ADVANCED Iridology
Anatomy & Physiology
Mary's Herbs.com

Glandular System

Polyglandular Subtype
Rayid ~ Flower
At least 3 Lacuna
Mary's Herbs.com

Hierarchy Of the Glandular System
Pineal
Pituitary
Thyroid
Parathyroid
Adrenals
Pancreas
Liver
Ovaries
Testes

The Glandular System

Disclaimer
This webinar is not to be used instead of going to a competent doctor. I do not directly or indirectly dispense medical advice or prescribe in any way...
Raw Materials for all Hormones

HORMONES…A product of living cells that circulates in body fluids and produces a specific effect on the activity of cells remote from its point of origin

The Body’s Messengers

Hormones can be compared to the functions of a Remote

- Remote sends signals to cause a reaction
- Without the signal the TV doesn’t work
- There are many functions that a remote can cause, like turning up volume, turn TV on or off, changing channels, etc.

Hormones need to be transported

Super Omega 3 Oils

- Anchovies, sardines and mackerel
- EPA and DHA
- Lemon to protect against oxidation

- Provides an extremely bioavailable source of omega-3 essential fatty acids (EPA and DHA).
- Krill oil has as much as 100X times more Omega 3s in the same dosage as many other fish oil supplements

Pituitary Gland
When working with the glandular system, I suggest a base of Mastergland Formula for all the glands.

**Powerful antioxidants**, reduced risk of cancer, stroke and heart disease. Believed to help improve memory and nourish the pituitary and pineal gland.

**Known Benefits:**
- Fruits: Figs, Plums, Grapes (purple), Raisins, Dates, Mangost, Thai-go
- Vegetables: Eggplant
- Berries: Blackberries, Black Currants, Black Raspberries, Blueberries, Elderberries, Juneberries

**Pigmentation From:** Anthocyanins

**Color:** Blue and Purple and Black

**The Pituitary Tells Other Glands to Get to Work**

- Hypothalamus release CRH which in turn causes a release of ACTH (adrenocorticotropic hormone) produced by the pituitary gland. ACTH activates the adrenal glands to make cortisol.
- Cortisol AKA hydrocortisone helps the body during stress.
- Cortisol increases blood sugar through glyconeogenesis.
- Cortisol suppresses the immune system.
- Cortisol decreases bone formation.

**ACTH - Adrenal Cortex hormone**
The Pituitary Tells Kidneys to Stop Work

High Levels of Sugar Tends to Turns off the ADH

ADH - AntiDiuretic Hormone

The Pituitary Tells the Ovaries

Sexual Development
• With LH (luteinizing hormone) helps ovaries produce Estrogen
• With LH helps the testes produce testosterone
An egg develops in a small anatomical tubular cavity called a follicle

FSH
Follicle Stimulating Hormones

Ovaries

Testes

hGH – Human Growth Hormone

-Can cause rise in IGF-1 (linked with tumors)
-Swelling in arms and legs
-Headaches
-Diabetes
-Abnormal growth of bones and in organs
-High blood pressure
-Hardening of the arteries.
For this reason, hGH injections should be used ONLY when it is necessary

ICSH – Interstitial Cell-Stimulating Hormone

• Stimulates ovulation and development of the corpus luteum
• Stimulates the production of testosterone by the interstitial cells of the testis
• Stimulates androgen release which is responsible for the maintenance of masculine characteristics

Lactogenic Hormone AKA Prolactin

Increase in LH levels at mid-cycle causes ovulation
-Stimulate production of testosterone

LH – Luteinizing Hormone

LTH – Lactogenic Hormone

Mary’sHerbs.com
Oxytocin

- Bonding hormone... small amounts released during touch, hugs and kissing
- Sexual attraction (causes love at first sight)
- Helps us develop lasting relationships
- The Mothering hormone
- Helps with delivery
- Helps reduce social fears
- Decreases stress and anxiety
- Helps us empathize


Alfalfa

- Known as the King of all Herbs.
- Erroneously used as placebo in clinical trials
- Being the deepest rooted plant with roots sometimes going down 60 feet is a great source of minerals.
- Helps correct pH
- While encouraging pituitary health, alfalfa will encourage good bowel health.

Good to add Parsley and B Complex

Chlorophyll

- Made from Alfalfa and Spearmint
- Feeds the pituitary while being a natural blood cleanser
- Aids digestion
- Naturally deodorizes and energizes the body
- Very alkalizing
Gotu Kola

- Originates off of the southeastern coast of India
- Has been used in Ayurvedic medicine as a nervous system tonic treating problems with the brain and nervous systems.
- Contains wonderful properties for the immune system, stomach aches, fevers, headaches.
- Gotu Kola has often been referred to as brain food and helps with memory and pituitary function.

Pituitary Gland Questionnaire

- Difficulty falling asleep at night
- Blurred vision
- Loss of peripheral vision
- Unusually low sex drive
- Sleepy during the day
- Height loss
- Weight loss or gain
- Snoring
- Low stamina
- Accelerated worsening of eyesight or hearing
- Skin problems of adult acne, eczema, or severe dry skin
- Aches and pains of limbs, unrelated to exertion
- Headache between the eyes
- Infertility
- Lactation (abnormal)
- Less frequent or no menstrual periods
- Body hair loss
- Increased frequency and amount of urination

Pineal Gland

The Glandular System

Pineal Gland aka The Third Eye

Believed by some to be the seat of our soul

Converts nerve signals from the sympathetic system into hormone signals.

S.A.D Seasonal Affected Disorder – The Winter Blues

UV light helps strengthen the Pineal Gland

- Induces sleep
- Helps control the timing and release of female reproductive hormones
- Drop in Melatonin increases aging
- Has a strong antioxidant
Problem With Taking Glandulars

If you don't use a muscle it becomes weak and atrophies. Glandulars work for glands. Long term the glands can become lazy.

Nutrients for the Pineal Gland

- Noni
- Thai go
- Sage
- B-Complex
- Blueberry
- Black Berries
- Elderberry
- Parsley

Pineal Gland

Thyroid

Thyroid is “One of the 5” Which Doesn’t Need Be a Lesion
Thyroid Symptoms
Temperature is especially important:
• While pregnant to incubate the baby.
• Also to keep up resistance against diseases
• Keep nerve of your teeth alive

Thyroid Body Signs
Bulging Eyes

Thyroid Body Signs
Hand Position Indicates Thyroid

Thyroid Fingernail Signs
Lacking Moons or shiny nails indicates weak thyroid

Emotion Energy
- Not speaking out
- Feeling tired
- Gaining weight all over
- Loosing outer 1/3 of eyebrow
- Intolerance to cold
- Depression
- Fatigue
**Nutrients for the Thyroid**

- Iodine
- Kelp
- Spirulina
- Dulse
- Irish Moss
- Black Walnut

Thyroid has the highest iodine levels, breast has second highest.

**The Thyroid Gland - Hypothyroidism**

- Hypothyroidism probably affects hundreds of thousands of people but is often never diagnosed. As a result only 5% of the population has received a diagnosis.

- So if you have low body temperature, headaches, dry eyes/blurred vision, digestive problems, fluid retention, dry skin/hair, weight gain, inability to lose weight, brittle nails, insomnia, hair loss, easy bruising skin, elevated cholesterol, anxiety, food intolerances, excessive sweating, low energy, poor coordination, acne, infertility or low libido, you may be dealing with hypothyroidism.

**The Thyroid Gland**

- The thyroid’s function is to take iodine from foods and convert it into thyroid hormones.
- Since we don’t have the iodine in the majority of the foods that we eat, we can be short on this needed mineral.
- Avoid Cruciferous Vegetables

**Cruciferous Vegetables**

<table>
<thead>
<tr>
<th>Arugula</th>
<th>Bok choy</th>
<th>Broccoli</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brussels sprouts</td>
<td>Cabbage</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Chard</td>
<td>Chinese cabbage</td>
<td>Collard greens</td>
</tr>
<tr>
<td>Daikon</td>
<td>Kale</td>
<td>Kohlrabi</td>
</tr>
<tr>
<td>Mustard greens</td>
<td>Radishes</td>
<td>Rutabagas</td>
</tr>
<tr>
<td>Turnips</td>
<td>Watercress</td>
<td></td>
</tr>
</tbody>
</table>

Cruciferous vegetables contain antioxidants (particularly beta carotene and the compound sulforaphane). They are high in fiber, vitamins and minerals. Cruciferous vegetables also contain indole-3-carbidiol (I3C). This element changes the way estrogen is metabolized and may prevent estrogen driven cancers. Cruciferous vegetables also contain a kind of phytochemical known as isothiocyanates, which stimulate our bodies to break down potential carcinogens (cancer causing agents).

**BUT:**

Raw cruciferous vegetables contain thyroid inhibitors known as goitrogens.

**The Thyroid Gland**

- Thyroid cells are the only cells in the body which can absorb iodine.
- Proper pH of 6.3 to 6.6 needed for absorption
- These cells can combine iodine and the amino acid tyrosine to make T3 and T4
- There is a close relationship between thyroid and liver health
Do You Need to Build Your Thyroid?

- Irregular menses, PMS, ovarian cysts, endometriosis
- Constipation despite adequate fiber and liquids in diet
- Depression
- Colder than those around you
- Problems with memory, focus or concentration
- Hair loss
- Low stamina
- Accelerated worsening of eyesight or hearing
- Palpitations or uncomfortably noticeable heartbeat

Hyper Thyroid – NEEDS SOOTHEED
- Often Normal temperatures
- Extreme alkalinity?
- Bulging eyes?
- Weightloss?
- Produces too many hormones

Hypo Thyroid- NEEDS NOURISHED
- Weak
- Iodine deficient
- Low temperature
- Hair loss
- Weight gain

Supplements

- Keep in mind that the thyroid loves seaweeds which are rich in iodine.
- Thyroid Activator, Thyroid Support, HSN-W and Black Walnut are all rich in iodine and thus are excellent choices for the thyroid.

Contains:
- Horse tail
- Dulse
- Rosemary
- Sage

• This formula has also been shown to shrink goiters and encourage healthy thyroid function.
• Great source of iodine
• Rich source of silicon which helps elastin and collagen in the skin.
• Elastin and collagen are used in building firm skin, strong nails, strong bones and beautiful hair.

Thyroid Support

- B6
- Zinc
- Copper
- Manganese
- Tyrosine
- Kelp
- Stinging nettle
- Protease blend
- Thyroid glandular
- Anterior pituitary
- Hypothalamus glandulars

• Builds healthy thyroid function
• Helpful in normalizing heart rate
• Encourages enzyme activity
• Normalizes respiratory rate
• Regulates temperature
• Metabolism

L-Tyrosine helps the thyroid produce T3 & T4

HyperThyroidism Work With Myelin

Thyroid
The Glandular System

Parathyroid

Parathyroid pulls calcium out of the bones and into the blood

Nutrients for the Parathyroid

- Vitamin D does not necessarily improve health of parathyroid but helps alleviate symptoms of hypoactivity.
- KB-C supports both the kidney and the bones

Conditions of the Parathyroid

- Spontaneous fractures and bone deformities
- Abnormal deposits throughout the body—such as in the arteries or kidney stones
- Inflammation
- Sun on the skin converts cholecalciferol and dehydrocholesterol (provitamin D), which is found in foods and stored in the skin, into vitamin D.
- Calcium blood level should be 9-11 milligrams per 100 cc
- Phosphorus blood level should be 3-4.5 milligrams per 100 cc
- Blood pH should be 7.41 (7.35-7.45)
The Glandular System

Thymus Gland

That Which Weakens the Thymus:
Life without love, too much restraint and negative thinking, The AIDS Virus

Nutrients for the Thymus
• THIM-J
• Spirulina
• Energy Enhance Patch over the thymus

Symptoms Associated With the Thymus
• Reacting the Opposite to Chemicals, Herbs and Medicine
• Low T-Cell Count Effecting Immune System
• Bluish Tint of Teeth
• Blood Pressure

The Pancreas

Produces:
• Insulin - pushes sugar into muscles, brain or back to the liver
• Glucagon – converts fat into sugars
• Somatostatin- regulates the secretion of glucagon and insulin

Both an Organ and a Gland
Nutrients for the Pancreas

- Sodium Foods
- Juniper berries
- Dandelion
- Blood Sugar Formula AV
- ProPancreas
- GTF Chromium
- P14
- Stevia

Symptoms of a Chromium Deficiency:
- Milk
- Alcohol
- Carbohydrates
- Sweets

Chromium Deficiency

Pancreas Weakness on Right

Lacking Chromium

Pancreas on Left
The Glandular System

The Adrenal Glands

DHEA

• Caution: Autoimmune Disease
• Excess turns into Testosterone

Normal Size Pupil

Adrenal Exhaustion

Pulsing Pupils

Adrenal Exhaustion

Adrenal Exhaustion
No Adrenal Exhaustion

The Adrenal Glands

Produces hormones:
- Estrogen – Female Hormones
- Progesterone – Female Hormones
- Testosterone - Aromatase
- Steroids
- Cortisol
- Cortisone – Homostasis - Anti-inflammatory
- Adrenalin (epinephrine)
- Norepinephrine
- Dopamine - Small amount

Adrenalin aka Epinephrine

Cortisol
- Cushing's Disease
  - Cortisol – Too much
  - Poor metabolism of glucose, fat and protein
- Addison’s Disease
  - Cortisol - Too Little
**Glucocorticoid Steroidal Hormone**
Cortisone – Homeostasis - Anti-inflammatory

**Aldosterone**
Adrenals Stimulate and help regulate kidney function
Dumps Potassium
Recycles Sodium

**Lacking Potassium**
Avoid stimulants such as coffee, tea, soda, chocolate, and sugar. Not only do they mask adrenal symptoms but contribute to them.

**Weak Adrenals = No Energy**

**Sex Hormones**
- Parsley
- B-5 Pantothenic acid
- Vitamin C
- Sodium
- Licorice Root?
- Adrenal Support (bovine adrenal gland)
- Mood Elevator
- Nervous Fatigue

**Nutrients for the Adrenals**
- AEON Patch
B5 or Pantothenic Acid

- A strong antioxidant that may need to be replaced in individuals who have undergone prolonged periods of stress
- It is needed for cortisone production and maintaining the integrity of the nervous system.
- B5 can be energizing and yet calming at the same time
- Reverse Citrus Allergies
- Can irritate stomach lining

AdaptaMax

- Ginseng
- Rhodiola
- Eleuthero
- Gynostemma
- Ashwagandha
- Schizandra
- Suma
- Alfalfa
- Astragalus
- Kelp
- Reishi Mushroom
- Rosemary
- Ginkgo
- Cruciferous vegetable base

Adrenal Hyper stimulated

- *Sceletium tortuosum* - helps soothe and enhanced mood, improved cognitive function, and stress relief.
- *L-Theanine* - elevated mood, improved cognition, decreased stress, and general relaxation.
- Magnesium and Zinc - essential to nerve function and shown relieve anxiety.
- Thiamin or Vitamin B1, acclaimed to function in synaptic nerve transmission and to have importance to the normal physiology of the nervous system.
- Zembrin® supports the nervous system as it facilitates feelings of calm and supports a positive mood

The Adrenals

![Adrenal Hyper stimulated](MarysHerbs.com)

Normal Size Pupil

![Normal Size Pupil](MarysHerbs.com)

Enlarged Pupil ~ Adrenal Exhaustion

![Enlarged Pupil ~ Adrenal Exhaustion](MarysHerbs.com)
Adrenals

The Glandular System

Ovaries

Ovaries and Uterus

Gonadal Body Type

Reproductive Organs

Also hair on the Chin

Lachesis ~ Left
Belladonna ~ Right
Maca

Emotional Aspects:

Ovary

- Feelings of loneliness
- Desire to feel love and respect
- Feeling inadequate in sexual role

Uterus

- Being ticked off at a male gender
- Repressed anger
- Hard time Nurturing

Estrogen Dominate

This formula is toning to the uterus, energizing and yet calming.

- The herbs in this formula, especially when combined with iodine containing herbs (look in the thyroid section) have been known to increase fertility
- Female Comfort can be used by the mature female to calm hot flashes, help with mood changes and yet regulates the cycle of a young woman and encourages fertility.
**Progestrone Dominate**

- Althea
- Black cohosh
- Blessed thistle
- Capsicum
- Dong quai
- Ginger
- Golden seal
- Lobelia
- Queen of the meadow
- Red raspberry

Normalizes hormone balance
- Reduces nervous tension
- Shrinks the uterus and slows excessive bleeding while strengthening the ovaries

MarysHerbs.com

**Nutrients for Ovaries**

- Red Raspberry
- Calcium
- Female comfort
- FCS II
- Maca
- Lachesis (homeopathic)
- Belladonna (homeopathic)
- Menstrual REG
- Sage

- 800mg of progesterone per ounce
- Hot flashes
- Raising libido
- Improving quality of aging skin
- Converting fat into energy
- Increasing bone density
- Relieving symptoms of PMS and menopause
- Preventing miscarriage

MarysHerbs.com

**7 Dwarfettes in Menopause**

- Itchy
- Bitchy
- Watery
- Blotchy
- Forgetful
- Psycho
- Fatty Acid

- Flash Ease
- Liver Cleanse Formula
- Vitamin E

MarysHerbs.com

**Ovary/Testicle**

**Ovaries**

MarysHerbs.com
Ovaries

Testes

- Zinc
- Damiana
- Saw Palmetto
- X-Action for Men
- L-Glutamine

Ovaries

The Testicles

- Zinc
- Damiana
- Saw Palmetto
- X-Action for Men
- L-Glutamine

Ovaries

Damiana

- A single herb with incredible powers to stimulate sex drive and help with depression.

- Besides these properties, Damiana also helps as a muscle and nerve relaxant, making it useful for anxiety, fatigue and nervous exhaustion.
Soy protein and soybean isoflavones adversely affects thyroid function


In 1 years time, the thyroid only produces 1 teaspoon of T3 or T4 a year?

Mary's Herbs.com

Questions

Shari
sweisebach@etzone.com email
http://herbalbeginnings.weebly.com website
(812) 593-0419 Phone
https://www.facebook.com/Herbal-Beginnings-850250861668814/timeline/ Facebook page

Contact: Mary Reed Gates
MarysHerbs@aol.com
717-898-2220

Victoria
208-569-9589 cell
victoria@ida.net email
http://www.naturalhealthchicks.com website
https://www.facebook.com/groups/Healthchick/ Facebook page

Contact: Mary Reed Gates
MarysHerbs@aol.com
717-898-2220

Questions

Contact:
Tara Belderok
LetsGetHealthy123Go@gmail.com
816-903-3377
http://www.mysnp.com/LetsGetHealthy123Go

To be put on our emailing list go to: http://www.naturesherbs.biz/

http://www.herbalremedyexpert.com/PIC-WG-PP

http://www.mysnp.com/LetsGetHealthy123Go