more complicated something is the more easily it may fail. Or it may happen that the hormonal disorder comes from the terminal endocrine gland. Unfortunately often the disorder may affect not just one but two stages of the hormonal systems at once. We however cannot find this out because medicine and medical laboratories only measure the amount of hormones in the body to determine how the end-stage gland works, and the potential treatment includes merely administration of various hormones. This means that such treatment can never interfere with the cause because it is not causal. And as we are nearly losing the track of why we prepared this series I must briefly mention that we speak of toxins, of various influences that have a toxic effect on functions of our organisms. If we were to arrange the toxins, stress would take first place. But we do not actually know what stress is. You can ask anyone if they are stressed and they will agree. And yet, a stress may not necessarily be damaging at all. We have got a joyful stress, the so called eustress, or it's just an activating, short-term stress. Some people cannot even recognize it because all their life they live in something we call stress and they do not know anything else. The word stress is so easily said and everyone says it. But nobody knows exactly what they are talking about it. And nobody knows when the stress interferes negatively in their bodily functions.

We, however, know very well that stress is one of the greatest toxins, especially for the hormonal system, because the above mentioned hypothalamus is connected to brain structures, the so-called limbic brain system, which is an emotional system and a system that registers pain. Bad things often happen in this area of the human brain and this is reflected in both hormonal activity and other functions of the hypothalamus, such as the regulation of appetite. Suffice to look around and see anorexia or bulimia or other disorders, and it must be clear to us that the hypothalamus often does not work well, which is the basis not only for hormonal disorders but also for other problems that we encounter.

Another toxin is a variety of micro-organisms, and large group of toxins includes intestinal toxins. The hormonal system often depends on the condition of our digestive tract, and if we fail in repairing the functions of our digestive tract we cannot expect to get successfully out of any hormonal disorders.

This means that, first of all, we should step in the hypothalamus area, because the control system, i.e. the highest stage of hormonal system, should always take precedence. There we should use **Hypotal** that fights off various infections hidden in pockets, i.e. not with those we know as acute infections. They include, in particular, various neurobacteria, neuroviruses and other microorganisms that are linked to the nervous system. Then, we should definitely use **Streson**. I would recommend these two preparations for long-term and repeated use because they actually work against stress, too. They do not fight off the acute stress but they help "erase" the long-term stress program that life entails. The third step should lie in

cleaning up the guts as we often mention it, using **Activ-Col** or **Embrion**. And since the guts may leak toxins that fundamentally affect functions of the hormonal system, we shall add another preparation, **Toxigen**.

That is the basic formula to choose at the beginning of treatment of all hormonal disorders because all hormonal organs are controlled from a single control unit, and **Hypotal** detoxifies both the hypothalamus and the pituitary gland. In case of the pituitary gland it detoxifies its lobes, the anterior (adenohypophysis) and the posterior (neurohypophysis), thanks to which it influences both our mood and our inner mental state. The results may not be immediately manifested by full treatment and removal of the hormonal disorder but if we are patient and wait for a couple of weeks or months we will suddenly find out that we have become someone else, that people treat us differently because we radiate something positive, no annoyance or exasperation that so much irritates others and often gets us into conflicts. And this is just the beginning that is worth trying for any hormonal disorder.

Source: www.youtube.com/watch?v=fDtr45jm09A

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