
Natural Solutions for Hormonal Health Seminar with John Andrews

Suitable for all practitioners, students & those with a general interest

info@allaboutnaturalmedicine.com

London • Friday 21st January 2011 • 10 am - 4.30 pm



Hormonal Health

VITAL FOR LIFE IN THE MODERN WORLD

The balance of the hormonal system is a foundation to general optimal health, most of our interactions and how our body responds to things, initiates in the hormonal system. It is often stated that “most diseases begin in the endocrine system” and through the use of modern iridology, saliva and blood testing, we can see that is often the case and we have an integration and interaction of the physical and emotional.



The aim of this seminar is to present extensive material in a clear and concise format which offers an accessible and enduring reference for all involved in the endocrine field, either as a practitioner, student, tutor, researcher or other interested party, in terms of hormonal equilibrium for both men and women.

Causes of Hormonal Problems

To be able to rebalance any hormonal concerns we need to identify the cause, causes or pathways which contribute to that imbalance, in order to select the correct therapeutic approach and support for that specific individual. What works for one person may not work for another, so it is vital to identify individual interactions, in addition to general themes.

A cohesive system of analysis has been developed based on John Andrews’ in-depth clinical experience, so we will look at which tests to use and how we can integrate or prioritize forms of testing for hormonal imbalance via modern iridology, saliva, urine, metabolic and blood tests. Examples of which test is best for specific hormones will also be covered.

Natural Medicine & Hormones

EXTENSIVE INFORMATION WILL BE PROVIDED

Natural medicine, in various forms, has an enormous amount to offer and also untapped potential in terms of balancing or preventing any hormonal problems. We will look at what we need to look for and what has worked with John's extensive experience in terms of natural approaches in hormonal health.



Vitex agnus-castus is often used as a liquid extract for the female hormonal system

The seminar material will cover the importance of specific herbal medicines, homotoxicology, nutritional components, supportive physical therapies and emotional dynamics will be covered, with specific reference to the conditions mentioned below. We will look at how we can maximize the properties of certain approaches and allow some therapies work a lot better.

Hormone-related (endocrine system) conditions covered in detail include:

The causes, symptoms, John's therapeutic experience and indications for fertility concerns in men and women, endometriosis, polycystic ovary syndrome, adrenal fatigue, pituitary dysfunction, hypothalamus dysfunction, hypothyroid (underactive thyroid), blood sugar problems - erratic or low blood sugar, hyperprolactinaemia (HPRL) and how stress and unresolved emotional stress can interact, amplify or maintain the above, menopausal symptoms, pre-menstrual syndrome symptoms and causes (PMS/PMT), food cravings, the endocrine system in sports medicine, fluid retention, low energy, mood problems, low libido, fibrocystic breast disease, puberty concerns, prostate gland health, uterine fibroids, salpingitis and low progesterone ratio and many more.

About John Andrews & Modern Iridology

A DYNAMIC SYSTEM OF ANALYSIS

Modern Iridology can be utilised with modern technology and based on new research to reveal many causative aspects and dynamics of the endocrine or hormonal balance. Modern Iridology can be used to clarify and pinpoint many underlying causes or pathways to a condition and thus prioritizes and enhances any advice or therapeutic plan of action.



John Andrews is the author of the pioneering textbook Endocrinology & Iridology

About John Andrews

John is in private practice in Beverley, East Yorkshire and lectures/presents new material in modern iridology and natural medicine on five continents. John is the author of seven iridology text books, has two more books pending publication, is the author of almost 30 instructional CDs, the editor of the Advanced Iridology Research Journal, numerous research papers and is considered a pioneer in terms of new modern iridology research findings and changing the direction of iridology with particular reference to the immune and endocrine systems.

John has also been the recipient of four international awards in recognition of his work in the field. He is known for being a dynamic presenter, offering extensive information and images, but has the quality to convey what may seem like complex subjects in a very practical, understandable and holistic way.

Stress, Emotional health & Hormonal Balance

AWARENESS OF THE PSYCHO-NEURO-ENDOCRINE DYNAMICS

Stress is an accepted part of life, which is very difficult to avoid for most of us. Often, it is difficult to remove stress from our life, but how our system and hormonal system adapts to that stress we can look to change, thus helping us achieve or maintain a healthy balance.



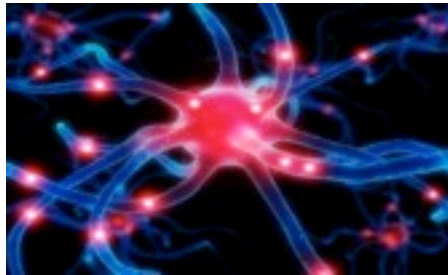
Holistic Understanding

A holistic understanding of the hormonal system and its many dynamics is an integral requirement for any particular field we find ourselves within. A healthy endocrine system is essential for emotional well-being, healthy growth and reproduction, the control of metabolism, maintenance of homeostasis, blood sugar balance, optimal energy levels, balanced immune functions and cognition, the co-ordination of psychoneuroendocrinology (PNEI) and so much more - this seminar will help to provide foundations and specifics for all of these.

It is very important for all of us to focus on the importance of how stress and emotional conflict or trauma can influence our limbic system in the brain, the HPA axis or “stress axis” and, thus, all of the endocrine glands and the individual hormones. We will examine these interactions in depth during the seminar and look at specific types of stress and how that can impact on endocrine tissues or hormones negatively and positively. Within this realm we will draw in blood groups and the function of the citric acid cycle in the cell.

Understanding the Interactions of the Hormonal System

Often the hormonal system and hormones are viewed in isolation, but there is an increasing understanding that we need to look at many different hormones and how they interact with each other and how a low level with one hormone can often result in a higher level with an entirely different hormone, thus triggering an imbalance, not only in the endocrine system, but also other systems of the body, such as the immune, neurological, gastrointestinal and nervous systems.



We will look at how many different endocrine glands function and the main hormones they secrete and what can trigger an imbalance in those. During the seminar we will look at the importance for balance between prolactin, progesterone, cortisol, estrogen, testosterone, growth hormone, ACTH, DHEA, adrenaline, noradrenaline, melatonin, thyroxine and many others. In addition to this we will look at the many different natural therapeutic options.

The Endocrine Glands

We look at the glands of the endocrine/hormonal system from a synthesis of new research, John's extensive experience and basic endocrinology. During the seminar the following will be highlighted: hypothalamus and the limbic system, pineal gland, pituitary gland, thyroid, the endocrine function of the liver, pancreas, gastrointestinal mucosa, adrenal glands, ovaries, testes, prostate and uterus.

Some new ideas and findings will examine the role of emotional epigenetics and genetics and the often overlooked influence of the hippocampus and amygdala in the brain's limbic system.

Environmental Factors, Nutrition & Hormonal Health

HOW EXTERNAL INFLUENCES CAN ALTER OUR INTERNAL HEALTH

The significance of environmental and nutritional factors on our endocrine and hormonal balance are increasingly being recognised. As the world around us changes, our endocrine systems, and in particular how the endocrine system communicates, plus how the hypothalamic-pituitary-adrenal axis (HPA Axis), hypothalamic-pituitary-thyroid axis (HPT Axis) and hypothalamic-adrenal-ovarian axis (HAO Axis) all operate, in the context of correct cellular functions, hydration and function of the extracellular matrix, in relation to external factors.



Nutritional Awareness & Endocrine Equilibrium

Hormonal health is interdependent on the correct nutritional balance and how the liver and small intestines are functioning in terms of absorption, storage and utilization. During the seminar we will highlight the main minerals, fatty acids, vitamins and amino acids for healthy endocrine function and communication and the most advantageous methods of testing or assessing each one, including visual signs, and how these integrate with particular hormonal conditions, from fertility concerns, underactive thyroid, adrenal fatigue, erratic to low blood sugar levels, period symptoms, menopausal symptoms, endometriosis, polycystic ovaries, enlarged prostate, pre-menstrual symptoms, hormonal imbalance during puberty, etc

Please Book Now for the
Natural Solutions to Hormonal Health
with John Andrews in London
- Contact info@allaboutnaturalmedicine.com

Telephone: Steve or Antoinette on 020 8350 4607/07984 592626

Venue: College of Naturopathic Medicine 10 am - 4.30 pm
Registration: 9.30 am **Friday 21st January 2011**

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All attendees receive a CPD certification and CD of the presentation

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To book: £50 in advance www.allaboutnaturalmedicine.com