



# DISCLAIMER

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Although specific manufacturers make the supplements, herbs and homeopathies referenced in this document, the opinions expressed are those of the author and are not those of any of the manufacturers. This document is not designed to replace medical advice or medical treatments, but to be used adjunctively in the care and support of health and vitality.

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# CHAPTER IV: ENDOCRINE

## ENDOCRINE

### ENDOCRINE CONDITIONS

- PMS
- Menstrual cramping
- Heavy menstrual flow (hemorrhage)
- Scanty menstrual flow
- Endometriosis
- Female libido
- Female infertility
- Morning sickness
- Pregnant or lactating females
- Lactation, dried up
- Postpartum depression
- To shrink uterus after pregnancy
- Varicose veins
- Vaginal tract dry
- Vaginal yeast
- Hot flashes
- Menopausal support
- Male libido
- Male fertility
- Benign prostrate hypertrophy
- Male erectile dysfunction
- Hypothyroid
- Hyperthyroid
- Hashimotos Thyroiditis
- Hypoadrenia
- Hyperadrenia



- Diabetes
- Hypoglycemia

The endocrine system is one of three control mechanisms the body uses to maintain homeostasis, manage and influence growth and repair, and modulate the body's response to stress. (The other two control systems are the nervous system and the immune system.) Endocrine glands are ductless glands that secrete hormones into the blood, lymph or surrounding tissues. These hormones affect tissues throughout the body.

The endocrine glands include the hypophysis (pituitary gland), the pineal gland, thyroid gland, the parathyroid glands, adrenal (suprarenal) glands, the Islets of Langerhans of the pancreas, and the gonads (ovaries and testes). In addition, the hypothalamus produces releasing hormones, which exert an effect on the production of hormones released from the pituitary. The thymus gland may be considered part of the endocrine system, although functionally, it is more closely related to the immune system. The uterus and prostate have not been shown to produce hormones, yet they are considered an integral part of the hormone system with regards to the expression of sex hormones, fertility, secondary sexual characteristics, and libido. Finally the liver, while not an endocrine gland, the liver is responsible for modulating the level of hormones by deactivating hormones, which are in excess or are no longer functional.

The hypothalamus is the final common pathway directing input to the pituitary or master gland. It has significant control over the adrenals, thyroid, pancreas, and gonads. The hypothalamus receives input from virtually all other areas of the central nervous system. It also has primary control over the autonomic nervous system. The hypothalamus regulates endocrine function, autonomic function, appetite, thirst, arousal, stress response, and resting states. The hypothalamus is also the body's primary thermoregulator.

Endocrine dysfunction may present as a diminished secretion of hormones (hyposecretion), or an excessive amount of glandular secretion (hypersecretion).

The secretion of hormones is primarily controlled by the nervous system with additional control of chemical substances in the blood and of other hormones. Many pathological conditions are associated with malfunctioning endocrine glands.



## **PREDISPOSING FACTORS FOR ENDOCRINE DYSFUNCTION:**

- Chronic psychological stress
- Toxin accumulation in the body
- Deficiencies of critical nutrients
- Malnutrition
- Stimulants
- Over-use of drugs, including hormones, stimulants, NSAIDs, anti-depressants, pain pills, and recreational drugs
- Essential fatty acid deficiency

## **CLINICAL CONSIDERATIONS:**

It is suggested that practitioners not treat endocrine conditions until the foundational issues have been addressed first. Some endocrine issues become corrected by simply supporting digestion and elimination, balancing essential fats and proteins, and by getting clients off sugar and other stimulants.

The client who pushes him or herself and lives on stimulants and poor foods will most likely not respond well to a supplemental approach. They may get some relief from nutrients and herbs, this is however an allopathic approach and probably not sustainable. For instance, essential fats are critical in hormonal issues. All of the body's cells have a lipid membrane structure. Hormone receptors are imbedded within this fatty membrane. With an essential fatty acid imbalance, the membrane receptors for those hormones may not function properly, leading to interference with the hormonal signal transmitted to the target cells.

Some hormones are made from amino acids such as tyrosine or tryptophan; still others have critical mineral components, while steroid hormones are made from cholesterol. When there is a dietary imbalance, or an inability to absorb protein, fats or minerals, the hormonal system suffers. To add hormonal drugs, or even medicinal herbs, when nutritional deficiencies are present, indicates poor protocol and unsubstantiated science.

First, focus on the "Foundations." Ask the following questions:

- Does the individual digest and absorb appropriately?
- Is there a *Candida* or other fungal problem?
- Are parasites involved?
- Do they consume high amounts of sugar and caffeine?
- Do they rely primarily on artificial and processed foods?

If an individual has parasites or a yeast overgrowth and they are taking expensive supplements, guess who gets the nutrients first. Parasites and yeast organisms love not only nutrients and sugar; they also love and thrive on hormones as well.



## RECOMMENDATIONS:

- Avoid or eliminate artificial and insulinogenic foods, stimulants, and intoxicants.
- Adopt a healthy hormone diet.
- Take sufficient essential fatty acids.
- Restore proper digestive function.
- Eliminate parasites and dysbiosis.
- Balance minerals.
- Get sufficient rest.
- Get regular moderate exercise
- Drink one quart of pure water daily for each 50 pounds of body weight.

## ENDOCRINE PROTOCOLS

### *PMS*

#### *Primary Support*

|             |                                       |
|-------------|---------------------------------------|
| PMT         | 1-3 tablets one to four times daily   |
| or Equi-Fem | 1-3 tablets one to four times daily   |
| Biomega-3   | 1-3 capsules one to three times daily |

#### *Secondary Support*

|                        |                                     |
|------------------------|-------------------------------------|
| Cytozyme-AD            | 1-3 tablets two to four times daily |
| Cytozyme-F             | 1-4 tablets two to four times daily |
| Gammanol Forte w/ FRAC | 2-4 tablets two to four times daily |
| Cytozyme-PT/HPT        | 1-4 tablets two to four times daily |

### *Menstrual Cramping*

#### *Primary Support*

|                       |                                      |
|-----------------------|--------------------------------------|
| Ca/Mg-Zyme            | 1-4 tablets once or twice daily      |
| PMT                   | 1-3 tablets one to four times daily  |
| or Equi-Fem           | 1-3 tablets one to four times daily  |
| Blackcurrant Seed Oil | 2-4 capsules one to four times daily |
| Biomega-3             | 1-3 capsules two to four times daily |

#### *For symptomatic relief from menstrual cramping:*

|            |                                                                                                              |
|------------|--------------------------------------------------------------------------------------------------------------|
| Ca/Mg-Plus | 2 to 4 tablets one or more times daily as needed. May crush tablets and mix in warm water to drink as a tea. |
|------------|--------------------------------------------------------------------------------------------------------------|



## *Heavy Menstrual Flow (Hemorrhage)*

### ***Primary Support***

|             |                                     |
|-------------|-------------------------------------|
| PMT         | 1-3 tablets one to four times daily |
| or Equi-Fem | 1-3 tablets one to four times daily |
| Cytozyme-O  | 2-4 tablets two to four times daily |

### *To control excess bleeding:*

|               |                                                                                         |
|---------------|-----------------------------------------------------------------------------------------|
| Bio-Cyanidins | 4-6 tablets two to five times daily until bleeding is reduced to normal levels or stops |
|---------------|-----------------------------------------------------------------------------------------|

### ***Secondary Support***

|                             |                                                                                                          |
|-----------------------------|----------------------------------------------------------------------------------------------------------|
| Fe-Zyme                     | 1-3 tablets once or twice daily (take with one <b><i>Hydro-Zyme</i></b> for each <b><i>Fe-Zyme</i></b> ) |
| B <sub>12</sub> Folate Plus | 1-3 tablets one to three times daily                                                                     |
| Cytozyme-F                  | 2-4 tablets one to four times daily                                                                      |
| Bio-K-Mulsion               | 1-2 drops once or twice daily                                                                            |

## *Scanty Menstrual Flow*

### ***Primary Support***

|                             |                                      |
|-----------------------------|--------------------------------------|
| PMT                         | 1-3 tablets one to four times daily  |
| or Equi-Fem                 | 1-3 tablets one to four times daily  |
| Cytozyme-F                  | 2-4 tablets one to four times daily  |
| B <sub>12</sub> Folate Plus | 1-3 tablets one to three times daily |

### ***Secondary Support***

|         |                                                                                                          |
|---------|----------------------------------------------------------------------------------------------------------|
| Fe-Zyme | 1-3 tablets once or twice daily (take with one <b><i>Hydro-Zyme</i></b> for each <b><i>Fe-Zyme</i></b> ) |
|---------|----------------------------------------------------------------------------------------------------------|

## *Endometriosis*

### ***Primary Support***

|                |                                                                                                                                                                                                         |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PMT            | 1-2 tablets two to four times daily                                                                                                                                                                     |
| or Equi-Fem    | 1-2 tablets two to four times daily                                                                                                                                                                     |
| Bio- D-Mulsion | 4-6 drops two to four times daily                                                                                                                                                                       |
| Liquid Iodine  | 10-20 drops in water once or twice daily.<br>To use internally, soak a tampon in water with 1 dropper liquid iodine, insert and let sit for a few hours or over night. Use every other day for 2 weeks. |



Intenzyme Forte 4-6 tablets two to four times daily

## *Female Libido*

### ***Primary Support***

PMT 2-4 tablets one to four times daily  
or Equi-Fem 2-4 tablets one to four times daily  
Cytozyme-F 2-4 tablets one to four times daily  
Biomega-3 1-4 capsules one to three times daily

### ***Secondary Support***

Cytozyme-O 1-4 tablets one to four times daily  
Bio-Soy Flavones 1-2 capsules one to three times daily  
B-VITAL 1 capsule once or twice daily  
B<sub>12</sub> Folate Plus 1-2 capsules one to four times daily

## *Female Infertility*

### ***Primary Support***

PMT 2-4 tablets one to four times daily  
or Equi-Fem 2-4 tablets one to four times daily  
Biomega-3 1-4 capsules one to three times daily  
Utrophin PMG  
(Standard Process) 2-4 tablets two to four times daily for  
two months before attempting to become  
Pregnant, then the following is  
recommend

### ***Secondary Support***

Cytozyme-O 2-4 tablets two to four times daily  
(Note: for a history of miscarriage,  
take ***Equi-Fem*** or ***Utrophin PMG***  
(Standard Process) for two months  
before starting ***Cytozyme O.***)  
B<sub>12</sub> Folate Plus 1-2 capsules one to four times daily  
Cytozyme-F 2-4 tablets two to four times daily

## *Morning Sickness*

### ***Primary Support***

Beta-TCP 2-4 tablets per meal

### ***Secondary Support***

Super Phosphozyme Liquid

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Phosphatidylcholine 1 dropper in water as needed for nausea; always include calcium when supplementing phosphorus for more than a week, such as *Ca/Mg-Zyme* 4-8 tablets daily  
1 capsule per meal

## *Pregnant or Lactating Females*

### *Primary Support*

Pre-Natal Packs 1 pack daily

### *Secondary Support*

Biomega-3 2-3 capsules two to four times pre day, best taken with meals

## *Lactation, Dried Up*

Bio-D-Mulsion 1-2 drops two to four times daily  
Pre-Natal Packs 2 packs daily  
Bio-CMP 2-4 tablets two to four times daily  
Biomega-3 2-3 capsules two to four times daily

## *Postpartum Depression*

### *Primary Support*

PMT 1-3 tablets two to four times daily  
or Equi-Fem 1-3 tablets two to four times daily  
Cytozyme-AD 2-3 tablets two to four times daily

### *Secondary Support*

B<sub>12</sub> Folic Acid 1-2 tablets two to four times daily  
De-Stress 1 capsule one to four times daily as needed  
Li-Zyme 1-4 tablets one to four times daily as needed

## *Shrink Uterus After Pregnancy*

Equi-Fem 2-3 tablets two to four times daily  
Cytozyme-O 2-3 tablets two to four times daily  
Liquid Iodine 10-20 drops one to two times daily in





|               |                                     |
|---------------|-------------------------------------|
| Zn-Zyme Forte | pure water                          |
| Se-Zyme Forte | 2-4 tablets one to four times daily |
|               | 2-4 tablets                         |

## *Varicose Veins*

|               |                                                 |
|---------------|-------------------------------------------------|
| Bio-FCTS      | 2-4 capsules two to four times daily            |
| Beta-TCP      | 2-4 tablets two to four times daily with meals  |
| Livotrit Plus | 1-2 tablets two to three times daily with meals |

Butchers Broom Herb  
Cayenne Pepper

## *Vaginal Tract, Dry*

### *Primary Support*

|                  |                                       |
|------------------|---------------------------------------|
| Equi-Fem         | 2-3 tablets two to four times daily   |
| Biomega-3        | 2-3 capsules two to three times daily |
| Mixed EFAs       | 1 tablespoon two to three times daily |
| Bio-Soy Flavones | 1-2 tablets one to three times daily  |

### *Secondary Support*

|                       |                                                                                        |
|-----------------------|----------------------------------------------------------------------------------------|
| Lactozyme             | 1-2 tablets insert vaginally every other day, for 2 weeks                              |
| Bio-Ae-Mulsion Forte  | 1-2 drops once or twice daily; may use topically and internally for dry vaginal mucosa |
| Cytozyme-AD           | 1-3 tablets one to three times daily                                                   |
| Thyrostim             | 1-2 tablets two to three time daily                                                    |
| Liquid Iodine         | ½ dropper in water once or twice daily                                                 |
| Aqueous Zinc          | ½ bottle daily until able to taste unpleasant flavor, <i>then</i>                      |
| Multi-Mins Fe/Cu Free | 1-2 tablets once or twice daily                                                        |
| E-Mulsion 200         | 1-3 capsules two to three times daily                                                  |

## *Vaginal Yeast*

|               |                                       |
|---------------|---------------------------------------|
| A.D.P.        | 2-4 tablets two to three times daily  |
| Liquid Iodine | 1 dropper, in pure water. Take orally |

Additionally, soak tampon in water and 20 drops iodine, insert for several hours or overnight; may apply every other day for up to 2 weeks



Lactozyme 1-2 tablets insert every other day for up to 2-weeks, alternate with iodine, as indicated above.

Topical progesterone or chaste tree berry

## *Hot Flashes*

### ***Primary Support***

PMT 2-4 tablets one to four times daily  
Or Equi-Fem 2-4 tablets one to four times daily  
Cytozyme-F 2-4 tablets one to four times daily

### ***Secondary Support***

Cytozyme-AD 1-2 tablets one to three times daily  
Gammanol Forte w/ FRAC 1-2 tablets once or twice daily, take at bedtime  
Cytozyme-PT/HPT 1-2 tablets once or twice daily, take at bedtime  
Bio-Soy Flavones 1-2 tablets one to three times daily

### ***Tertiary Support***

Beta-TCP 2-4 tablets two to four times daily, best taken with meals  
Livotrit Plus 1-2 tablets two to four times daily, best with meals  
or MCS 1-2 tablets two to four times daily, best with meals

## *Menopausal Support*

### ***Primary Support***

PMT 2-4 tablets one to four times daily  
or Equi-Fem 2-4 tablets one to four times daily  
Cytozyme-F 2-4 tablets one to four times daily  
Osteo-B-Plus 2-4 tablets one to four times daily  
Biomega-3 1-4 capsules one to three times daily

### ***Secondary Support***

Bio-Soy Flavones 1-2 tablets one to three times daily  
Gammanol Forte w/FRAC 1-2 tablets one to two times daily  
Cytozyme-PT/HPT 1-2 tablets one to two times daily, at bed time



Bio-K-Mulsion 1-2 drops once or twice daily

## *Male Libido*

### ***Primary Support***

|                       |                                                                   |
|-----------------------|-------------------------------------------------------------------|
| B-VITAL               | 1-4 capsules one to four times daily as needed                    |
| Cytozyme-M            | 1-4 tablets one to four times daily                               |
| Palmetto-Plus         | 2-4 capsules two to four times daily                              |
| Aqueous Zinc          | ½ bottle daily until able to taste Unpleasant flavor, <i>then</i> |
| Multi-Mins Fe/Cu Free | 1 – 2 tablets once or twice daily                                 |

### ***Secondary Support***

|                      |                                     |
|----------------------|-------------------------------------|
| Cytozyme Orchic      | 1-4 tablets one to four times daily |
| Bio-Cardiozyme Forte | 1-4 tablets one to four times daily |
| Cytozyme-AD          | 1-4 tablets one to four times daily |

## *Male Fertility*

### ***Primary Support***

|                       |                                                                     |
|-----------------------|---------------------------------------------------------------------|
| Cytozyme Orchic       | 2-4 tablets two to four times daily                                 |
| Palmetto Plus         | 2-4 capsules two to four times daily                                |
| B-VITAL               | 1-2 capsules one to four times daily                                |
| Bio-AE-Mulsion Forte  | 1-2 drops once or twice daily                                       |
| Biomega-3             | 1-3 capsules one to four times daily                                |
| Aqueous Zinc          | 1/2 bottle daily until able to taste unpleasant flavor, <i>then</i> |
| Multi-Mins Fe/Cu Free | 1-2 tablets once or twice daily                                     |

### ***Secondary Support***

|                      |                                     |
|----------------------|-------------------------------------|
| Bio-Cardiozyme Forte | 1-4 tablets one to four times daily |
| Cytozyme-AD          | 1-4 tablets one to four times daily |

## *Benign Prostate Hypertrophy*

|                       |                                                                   |
|-----------------------|-------------------------------------------------------------------|
| Palmetto-Plus Forte   | 2-4 capsules two to four times daily                              |
| Biomega-3             | 2-4 capsules two to four times daily                              |
| Bio-Ae-Mulsion Forte  | 1-2 drops once or twice daily                                     |
| BioProtect            | 1-2 capsules once or twice daily                                  |
| Aqueous Zinc          | ½ bottle daily until able to taste unpleasant flavor, <i>then</i> |
| Fe/Cu Free Multi-Mins | 1-2 tablets once or twice daily                                   |

21st Century Homeopathic #2:



Lymphatic Drainage      away from food or drink (15 minutes)  
½ cap full two to four times daily

## *Male Erectile Dysfunction*

### ***Hormonal***

B-VITAL                      2-4 capsules once or twice daily  
Cytozyme-M                2-4 capsules once or twice daily  
Cytozyme-AD              2-4 capsules once or twice daily  
Palmetto-Plus Forte      1-2 capsules once or twice daily

### ***Atherosclerosis***

See “Chelation” protocol in Cardiovascular Section.

### ***Fluid Dynamics***

Argizyme                    2-4 capsules two to four times daily  
Oorganik-15                2-4 capsules two to four times daily  
Bio Cardiozyme            2-4 capsules two to four times daily  
Liquid Iodine              20-30 drops once or twice daily

## *Hypothyroid*

### ***Primary Support***

Liquid Iodine              1 dropper full in water once or twice  
daily  
Thyrostim                    1-2 tablets one to three times daily

### ***Alternate Support***

Meda-Stim                    1-2 capsules one to three times daily  
GTA-Forte                    1-2 capsules one to three times daily

### ***Secondary Support***

Bio-Ae-Mulsion Forte    1-2 drops once or twice daily  
L-Tyrosine                    1 capsule one to three times daily  
Rb-Zyme                      1 tablet one to four times daily  
Cytozyme-PT/HPT        1 tablet one to three times daily  
Aqueous Selenium        1-2 drops one to three times daily

## *Hyperthyroid*

### ***Primary Support***

Li-Zyme Forte



|                      |                                     |
|----------------------|-------------------------------------|
| Bio-Ae-Mulsion Forte | 1-2 drops one to four times daily   |
| Bio-CMP              | 2-4 tablets two to four times daily |

***Secondary Support***

|                       |                                      |
|-----------------------|--------------------------------------|
| Multi-Mins Fe/Cu Free | 1-2 tablets one to three times daily |
| Ca/Mg-Plus            | 1-3 tablets one to three times daily |

## *Hashimotos Thyroiditis*

***Primary Support***

|                      |                                       |
|----------------------|---------------------------------------|
| Li-Zyme Forte        | 2-4 tablets two to four times daily   |
| Ultra Vir-X          | 2-4 capsules two to four times daily  |
| Mixed EFAs           | 1 tablespoon two to three times daily |
| Bio-Ae-Mulsion Forte | 1-2 drops one to four times daily     |

***Secondary Support***

|                       |                                      |
|-----------------------|--------------------------------------|
| Multi-Mins Fe/Cu Free | 1-2 tablets one to three times daily |
| Ca/Mg-Plus            | 1-3 tablets one to three times daily |
| Aqueous Selenium      | 1-2 drops once or twice daily        |

## *Hypoadrenia*

***Primary Support***

|             |                                     |
|-------------|-------------------------------------|
| Cytozyme-AD | 1-4 tablets one to four times daily |
|-------------|-------------------------------------|

***Secondary Support***

|                     |                                                |
|---------------------|------------------------------------------------|
| ADHS                | 1-2 tablets once or twice daily before 12 noon |
| L-Tyrosine          | 1-2 capsules one to four times daily           |
| Cu-Zyme             | 1-2 tablets one to three times daily           |
| Bio-C Plus          | 1 tablet one to three times daily              |
| Bio-Glycozyme Forte | 1-3 tablets one to three times daily           |
| Cytozyme-PT/HPT     | 1-2 tablets one to three times daily           |

21st Century Homeopathic #5, Chronic Stress  
½ cap one to four times daily as needed,  
away from food or drink (15 minutes)

## *Hyperadrenia*

***Primary Support***

|      |                                  |
|------|----------------------------------|
| ADHS | 1-3 capsules once or twice daily |
|------|----------------------------------|

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Bio-CMP (before 2 pm)  
2-4 tablets one to four times daily  
De-Stress 1-2 capsules one to four times daily

***Secondary Support***

Li-Zyme Forte 1-2 tablets one to four times daily  
21st Century Homeopathic #3, Acute Stress  
½ cap one to four times daily, away from  
food or drink (15 minutes)

## *Diabetes*

***Primary Support***

GlucoBalance 2-3 capsules two to three times daily  
Lipoic Acid 1 capsule one to three times daily  
Biomega-3 2-3 capsules two to three times daily  
Cytozyme-PAN 1-3 tablets two to four times daily

***Secondary Support***

ADHS 1-3 tablets once or twice daily (always  
before 12 noon)  
Cr-Zyme 1-2 tablets one to three times daily *or*  
Aqueous Chromium 1 drop once or twice daily

## *Hypoglycemia*

***Primary Support***

Bio-Glycozyme Forte 1-4 tablets one to three times daily

***Secondary Support***

Amino Acid Quick-Sorb 1-2 squirts as needed for symptoms of  
low blood sugar  
Whey Protein Isolate 1 scoop, 1-2 times daily  
Biomega-3 2-3 capsules two to three times daily