



LOVE YOUR HORMONES

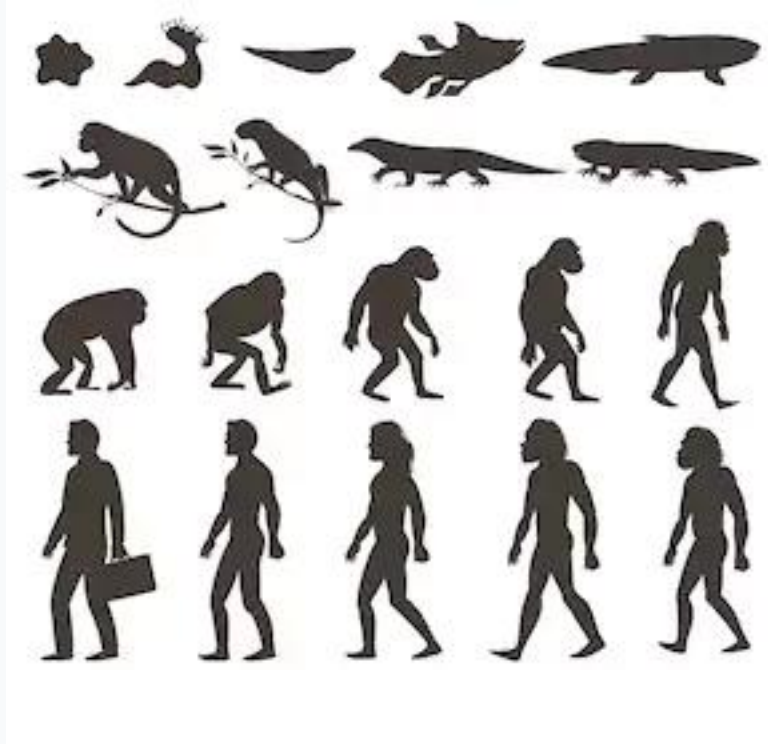


THE BIOLOGY OF YOUR BODY

KARINA ATWAL – CLINICAL PSYCHONEUROIMMUNOLOGIST

Chippy
Well
Fest

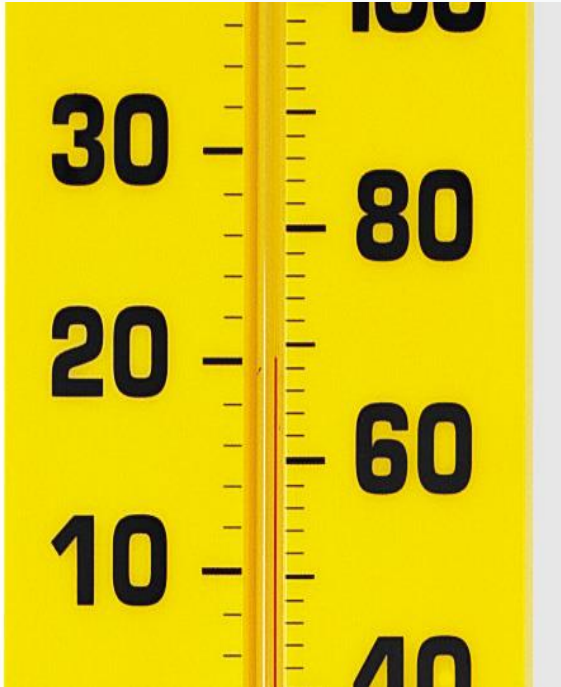
FROM A SINGLE CELL TO HUMAN



- 100.000.000.000 cells
- Life depends on our ability to coordinate the activity of all our cells to maintain optimal conditions for life.

Hormones are part of our coordination network.

HORMONE FUNCTION

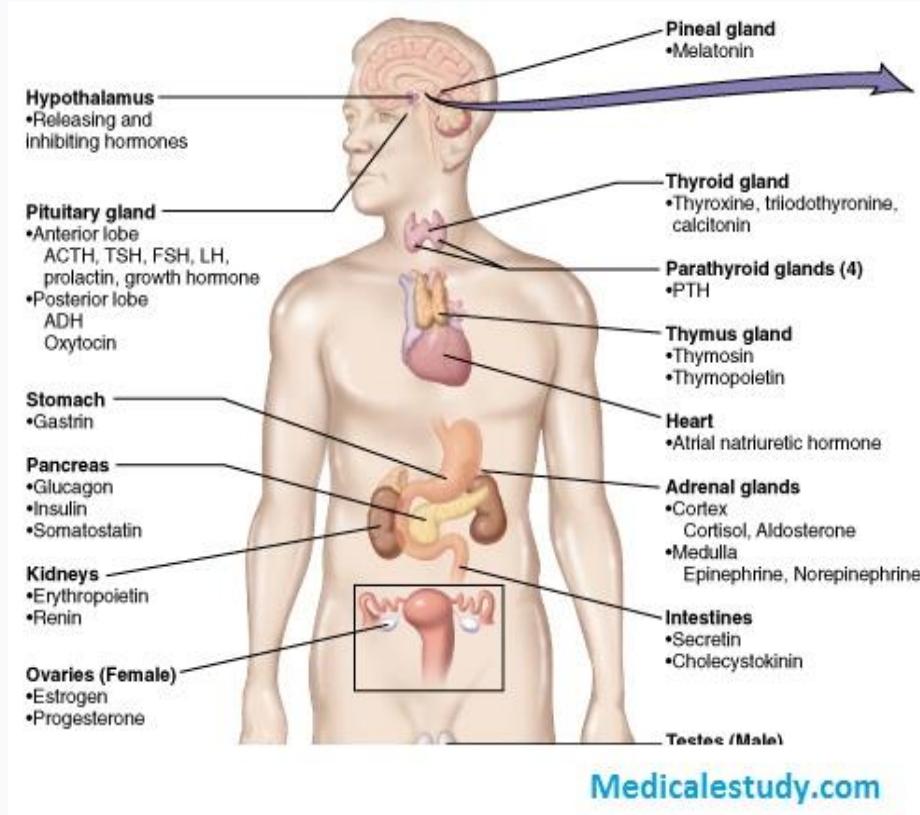


- Temperature
- Appetite
- Blood sugar
- Sleep/wake
- Growth
- Fertility

- Anger
- Fear
- Pleasure
- Motivation

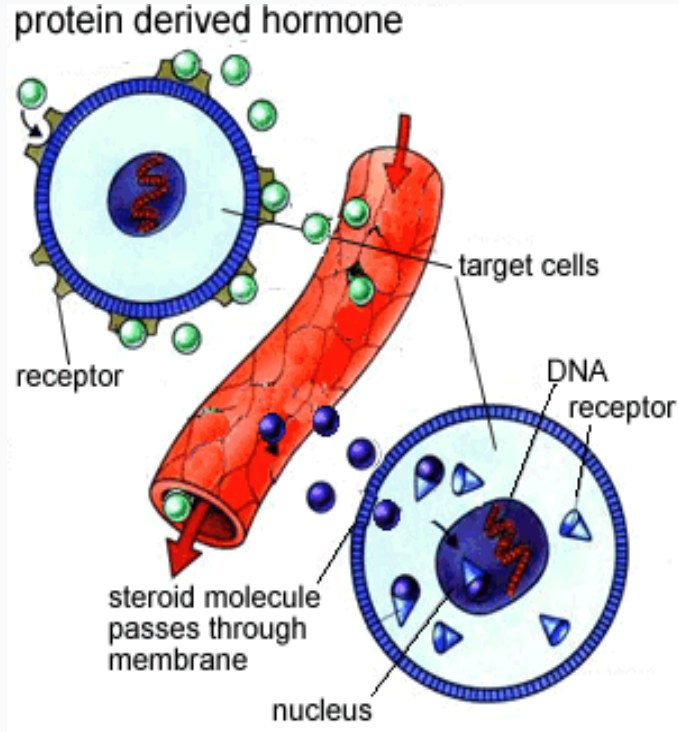


ENDOCRINE SYSTEM



- Insulin
- Thyroid hormones
- Melatonin
- Cortisol
- Adrenaline
- Sex hormones

CHEMICAL MESSENGERS



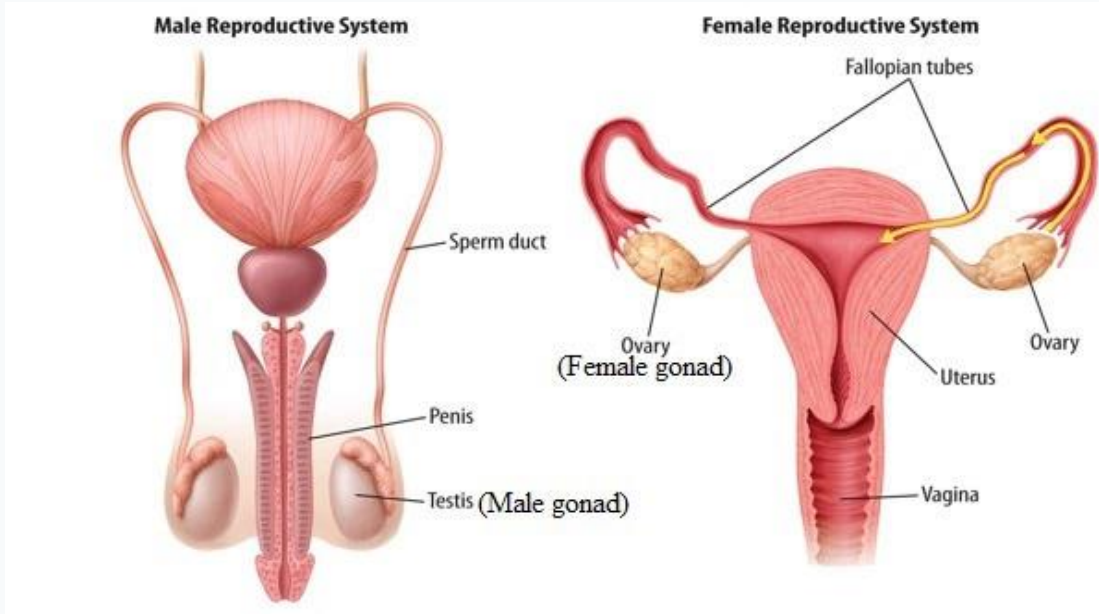
Hormones deliver messages telling a cell what to do.



HORMONE SIGNALLING GONE WRONG



SEX HORMONES

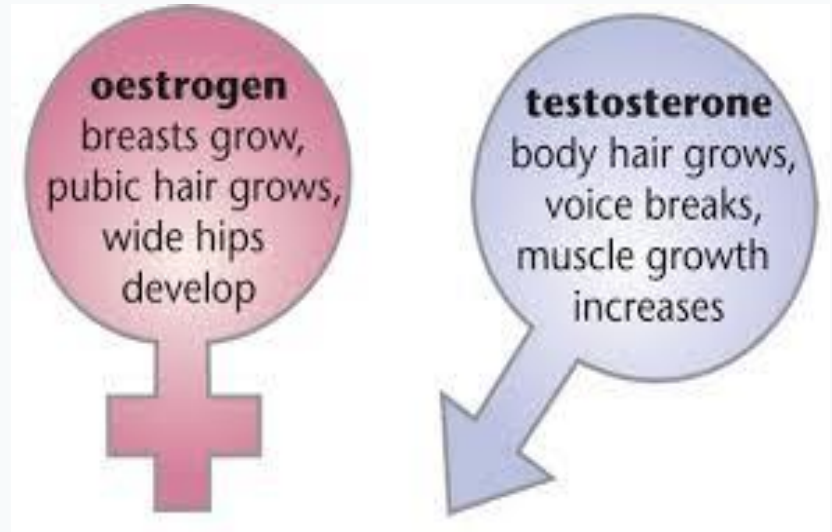


- Oestrogen
- Progesterone
- Testosterone

SEX HORMONES – NOT JUST ABOUT SEX(ES)

Sex hormones act throughout the entire body and brain of both males and females.

Many neural and behavioral functions are affected, including mood, cognitive function, blood pressure regulation, motor coordination, pain and opioid sensitivity.



ALL ABOUT BALANCE

OESTROGEN DOMINANCE

- Bloating
- Breasts tenderness
- Fibrocystic lumps in breast tissue
- Decreased sex drive.
- Irregular menstrual periods.
- PMS
- Mood swings.
- Headaches.
- Infertility

LOW TESTOSTERONE

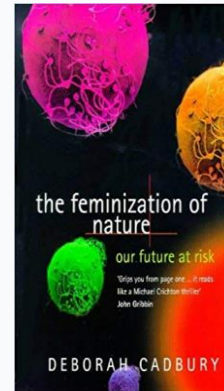
- Erectile dysfunction
- Infertility.
- Rapid hair loss.
- Reduced muscle mass.
- Increased body fat.
- Enlarged breasts
- Insomnia
- Bone loss
- Poor motivation/depression

Increased risk of hormonal cancers

ENDOCRINE DISRUPTORS (ED)

Endocrine disruptors are exogenous substances that may interfere with the body's endocrine system and produce adverse health effects in both humans and wildlife.

The feminisation of nature
Our future at risk
(Deborah Cadbury)



CHEMICAL ENDOCRINE DISRUPTORS (EDC)

Environmental Working Group

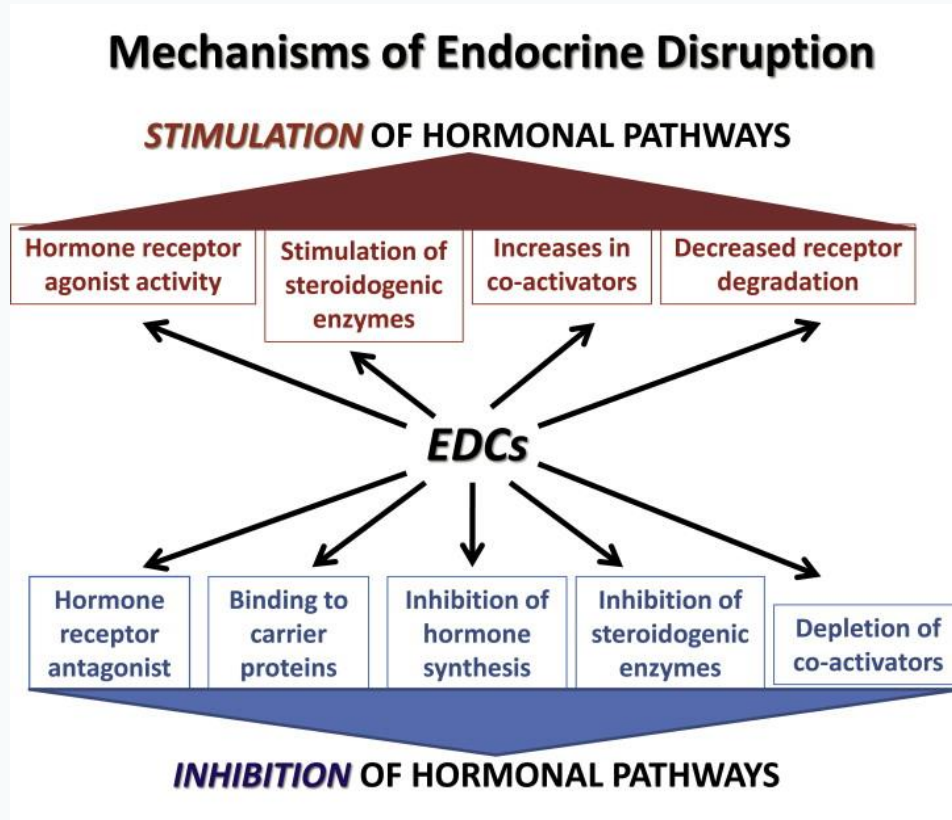
- Bisphenol-A
- Dioxin
- Atrazine
- Phthalates
- Perchlorate
- Fire retardants
- Lead
- Arsenic
- Mercury
- Perflourinated Chemicals (PFCs)
- Organophosphates Pesticides
- Glycol Esters

Endocrine Society:

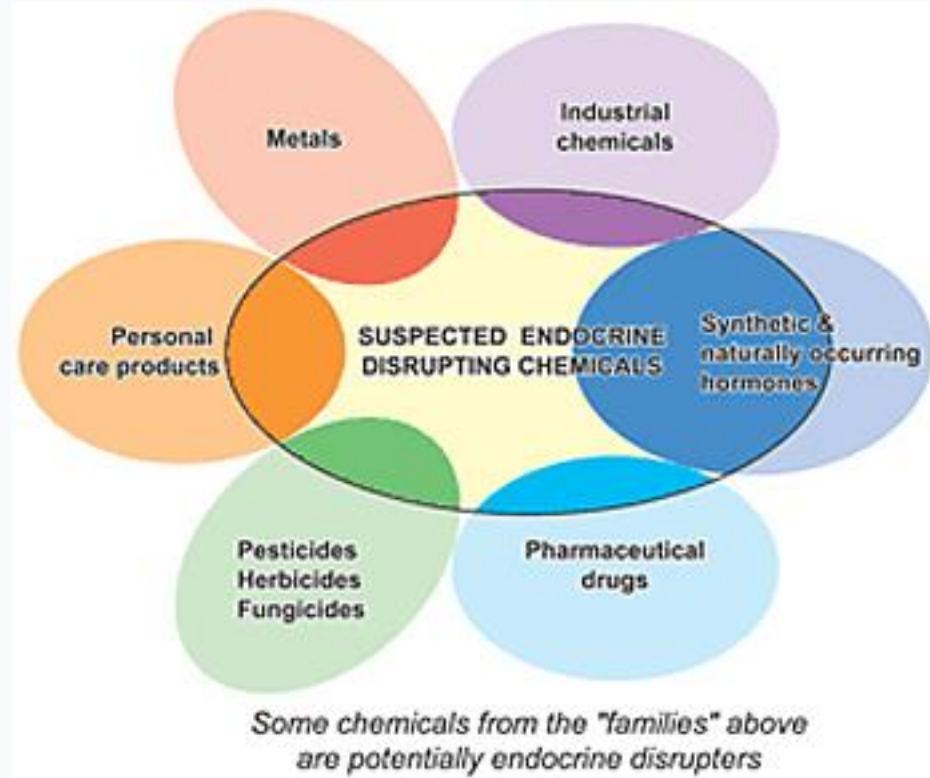
Obesity, diabetes, female reproduction, male reproduction, hormone-sensitive cancers in females, prostate cancer in males, thyroid, and neurodevelopment.



ENDOCRINE DISRUPTORS – CHEMICALS (EDC)



WHERE DO YOU FIND THEM

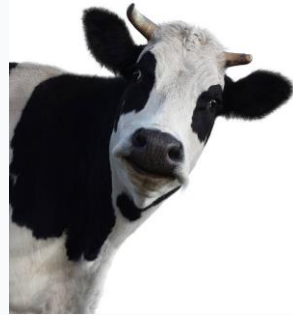


ENDOCRINE DISRUPTERS (ED) - FOODS

The main source of animal-derived oestrogens (60–70%) in the human diet is **milk and dairy products.**

“In summary, it seems that steroid hormones are very potent compounds in dairy foods, which exert profound biological effects in animals and humans”

(2015)



- Prolactin
- IGF-1
- Prostaglandins
- Glucocorticoids
- Progesterone
- Oestrogen



“SOY AS AN ENDOCRINE DISRUPTOR – CAUSE FOR CAUTION?”

Soy is classed as a phytoestrogenic food containing isoflavones notably genistein and daidzein.

“... the supporting evidence that consumption of phytoestrogens is beneficial is indirect and inconsistent”.

“Prospective epidemiological studies for the evaluation of the effect of phytoestrogens alone, and in combination with other estrogenic chemicals, are lacking, yet possible adverse effects should not be taken lightly.”

(2010)

MINIMISE EXPOSURE TO EDC

- Eat Organic when possible
- Eat fresh food
- Store your foods in glass containers
- Use ceramic and glass cookware
- Filter your tap water
- Use natural personal care
- Use natural house hold cleaning products
- Air your living/office space
- Keep green plants indoors



DIET- LOVE YOUR HORMONES

- Minimise or avoid dairy – use alternatives
- Minimise or avoid soya – eat only small amounts of fermented soya
- Avoid sugars – including bread, pasta, rice, white potatoes
- Eat detoxifying **vegetables** – brassicas
- Eat **good fats** – nuts, olives, olive oil, avocado, coconut oil
- Eat **fruits** – but not too many
- Enjoy good quality protein – **fish, poultry, eggs**
- Use fresh **herbs and spices** – turmeric, ginger



MANY SMALL DECISIONS = YOUR LIFE

Every decision counts.

Thoughts can be generated *and* acted upon with milliseconds.



That makes humans faster than Google.

WHY WAIT?

Today, right now - decide on just **1** change you can make to practice hormone love.





THANKS FOR LISTENING

 higherhealthandhealing.co.uk

 @UMNutrition

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Well
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