

HOW TO BALANCE YOUR HORMONES WITHOUT USING HRT:

“Making a Wise Choice”

The bombshell regarding HRT and its links to cancer came as no surprise to many Complimentary health practitioners. Synthetic hormone can never create the hormone balance the body requires to maintain health, and are in them selves unnatural and apparently dangerous.

Isn't it much more logical to find out why the hormone balance is off in the first place, and/or maximize the body's potential to progress through natural cycles with ease, minimizing undesired effects of hormone imbalance?

The key is in diagnosing the root cause of hormone imbalance in each individuals body, and putting in place a treatment regime to establish balance.

Clinical Kinesiology is a fast and reliable diagnostic protocol which accurately detects the underlying cause of hormone imbalance. Through this evaluation, you can clearly see that natural hormonal balance can be established enabling individuals to lead healthy and vital lives, even if you have had a complete hysterectomy. A Naturopathic approach to balancing hormones begins with a Clinical Kinesiology Diagnostic test to determine what toxic substances are hindering your hormone production. This system incorporates diet, nutrition, detoxification, TCM Acupuncture treatment and exercise.

HRT IS BASED ON AN INCORRECT ASSUMPTION

Hormone replacement therapy (HRT) is based on the incorrect assumption that your body becomes incapable of producing appropriate amounts of hormones simply because we reach a certain age. Your body does alter its hormone production as you pass through the stages of our life, but hormone problems are a function of how healthy you are, not how old you are. This myopic viewpoint has caused thousands of death from cancer.

Any hormone replacement, whether it is natural or not, actually causes the body to slow down the production of its own natural hormones, including melatonin, DHEA, progesterone and human growth hormone. HRT does not treat the cause of any problem, it only addresses--and perpetuates--the symptoms.

Women are no longer willing to accept the risks associated with synthetic hormones, and are searching for safer alternatives. The negative side effects of traditional hormone replacement therapy is well documented and includes cancer, gallstones, blood clots, high blood pressure, liver disease and cataracts.

New research is continually emerging. Millions of women are now using synthetic, natural "plant-derive" and synthesized "bio-identical" hormones. The problem for the consumer is education about product safety. Natural progesterone, estrogen, and wild yam creams cause an extreme elevation in hormone levels on test results that coincide with their symptoms. Therefore, if a women's normal progesterone range is 100, if they are using a progesterone cream the level may jump to 6,500 and become a toxin storing in the liver. The biggest issue is that the consumer does not know what their base line hormone levels are before and during product usage and what effects long-term usage will produce.

THE REALITY

- Women, who have had a hysterectomy, can produce enough of their own hormones by using homeopathic formulas. HRT will only exasperate the condition, causing dependency and adrenal cortisol stress.
 - Diet and exercise has a great influence on hormonal balance. Caffeine dehydrates the adrenal glands affecting cortisol levels and sugar exhausts them. An endocrine rebuilding diet is a must for all hormonally challenged patients.
 - The synthetic U.S.P. hormonal creams sold over-the-counter, synthesized from soy or wild yam, are no longer natural. In addition, they have not been thoroughly researched for safety. They are mass marketed, mostly as a cosmeceutical, throughout health food stores and health professionals.
 - Hormones are dispensed without hormone saliva testing to determine hormonal status.
 - Biological age is more important than chronological age when determining proper hormone ratios and patients programs.
 - The consumer does not always follow directions making it hard to administer the precise amount the body needs. The amount and quantity used of these preparations can easily overload the body, causing abnormal hormone ratios and toxicity.
 - ALL hormone replacement whether applied topically or taken orally, causes organs and glands to slow down or stop production of naturally produced hormones.
 - Adrenal cortisol levels are related to hormone production.
 - Long Term Use of HRT has been linked to breast cancer.
- Natural and Bio-identical hormone replacement therapy has side effects.
- No randomized trial has found a reduced risk of heart attack, premature death or chest pain among women taking hormones.
 - HRT may actually harm women with existing heart disease.

THE MYTHS

- Hormone replacement protects against osteoporosis and heart disease
- Once the body slows down the production of naturally occurring hormones you need to start HRT.
- Diet does not matter.
 - Traditional synthetic HRT does not have side effects
 - Natural and Bio-identical HRT does not have side effects.
 - Women with hysterectomies can no longer produce certain hormones.
 - Women with hysterectomies need HRT,
 - HGH is safe for consumption.
 - Melatonin is safe for consumption
 - DHEA is safe for consumption.
 - HRT is necessary for women after 40 years of age.
 - Very high levels of progesterone, as seen in blood and saliva testing, is not toxic.
 - Natural hormone replacement is safe, if monitored. (The fact is that all hormone replacement will stop or slow down the ability of the body to produce its own hormones).

RE-JUVINATING GLANDS AND ORGANS

First, Clinical Kinesiology testing

- Clinical Kinesiology is a reliable, non-invasive, and accurate diagnostic test which will reveal the underlying cause of your hormone problem.
- You will get a personalized program to detoxify your specific endogenous toxins, re-educate the organs, and balance the hormone production.
- Over 20 years of research has proven the effectiveness of using Clinical Kinesiology as a diagnostic medium to demonstrate the underlying root cause of hormone imbalance.
- 20 Years of research has also demonstrated that following specific detoxification, a course of TCM Holistic acupuncture, along with nutritional supplementation, diet and exercise is successful in correcting the majority of cases of hormone imbalance

CORTISOL AND ADRENAL “STRESS”

First, let's briefly look at one of the chief causes of most hormonal problems. Hormone production is effected by stress. The prominent field of Psychoneuroimmunology has researched the effects of emotional stress on the human body to find that stress is an important factor in immune related problems. The marker used to measure stress is the adrenal steroid hormone, cortisol. Hormones are a powerful influence over all physical, intellectual and emotional behavior. Prolonged exposure to stress may be devastating to the body and mind. My research indicates through a thousand salivary tests before and after that low cortisol stress is more common than high cortisol stress. Although if the cortisol is very elevated it will then plunge to a low level. However, test results indicate that when two or more cortisol levels are elevated, there is a strong probability that the patient has diabetes or a genetic predisposition for it. If one cortisol level is elevated, it may indicate hypoglycaemia. This can be treated most effectively with my homeopathic formulas. To the contrary, if HRT is used in this situation, it will act just like any hormone and create further stress. Think of the fact that when you administer insulin to a diabetic, the body then becomes dependent and lazy, eventually ceasing production of it's own insulin.

REPRESSED EMOTIONS AND BEHAVIORAL PATTERNS EFFECT HORMONAL PRODUCTION!

Neurolinguistic Programming techniques (NLP) is a key to identifying the core energy pattern that anchors a disease and causes blocked neurotransmitters, hormones and thus meridians. NLP is used to uncover the presence of emotional components related to hormonal conditions and diseases. Once identified, Emotional Freedom Technique (EFT) is a fast and effective method to delete emotional components related to hormonal conditions and diseases. help release suppressed emotions that are causing stress and possibly disease.

DENTAL RELATIONSHIP TO HORMONE IMBALANCES

In Germany, England and many other countries, the teeth can be a focal disturbance and the cause of any disease including fibroids, cysts, tumors and endocrine problems. The teeth are energetically connected to organs and glands through an acupuncture meridian correspondence. Hormones can be severely affected by root canals, abscesses, dissimilar metals, mercury toxicity and a bio incompatibility of dental

materials. Therefore, it is important to address all dental stress on patients. This can also be done using Clinical Kinesiology Diagnostic Testing.

ENVIRONMENTAL STRESS

Testing our patients for specific environmental toxicity is crucial as an imposing toxic burden may create abnormal cortisol levels and ‘adrenal burnout’. Therefore, testing for contaminants in drinking and bathing water, geopathic and electromagnetic stress, as well as, nuclear radiation fallout, biological warfare and vaccination toxins and so on.

LIVER DETOXIFICATION

Since the liver conjugates hormones, it is essential to decongest the liver using fresh vegetable juices, diet, saunas, nutritional supplementation, and herbs. My research indicates that a congested liver can produce a deficiency in all hormones and inhibit cortisol levels.

If you are experiencing hormone imbalance and would like help, please contact me on +442866328200 or email info@lindaburke.co.uk