

INE: Nutritional Endocrinology Overview and Relationships



INE INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Nutritional Endocrinology Overview and Relationships

Dr. Ritamarie Loscalzo

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What Brings Clients to You?



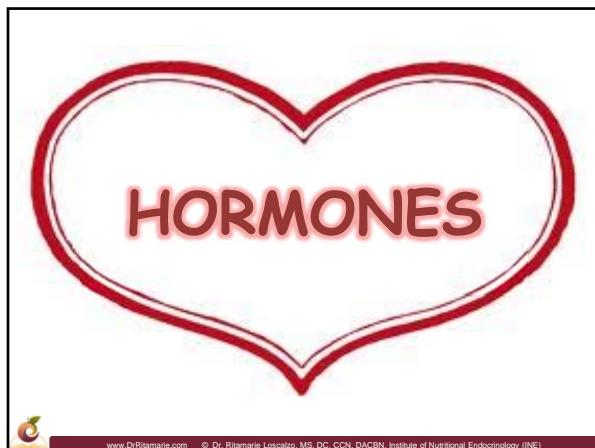
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Complex Health Challenges

Nutritional Endocrinology Defined

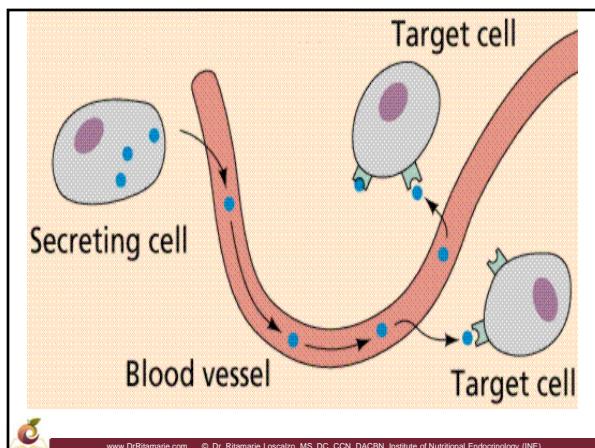
- ✓ Relationship between nutrition and endocrine imbalances
- ✓ Nutrient deficiencies or excesses impact hormones
- ✓ Understanding the relationship between food and hormones
- ✓ Hierarchy of interventions
 - Food and lifestyle
 - Herbs
 - Isolated nutrients
 - Bioidentical hormones – natural source

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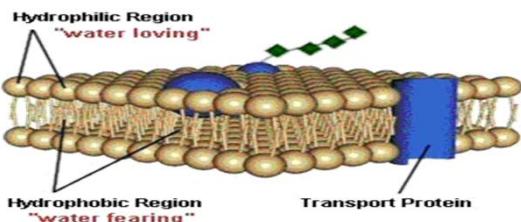
Hormones Defined

- ✓ 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

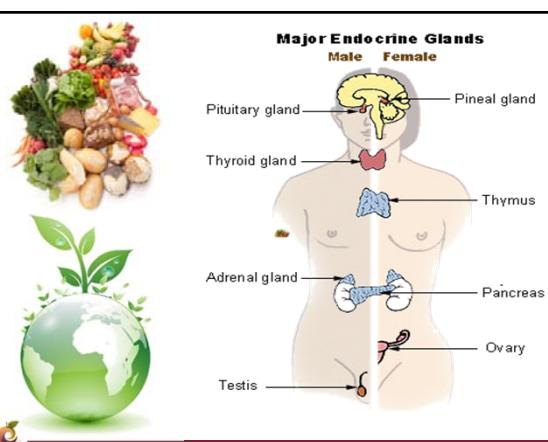


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Hormone Receptor in Cell Membrane



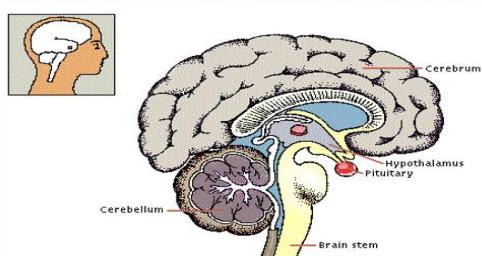
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Master Hormone Control

The Pituitary & Hypothalamus



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Hormones of the Hypothalamus



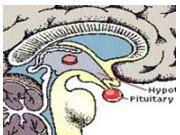
- ✓ Thyrotropin-releasing hormone (**TRH**)
- ✓ Gonadotropin-releasing hormone (**GnRH**)
- ✓ Growth hormone-releasing hormone (**GHRH**)
- ✓ Corticotropin-releasing hormone (**CRH**)
- ✓ Somatostatin: inhibits growth hormone (**SST**)
- ✓ Oxytocin: Uterine contraction, milk letdown (**OT**)
- ✓ Antidiuretic 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**)
- ✓ Adrenocorticotropic 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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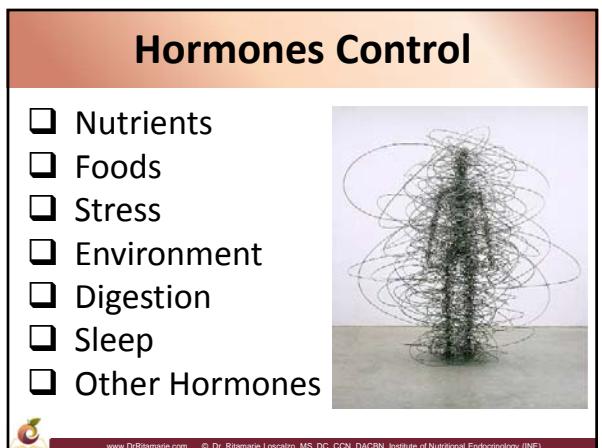
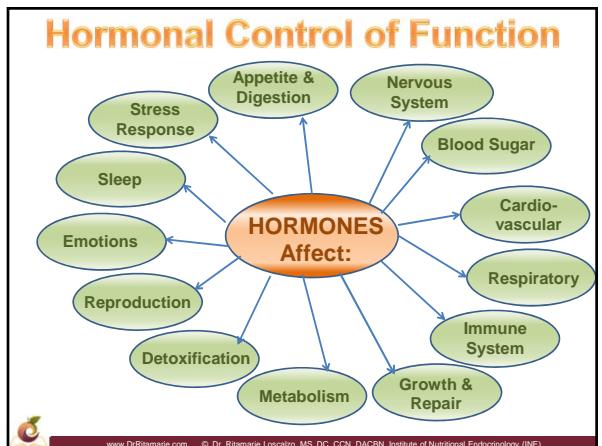
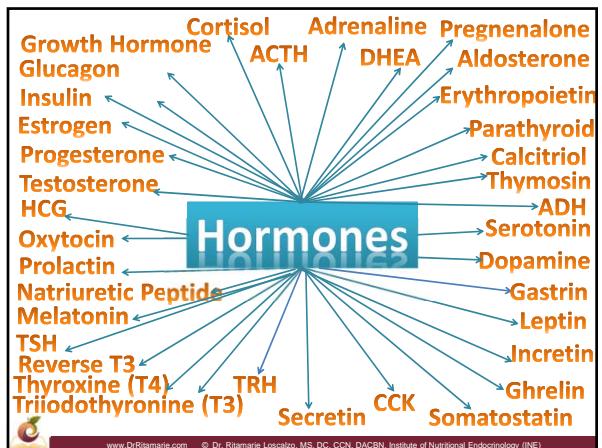
Hormones Can Affect

- ✓ 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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Connection Between Hormones And Persistent Symptoms

- Lethargy
- Fatigue
- Malaise/depression
- Angina
- Impaired cognition
- Impaired immune system
- Anorexia
- Intolerance to cold
- Endocrine/metabolic abnormalities
- Cardiopulmonary 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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