



Support Your Body Systems for Better Health

Endocrine System

The System functions:

The endocrine system is made up of glands that produce and secrete hormones directly into the circulatory system to be carried towards distant target organs. Hormone levels that are too high or too low indicate a problem with the endocrine system.

Glands are controlled directly by stimulation from the nervous system as well as by chemical receptors in the blood and hormones produced by other glands.

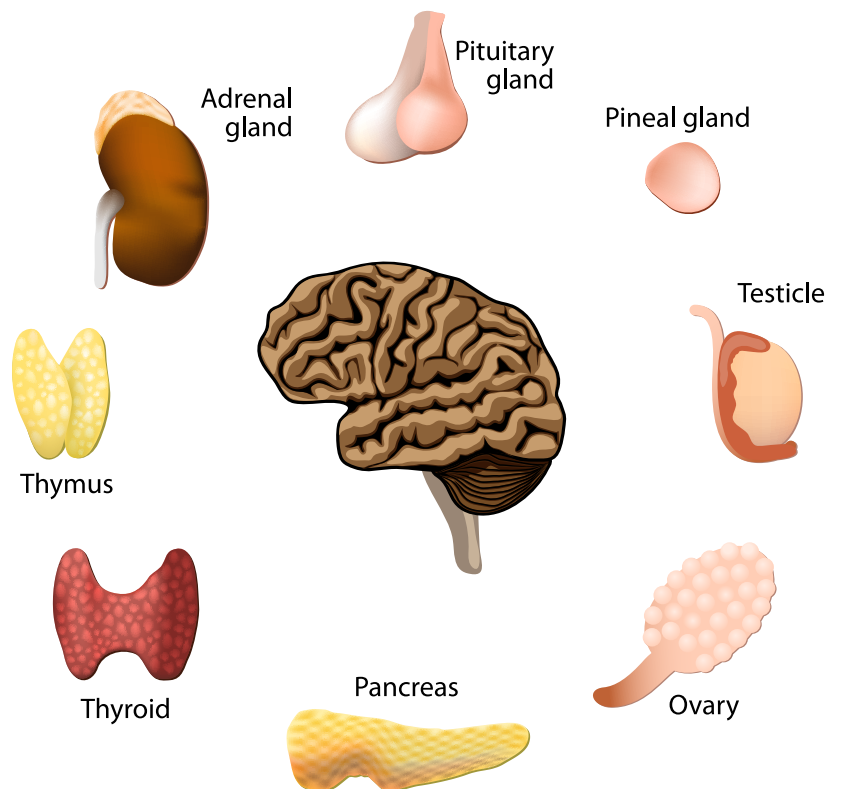
Hormones regulate many different processes such as:

- 1 Cellular metabolism
- 2 Reproduction
- 3 Sexual development
- 4 Sugar and mineral homeostasis
- 5 Heart rate
- 6 Digestion

Associated organs:

Pineal gland, pituitary gland, pancreas, ovaries, testes, thyroid gland, parathyroid gland, hypothalamus, gastrointestinal tract and adrenal glands

Endocrine System at a Glance





What you can do to support a healthy Endocrine System:

Recommended Dietary Supplements: Adaptuit™, Adaptuit™ Sleep, Balanced Woman®, Essential D™, Omega3 Prime™, Prostate Health Formula™, Slow Dissolve B-12/Super B-12.

Amazon Herb Supplements: Fortify, Illumination, Rejuvenate, Serenity, Warrior.

Essential Vitamins & Minerals: Adaptogenic herbs, Carotenoids, Vitamin A, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Vitamin K.

Foods to Include:

Fruit	Vegetables	Protein /Dairy	Nut & Seeds	Miscellaneous
Strawberries	Spinach	Organic Pasture Raised Chicken	Brazil Nuts	Black Beans
Pear	Broccoli	Organic Pasture Raised Turkey	Pumpkin Seeds	Oats
Apple	Brussels Sprouts	Wild Caught Salmon and Cod	Flaxseed	Brown Rice
Banana	Artichoke	Shrimp	Chia Seeds	Quinoa
Figs	Carrots	Eggs	Hemp Seeds	Seaweed

Note: Be sure to do your best to shop organic, grass-fed, free-range, unprocessed and low sodium.





What you can do to support a healthy Endocrine System (continued):

Daily morning cleanse: 8-12oz of lemon water

Foods you should avoid or limit:

Do your best to read the labels on packaged food. If the names are too hard to pronounce, they are likely chemical based ingredients and not very good for you.

- Processed and high-sodium foods such as cured ham, bacon, sausage and potato chips
- Foods that contain all-purpose flour such as pizza, bagels, pretzels, white bread, and flour tortillas
- Artificial sweeteners containing Sucralose such as yogurt, cereal, whole grain muffins and breads and microwave popcorn
- Beware of "reduced sugar" labels which are usually loaded with **artificial sweeteners** such as fruit juice, ketchup, jams, jelly, syrup, soda, sports drinks, ice cream and salad dressings. Below is a list of artificial sweeteners you should try to avoid:

- | | | | |
|------------------------|--------------|-----------------|----------------|
| ■ Aspartame | ■ Equal | ■ NutraSweet | ■ Sorbitol |
| ■ Acesulfame potassium | ■ Glucin | ■ Nutrinova | ■ Sucralose |
| ■ Alitame | ■ Kaltame | ■ Phenylalanine | ■ Twinsweet |
| ■ Cyclamate | ■ Mogrosides | ■ Saccharin | ■ Sweet 'N Low |
| ■ Dulcin | ■ Neotame | ■ Splenda | ■ Xylitol |

Recommended Activities:

Physical activity is essential for good health. New studies show even 15 minutes of elevated heart rate from activity has numerous benefits. Find activities you enjoy doing and aim for at least 15 minutes 4 to 5 times per week.

CARDIO: Biking, Hiking, Walking, Running, Swimming, Dancing, Zumba

STRENGTH: Weight Training, Pilates, Vigorous Yoga, P90X, Crossfit, Barre

FLEXIBILITY: Yoga and Stretching





Additional Information:

Common Symptoms: Common signs and symptoms associated with the endocrine system include fatigue, cold/heat intolerance, hair loss, weight gain/loss, irregular heartbeats, irregular menstrual cycle, pelvic pain and infertility.

Common Disorders:

- **Addison’s Disease/Adrenal Insufficiency** - A disorder in which the adrenal glands don’t produce enough hormones.
- **Hyperthyroidism** - The overproduction of a hormone by the thyroid.
- **Hypothyroid** - Thyroid gland does not produce enough thyroid hormone to meet the body’s needs.
- **Obesity** - Increased body fat. A person is considered obese if fat is 20% or more than the recommended normal weight.
- **Polycystic Ovarian Syndrome (PCOS)** - The development of many cysts on the ovaries leading to female hormone disruption and hyper production of androgens, (testosterone). This can cause irregular menstrual cycles, pain and infertility.
- **Premenstrual Syndrome (PMS)** - A group of symptoms that occur in women, typically between ovulation and a period associated with fluctuating or irregular hormones.
- **Prostatitis** - Swelling of the prostate.
- **Type 1 and Type 2 Diabetes** - a condition in which the body does not properly process glucose, a simple sugar and the hormone insulin is ineffective in processing sugars.

