

Asociace terapeutů
a detoxikačních
poradců

KINOSVĚT

With Dr Josef Jonas: About the Health

Episode 22:

HORMONAL DISORDERS - Part 2

Today we shall continue with the topic of hormonal disorders. We will be talking about the causes of hormonal disorders, because in fact neither the gynaecologist nor the internist who deals with hormones will explain to you the causes of your problems with the thyroid gland, ovaries, adrenals etc. Those causes are very deep and there are no medications. If the hormonal problem is treated nowadays in any way, then by synthetic hormones, whether sex hormones, thyroid hormones, or other. This is called substitution therapy and it replaces some hormonal defect. In fact, these disorders are very complicated, and we have already said something about them. Today we shall revisit the topic.

We said that the supreme level that controls the hormonal world is the hypothalamus, a structure in the middle of the brain where certain substances are formed. To have a specific idea of what it does: a person grows and needs the growth hormone. In this case the hypothalamus produces a substance called *somatoliberin*, which is a growth hormone releasing substance. And vice versa, when the body needs to stop growing, the hypothalamus starts to produce *somatostatin*, which in turn suppresses growth hormone. In the event of malfunction of this system, we meet children that are not growing, they basically lag far behind the average, and yet they can be helped because we can remove toxins from the hypothalamus toxins, thus enabling regular production of *somatoliberin*. Such a child then naturally, without being given any growth hormone, catches up on their peers. On the other hand, I have also encountered cases where the growth was rapid, and the teenager's height already exceeded two meters, which was associated with various health problems, and yet he was constantly growing. By removing the toxins it was possible to normalize the function of his hypothalamus and thereby stop the growth. And I have succeeded many times. But there are other hormones, too. This is how the thyroid hormones (*thyreoliberines* and *thyreostatins*) are governed, or how the adrenal glands work. Even the hormone that regulates pigmentation, i.e. whether our pigmentation is nicely regular and whether the skin is uniform in colour, is also controlled by the hypothalamus (*melanoliberin* and *melanostatin*).

Signals travel from the hypothalamus to the pituitary gland. It produces and controls other hormones that already have some specific function in the body. For example, the *luteinizing hormone*: When an egg matures in the ovary, it passes through the stage of the yellow body (corpus luteum). And this type of hormone decides whether it ends up with pregnancy or not.

There is also another hormone in the hypothalamus called *prolactin* that controls milk production. This hormone starts to be produced when a woman should breast-feed. After a delivery, the body "computer" turns on and starts to produce this hormone. Some women have problems with milk production, and if we really wanted to find the cause of such a problem, we would have to get into the pituitary gland and have to monitor the prolactin.

Another part of the pituitary excretes hormone *oxytocin*, a "good mood hormone", into the blood. Due to its lack, we are frowning, grumpy and unhappy about anything. But *oxytocin* also drives the birth, controls uterine contractions and controls contractions of lactiferous ducts that then eject milk through the nipple into the baby's mouth. If a woman is lacking this hormone, breastfeeding does not work, she does not go through a spontaneous delivery, and sometimes the doctors must apply oxytocin that bypasses the fact that the spontaneous mechanisms of natural childbirth usually controlled by this hormone do not suddenly work. In this example, you see how complex it is. And you may ask why it fails. Unfortunately, these organs and structures are heavily dependent on very complicated human psyche.

Here we could talk about stress in any of its forms; we could talk about emotions or other psychological factors that influence the activity of the glands. After all, women know it from their own experience. They get into a stressful situation; they miss their menstruation or cannot conceive. Then they adopt a baby, and suddenly the woman gets pregnant and gives birth to a baby because something suddenly changed in her emotional world. In short, when people and especially women think hard about it, they realize how much their psyche, relationship to a partner, and their relationship to the birth of a child affect their hormonal activity, and they can easily believe that this influence actually exists.

And then there is the third stage of the hormonal system, which is already the actual endocrine gland with internal secretion. Internal secretion means that the gland produces hormones directly into the blood. These hormones are distributed in the blood and affect other organs that are hormone-sensitive. Thus, for instance without sex hormones, women would not grow breasts, men would be hairless, no secondary sexual signs would appear, and even sexual organs would not develop. Many things would not work because hormones are absolutely necessary. There is no hormone that would be redundant in the body and without which we could easily survive. And we must also emphasize that not everything about the hormonal world is known and that the medical knowledge about the effects of hormones and their overall production are rather incomplete.

Consider, for example, the sexual glands again. Women's ovaries produce female hormones, oestrogens and progesterone, man's testicles produce testosterone, and these hormones then have their own specific hormonal effect. Endometrium grows in the womb and prepares to receive the fertilized egg. When there is no fertilization, the endometrium starts to detach, which appears as menstruation. The detachment of endometrium is controlled by progesterone. Thus the influence of oestrogen and progesterone alternates in the female genital tract, and this alternation must be extremely sensitive and accurate, not only in terms of time, but also in quantity and quality. It is a phenomenon that is very, very sensitive. It has to be pointed out that the ovaries do not do it on their own as many people think. Ovaries are often said that they dance to the way tune of the hypothalamus. This means that their whole activity is controlled from above, and the ovary is just the worker who does not think and cannot control anything either. And that's exactly what we could say about all other endocrine glands.

One of the most complex glands is adrenal glands. These are small formations that are adjacent to the top of the kidneys, and people usually do not know much about them. The

adrenal glands have two layers that secrete different hormones. The outer layer, which is referred to as the cortex, produces hormones that everyone has already heard about because many people use corticosteroids, corticoid ointments or corticoid sprays. And these corticoids or corticosteroids are extremely important because they have anti-stress and anti-inflammatory effects. They are therefore supposed to protect us from the effects of stress, various pains, inflammations and wounds we suffered at fights or during our lives. I am of course talking specifically of our progenitors. They often needed it because they lacked painkillers or stress drugs in their pharmacy. Therefore, these hormones have always been very important. Even today, we may feel threatened as if there was a sabre-toothed tiger at every corner, and we thus produce these anti-stress agents that cause a chain of processes in the body which may trigger the rise of blood pressure, clutch certain blood vessels and produce certain substances. However, when it happens too often and without any obvious cause, without exhaustion and endlessly on and on, we eventually end up with high blood pressure, gastric ulcers and grey blur.

All of this is influenced not only by the above mentioned corticoids but also by the hormones that are produced in the inner part of the adrenal glands, in the adrenal medulla. They are also well known: Many people deliberately induce stress, they do bungee jumping or they go to dangerous places, and this way they actually increase production of *adrenaline* and other hormones secreted by the adrenal medulla called *catecholamines*. They control blood pressure. In prehistory, blood pressure was of great importance for humans in dealing with dangerous situations. The heart started to work more efficiently, everything was thoroughly pumped up, even the brain gained new blood, and that "prehistoric man or woman" was able to survive in a crisis situation better and more effectively than when they were at rest. However, it is not appropriate for today's time. Nowadays all these hormones are produced unnecessarily, only on the basis of so-called virtual ideas or virtual reality, and we suffer from civilization diseases. Their listing is so long that we will not waste time on it.

But let me return to the adrenal cortex. It also produces hormones that control fluids in our body. Our organism is composed of many substances but 80% of it is water, which is fascinating. Whatever we look like, we have at least 80% of water in our bodies, so we are actually just some sort of a formed fluid, sometimes not very well shaped, sometimes deformed. And the entire cycle of fluid, its exchange and its amount is controlled by the adrenal cortex, which again has great significance. We know that many people retain water, take medication for drainage of redundant water or their weight fluctuates plus or minus five pounds per day. And the cause of it lies in the adrenal glands.

As you can see, the world of hormones is complicated, and the main step to remedy is the removal of intestinal toxins, which represent a toxic burden for the whole organism. I keep emphasizing this constantly. With **Hypotal** we remove hidden infections, which will affect both the hypothalamus and the pituitary gland. **Antimetal** will then remove heavy metals from these organs. And for endocrine glands we may then use for instance **Gynodren** for the ovaries, **Supraren** for better functions of the adrenals and **Thyreodren** for the thyroid. However, it is important to accurately map out these three levels because when dealing with hormonal problems, we need to take into account the complex organizational structure of the hormonal system and we need to be thoroughly acquainted with it.

Source: <https://www.youtube.com/watch?v=Yhpsww9emmA&t=1031s>

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