



INE: Nutritional Endocrinology Overview and Relationships




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Nutritional Endocrinology Overview and Relationships

Dr. Ritamarie Loscalzo

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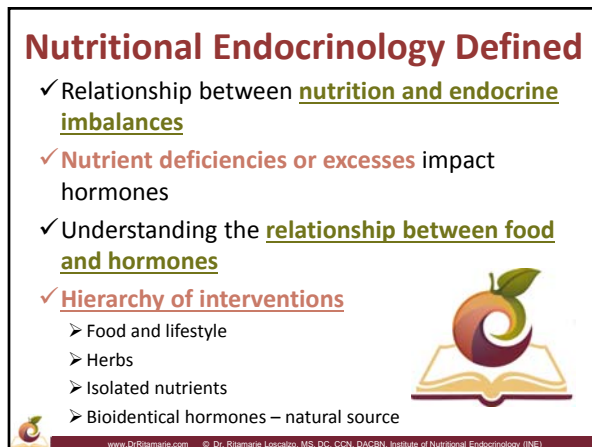
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What Brings Clients to You?

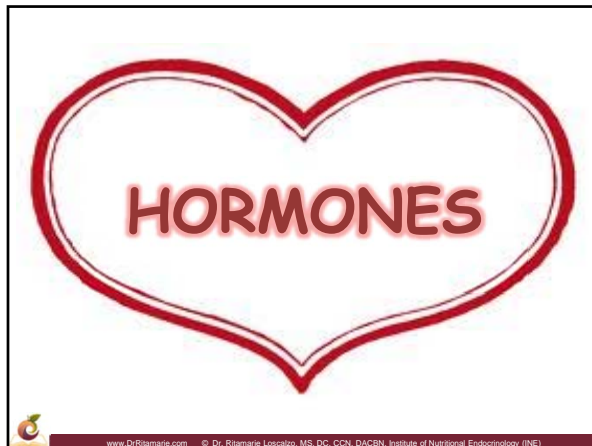


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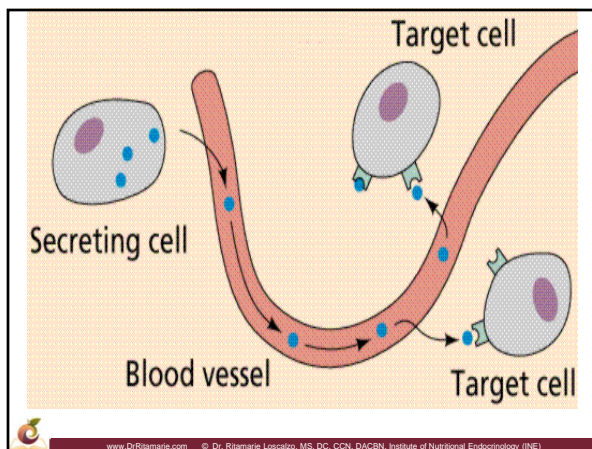


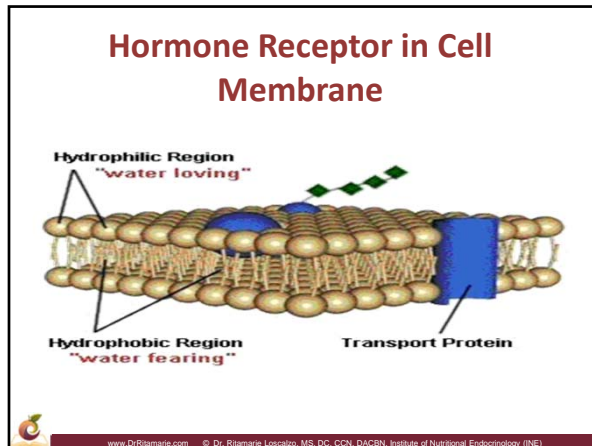
Hormones Defined

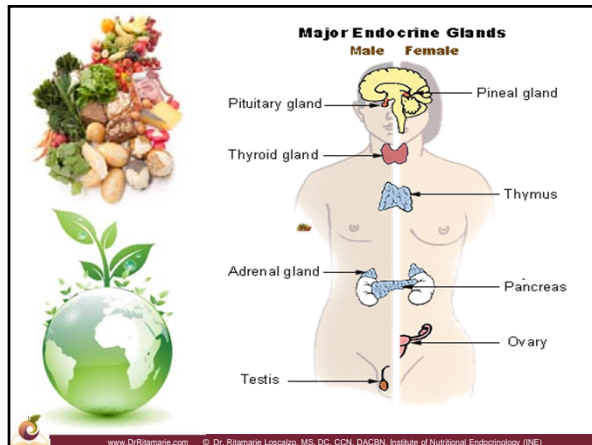
- ✓ Messengers of life
- ✓ **Chemicals secreted by glands:** usually directly into blood stream
- ✓ Control physiological and behavioral activities such as the processes of digestion, metabolism, growth, reproduction, and mood control
- ✓ **Receptors** are located on cell membrane or intracellularly within the cytoplasm of their target cell

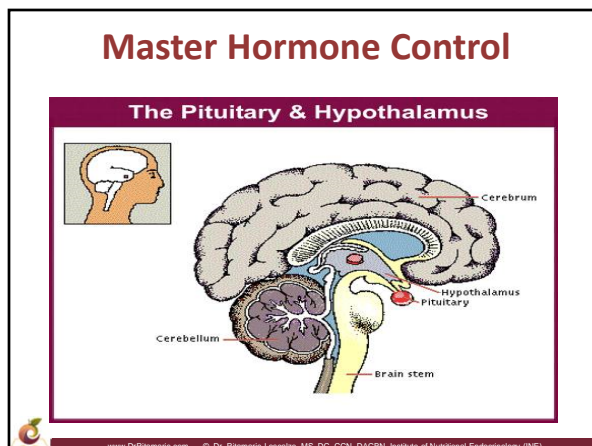


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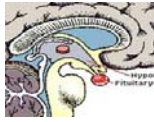








Hormones of the Hypothalamus



- ✓ Thyrotropin-releasing hormone (TRH)
- ✓ Gonadotropin-releasing hormone (GnRH)
- ✓ Growth hormone-releasing hormone (GHRH)
- ✓ Corticotropin-releasing hormone (CRH)
- ✓ Somatostatin: inhibits growth hormone (SST)
- ✓ Oxytocin: Uterine contraction, milk letdown (OT)
- ✓ Antidiuretic Hormone: increases water retention (ADH)

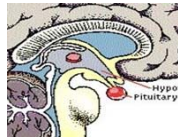


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Pituitary Hormones

Anterior Lobe (Adenohypophysis)

- ✓ Thyroid Stimulating Hormone (TSH)
- ✓ Follicle Stimulating Hormone (FSH)
- ✓ Luteinizing Hormone (LH)
- ✓ Adrenocorticotrophic Hormone (ACTH)
- ✓ Prolactin (PRL)
- ✓ Growth Hormone (GH)
- ✓ Alpha Melanocyte-Stimulating Hormone (α -MSH)



Posterior Lobe (Neurohypophysis)

- ✓ Antidiuretic Hormone aka Vasopressin (ADH)
- ✓ Oxytocin (OT)



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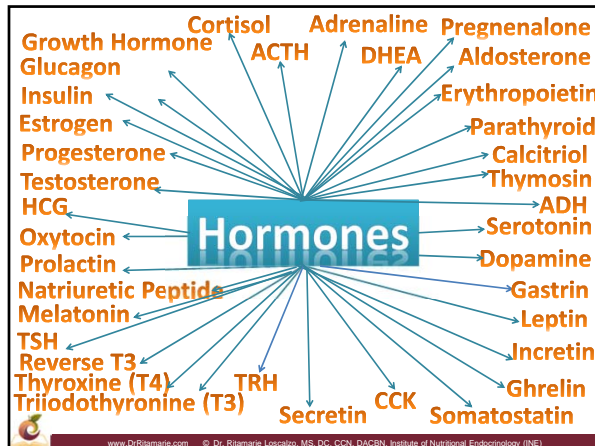
Hormones Can Affect

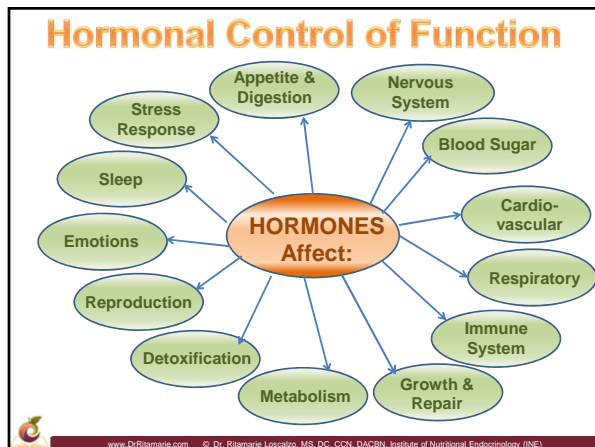
- ✓ Focus and memory
- ✓ Sugar handling
- ✓ Digestive function
- ✓ Muscle tone
- ✓ Burning calories
- ✓ Kidney function
- ✓ Satiety after eating
- ✓ Temperature regulation
- ✓ Metabolic rate
- ✓ Sex drive
- ✓ Breast development
- ✓ Menstrual cycles and pregnancy



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Hormones Control


- ☐ Nutrients
- ☐ Foods
- ☐ Stress
- ☐ Environment
- ☐ Digestion
- ☐ Sleep
- ☐ Other Hormones



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Connection Between Hormones And Persistent Symptoms

- Lethargy
- Fatigue
- Malaise/depression
- Angina
- Impaired cognition
- Impaired immune system
- Anorexia
- Intolerance to cold
- Endocrine/metabolic abnormalities
- Cardiorespiratory disturbances
- Gastrointestinal disturbances
- Tendency toward bleeding
- Reduced exercise tolerance



- Weakness
- Shortness of breath
- Exertional chest pain
- Impaired concentration
- Impaired libido/impotence
- Insomnia
- Headache
- Pallor
- Neuromuscular disturbances
- Cutaneous disturbances
- Musculoskeletal symptoms
- Pruritus

- ✓ Fatigue
- ✓ Weight gain / weight loss (yo-yo)
- ✓ Insomnia
- ✓ Depression, anxiety, and mood swings
- ✓ Skin lesions
- ✓ High cholesterol
- ✓ Cancer...

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