

Assessments For Each of The Hormone Families

- ✓ Sleuth History Taking
- ✓ Exam Findings
- ✓ Home Testing
- ✓ Blood Testing
- ✓ Specialty Labs
- ✓ Genetic Testing



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Assessment Tools

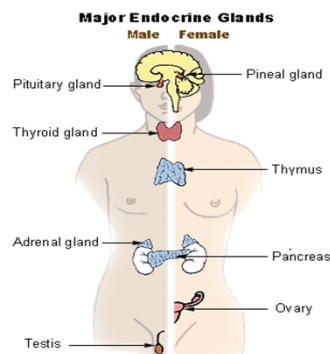
- ✓ Asking the Right Questions
- ✓ Symptom Surveys
- ✓ Physical Exam
- ✓ Blood Chemistry
- ✓ Functional Assessments
 - Adrenal Stress Index
 - Fatty Acids
 - Amino Acids
 - Organic Acids
 - Minerals
 - Steroid Hormone Panels



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Hormone Balancing Hierarchies

1. Digestion
2. Blood Sugar
3. Stress Response
4. Thyroid
5. Sleep
6. Sex Hormones
7. Organ Specific



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Foods That Disrupt Hormones

- ✓ Hydrogenated and oxidized fats
- ✓ Processed high glycemic foods: flour, sugar, grains
- ✓ Charred meat: heterocyclic amines promote ER alpha
- ✓ Chemical-laden foods
- ✓ Foods in cans and plastic
- ✓ Gluten
- ✓ Dairy
- ✓ Caffeine
- ✓ Excess alcohol



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Foods That Support Hormones

- ✓ Greens
- ✓ Brassicas
- ✓ Sea vegetables
- ✓ Omega-3 fats
- ✓ Coconut oil
- ✓ Cumin
- ✓ Pomegranate
- ✓ **Lignans:** flax, sesame and pumpkin seeds, soybeans, broccoli, beans, and some berries.
- ✓ **Isoflavones:** soybeans, clover, kudzu, mung beans, alfalfa sprouts, black cohosh, chickpeas



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Advanced Topics/Resources

- ✓ **Hypothalamus:**
<http://neuroscience.uth.tmc.edu/s4/chapter01.html>
- ✓ **Pituitary:**
<http://neuroscience.uth.tmc.edu/s4/chapter02.html>
- ✓ **Hypothalamus Hormone Flashcards:**
<http://quizlet.com/5823150/flashcards>
- ✓ **Endocrine System Overview Video:**
<https://www.youtube.com/watch?v=YcPicFL5Jnw>
- ✓ **S.H.I.N.E. Conference:** Day 1: Videos 1, 2, & 4
<http://www.drritamarie.com/go/SHINEVideos2014Dash>



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