

# HORMONES IN HARMONY™

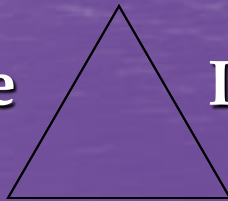
the Key to Optimal Health

by

*Deborah Maragopoulos MN FNP-BC*

Intuitive

Integrative



Medicine

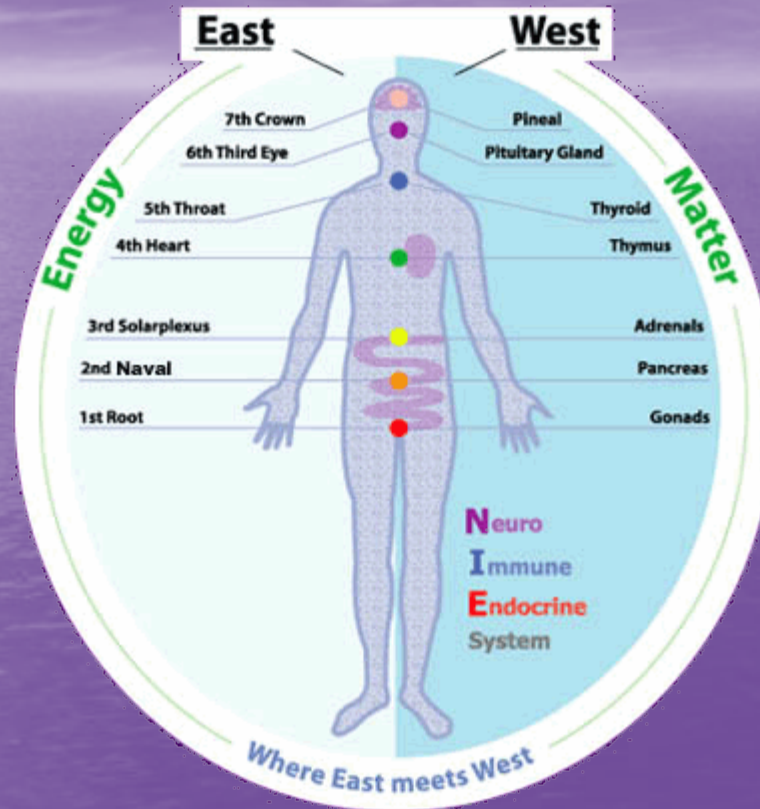
# The Chalice Meditation



# Hormones in Harmony™

## Part One Philosophy

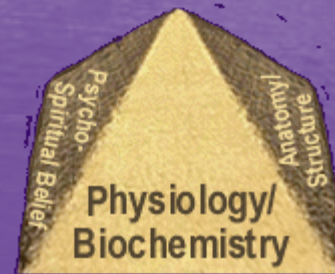
# East meets West



# DMAR™

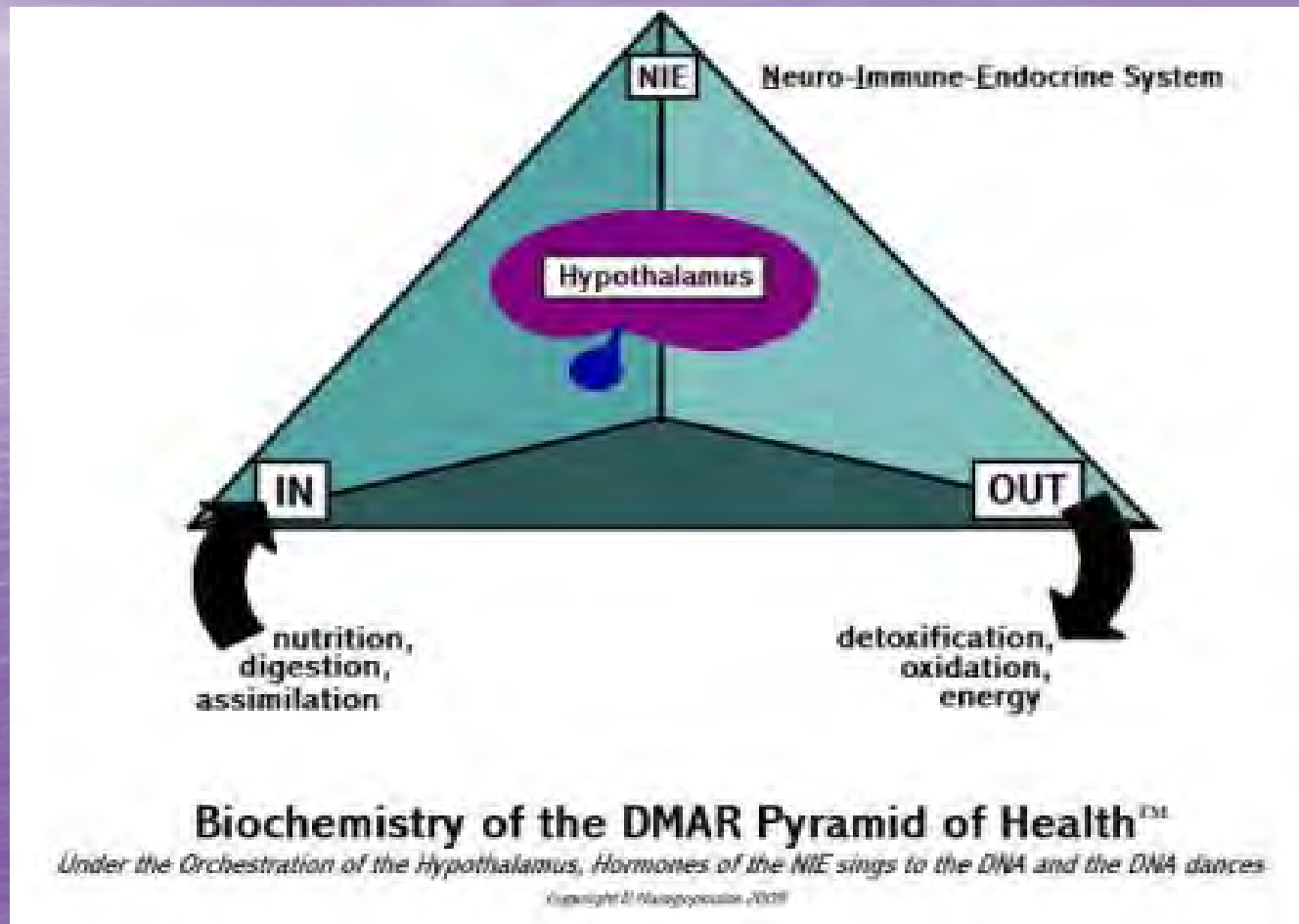
## Pyramid of Health

- Environment
- Structure/Anatomy
- Belief Systems
- Biochemistry
- Energy



**ENERGY**

# The Hypothalamic Connection



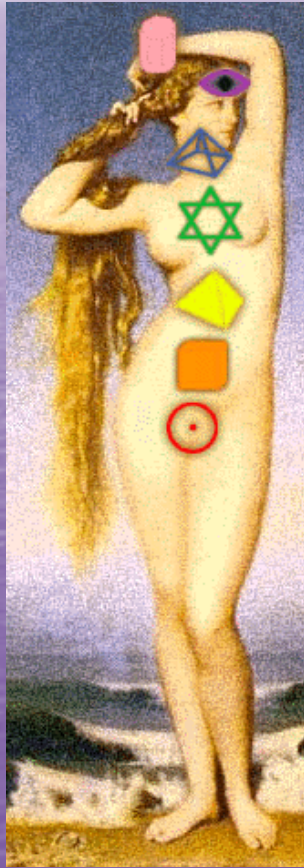
# The IN Cornerstone

- Nutrition
- Digestion
- Absorption
- Assimilation

# The OUT Cornerstone

- Detoxification
- Mitochondrial energy output
- Oxidation

# The Endocrine System

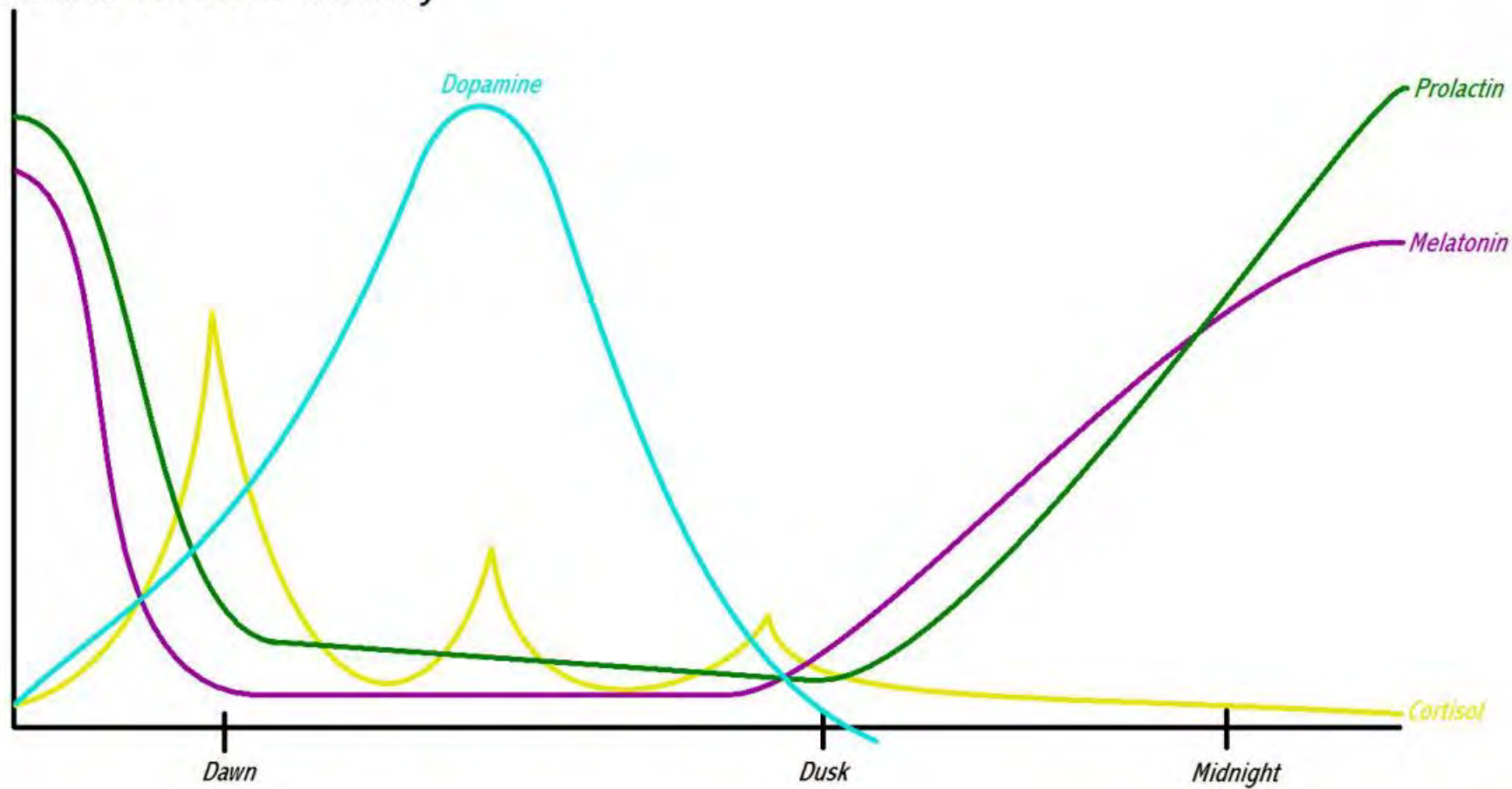


- Pineal
- Pituitary
- Thyroid
- Thymus
- Adrenals
- Pancreas
- Ovaries/testes

# Hormones in Harmony™

- Natural circadian, seasonal balancing of hormone functioning
- Hypothalamic-Pituitary-Gland Axis
- Role of Prolactin
- Hormone Partners (yin/yang)
  - Estrogen---progesterone
  - Cortisol---DHEA
  - T4---T3
  - Insulin---glucagon
  - Testosterone---progesterone

## Circadian Control of Immunity



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# Neuro: three brains

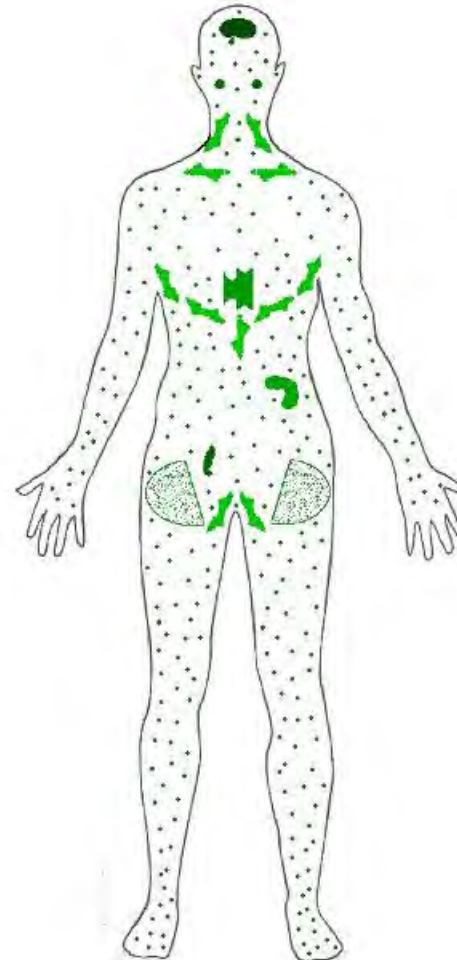
- Central Nervous System
- Heart
- Intestine

# The Wisdom of the Immune System

- The WBC: the messenger
- Bone Marrow: the mother
- Thymus: the master programmer
- Spleen: the recycler

## *The Anatomy of the Immune System*

-  = *White Blood Cells*
-  = *Lymph nodes*
-  = *Tonsils*
-  = *Hypothalamus & Pituitary Gland*
-  = *Thymus*
-  = *Spleen*
-  = *Appendix*
-  = *Bone Marrow*

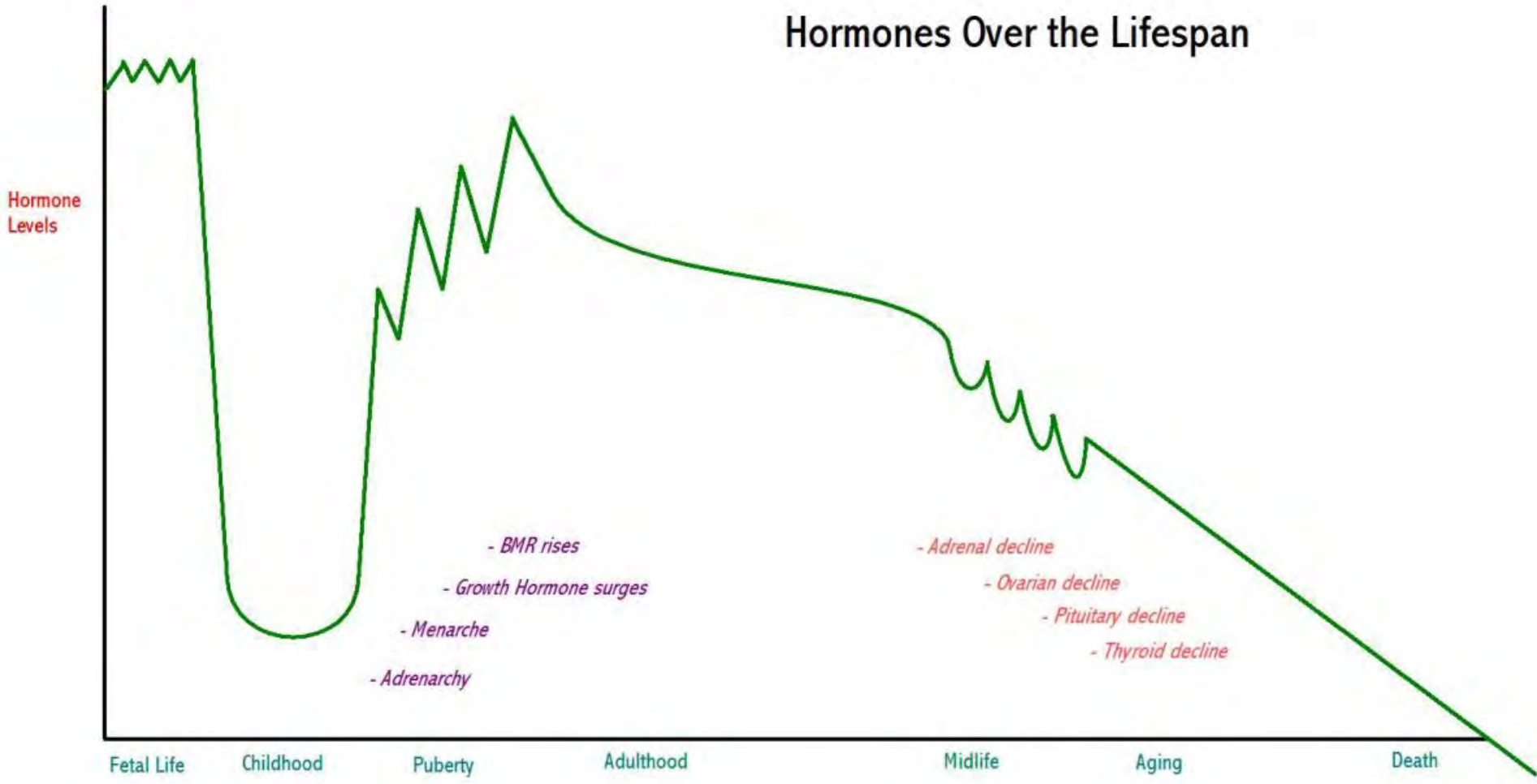


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# Neuro-Immune-Endocrine: The Orchestra

- Sings to the DNA: Informing the genetic encodement of environmental tendencies
- The software of the human computer
- Age and stress require upgrading of the software

# Hormones Over the Lifespan

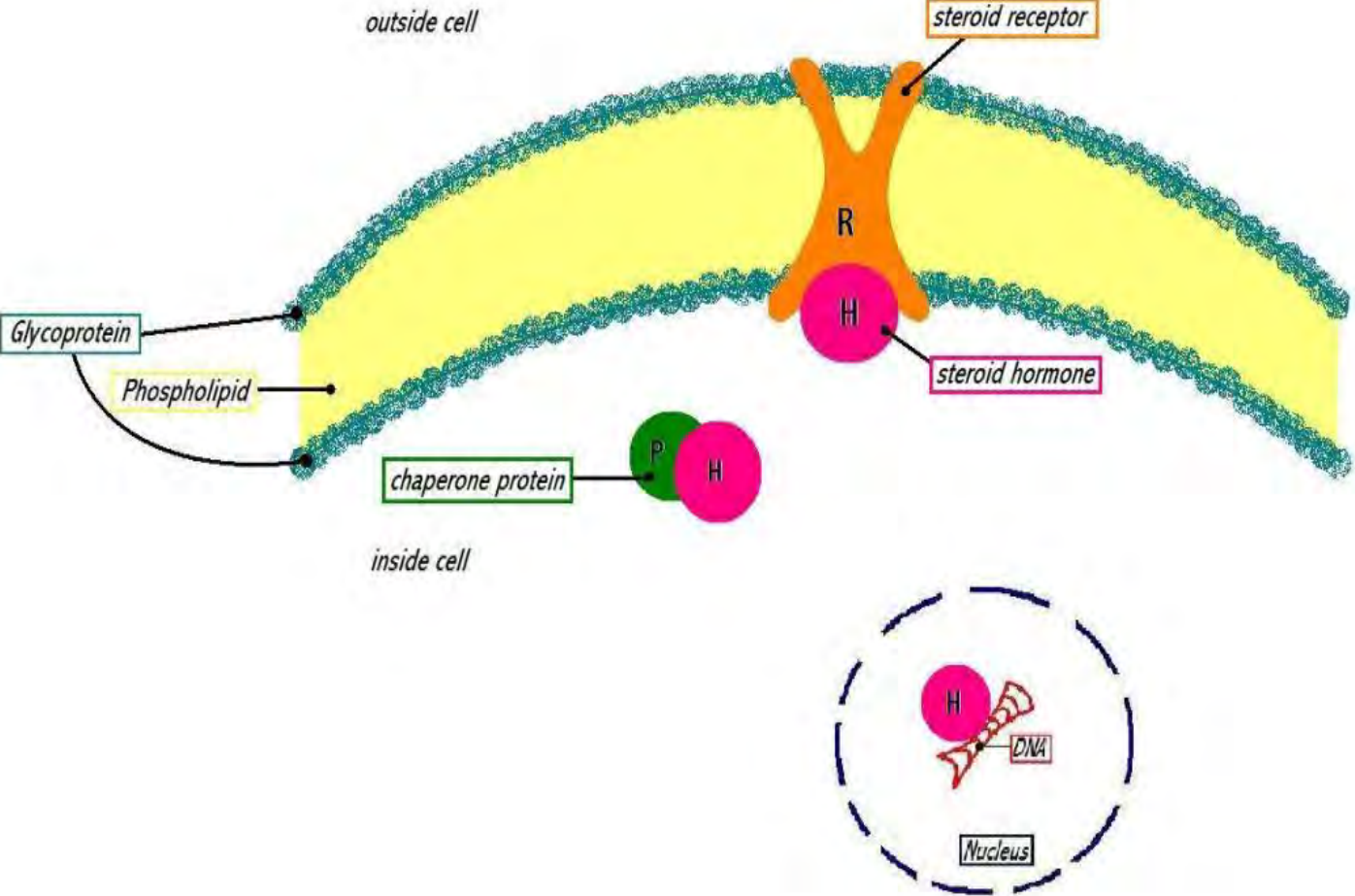


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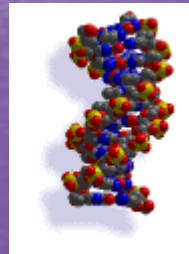
# Hypothalamus: The Maestro

- Regulates amino acids for Neurotransmitter production
- Regulates immune functioning
- Regulates circadian rhythm
- True master controller of hormones

# Steroid Hormones



# The Dance of DNA



# Genetic Science

- Longevity potential = 120 years of transferase
- Average age of degeneration = 60
- 1/3 DNA expressed – the rest?
- Disease genes or maladaptation
- Optimal genetic upregulation
- Mimetics = the dance of DNA

# Health is Harmony

- Intake harmonious with environment
  - locally grown foods consumed in season
  - sleep in dark
- Output
  - synchronistic detoxification
  - abundant mitochondrial production
- Melodious Ligands = antiaging therapies
- Genomic nutrition
- Hypothalamic support
- Energy= the underlying Orchestration

# Hormones in Harmony™

## Part Two Application

# *The Hormonally Challenged*

Focus on.....

Syndrome X

- Symptoms:
  - Hypercholesteremia
  - Insulin resistance
  - Hypertension
  - Obesity
- Root Cause:
  - Hormonally challenged
  - Hypothalamic dysregulation

# Proopiomelanocortin

- One hypothalamic hormone regulates
  - Thyroid function
  - Adrenal function
  - Glucose metabolism
  - Endorphin production
- Survival mechanism
  - Hormonally challenged leads to incompetence
  - Hibernation for the winter that never comes

# Recommendations

- Balance hypothalamus w/ nutrition
- Treat cell receptor site resistance
  - Heavy metal toxicity
  - Nutritional deficiency
  - Genetic aberration
- Bio-identical hormone supplementation
  - Nutritional support of hormone metabolism
  - Use in natural rhythms until body produces own

# Workup for Metabolic Syndrome

- Lab Studies
  - Chol/crp/homocysteine/fibrinogen
  - Cardiogenetics: EPO/MTHF
  - C peptide/ HGBA1C
  - hormones: DHEA-S, TSH, fT4, fT3, Prolactin, FSH, LH, Testosterone
  - Provoked urine toxicology
- History
  - Family
  - Stressors
  - Lifestyle
  - Environmental exposures including dental work
- Imaging studies
  - Echo-Stress testing
  - CT scan w/ coronary calcium score

# Lifestyle Counseling

- Diet
  - Genetic background
  - Food choices
  - Disordered eating
- Sleep
  - Light/dark
  - Circadian rhythms
- Exercise
  - Body type
  - Lifestyle
- Beliefs
  - Stress reaction
  - Hope

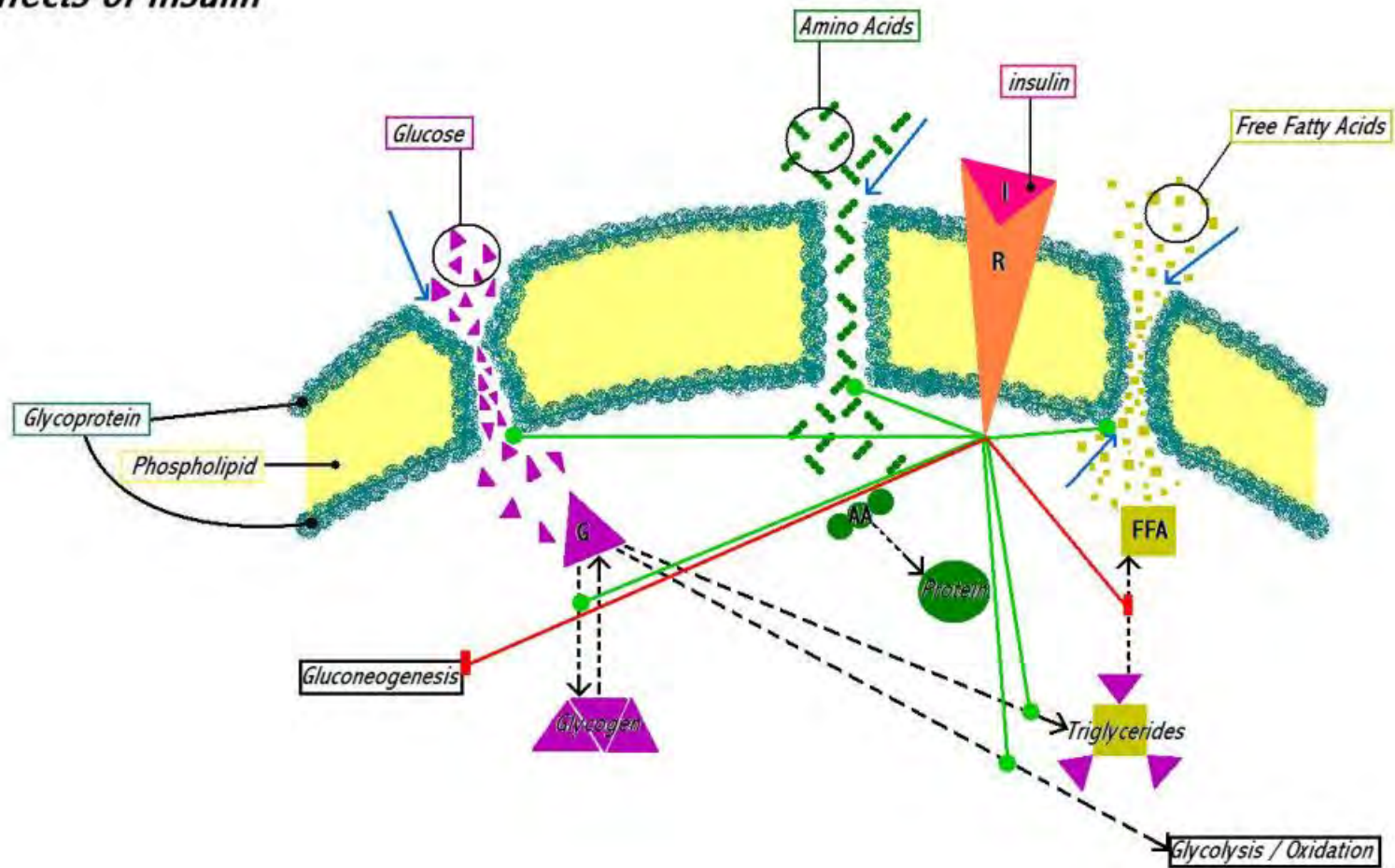
# Cholesterol: nature's building block

- The biochemistry of cholesterol
- Hepatic function
- Endocrine challenge
- Hypercholesterolemia: Treat the cause, not the numbers

# Treating Hypercholesteremia

- Lifestyle counseling= Diet/exercise
- Psycho-spiritual counseling= not enough
- Nutraceuticals
- Correct Hormone Imbalance
- Especially Insulin Resistance

## Effects of Insulin



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# Treating Insulin Resistance

- Lifestyle= diet/exercise
- Psycho-spiritual= Sweetness of life
- Nutraceuticals

# Case Study A: Obese 46 y/o male never had a physical

- Pre H&P labs

- Chol = 336 mg/dl

- Trigly = 1583

- HDL = 27

- VLDL = 316

- LDL = 46

- HGBA1C = 5.7

- C-peptide = 4.5

# Immediate Treatment

- Treat insulin resistance:
  - Pancreas Tonic: 2 caps bid
  - Alpha Lipoic Acid: 800mg bid
  - Chromium polynicotinate: 400mcg ac
  - No sugar, no starch, avoid gluten
  - Body hoop = 30 min 3-5x/wk

# Case study A: one month followup

- Do H&P

- Hx:

- Carpenter, father of 4, 7 yrs of stress!
    - Poor sleep x 1yr
    - Regular exercise: walks on painful knees – old injury
    - FH: mat DM/ pat CVD/ hypertriglyceremia, early demise
    - Psyllium, chlorophyll

- Physical:

- 6', 272#, 124/76, 62
    - Waist 52: Hip 40 (minus 3+'' waistline)
    - Bilat patellar crepitus

# Cont. one month f/u

- Lab results
  - Chol: 199
  - Trigly: 349
  - HDL: 29
  - LDL: 100
  - VLDL: 69

# Recommendations

- Modify Treatment of Hypertriglyceremia
  - Red Rice Yeast 2400mg + CoQ10 400mg
  - Continue former supplements until waist:hip ratio reduced
  - Red wine or resveratrol 200mg to raise HDL
  - Exercise
- Treat Joint Inflammation
  - Proteolytic enzymes 2 bid + EFAs 2 bid
  - Home PT

# Case Study B:

## *Hormonally Challenged 55y/o female*

- Hx
  - G3 P2 SAB1 TAH/BSO age 51 (fibroids)
  - Main concerns: hormones, sleep patterns, sex drive, energy
  - Meds: Estrace FH: maternal thyroid cancer, paternal adult onset DM, son has asthma
  - Diet: craves sugar, 3 cups caffeine, no ETOH
  - c/o: night sweats, insomnia, hot flashes, irritability, mental fogginess, vaginal dryness, low libido, low energy levels, chol rising with weight which rose on ERT
  - MM x 33yrs (husband – ED, low libido)
  - Passion: trains dogs
- Physical:
  - 66", 200#, 124/74, 72
  - Atrophic vaginitis, midline weight

# F/u on labs

- Elevated chol: 253, LDL=151, HDL=73
- CRP: slightly elevated at 1.9
- Low DHEA-s: 78 (35-430 ugdl)
- Elevated FSH & LH
- Low IGF-1: 80 (somatamedin-C = mediator of HGH)

# Recommendations

- Counseling on thought creating reality
- Foundational support w/ Genesis Gold®  
12 gm
- Estradiol 1mg: 1 SL D1-14, ½ SL D15-27
- Bio-identical TD Progesterone  
25mg/0.1cc: 0.2 bid D15-27

# Recommendations based on Labs

- Adrenal Deficiency
  - Adrenal Cortex 1 dropperful am x 8wks
  - DHEA SL 25mg 6d/wk x 8 wks, then decrease q8wks by 1 day per wk
- Cardiovascular inflammation
  - CoQ10 100mg qd x 90d
- Hypothalamic-Pituitary axis imbalance
  - Amino Acid precursors to HGH 6 caps qhs

# H&P 1 yr later

- Patient did not follow program
  - Off all supplements
  - Did not take days off HRT
- Although pt gained weight (210#), feels much better on HRT, feels anxious when off prog
- Blood work
- Recommend:
  - 3 days off HRT to clear receptor sites
  - Back on Genesis Gold® work up slowly to body wt to avoid rapid detox

# Recommendations on Bloodwork

- CRP: grossly elevated at 9.3
  - Recommend: Nattokinase 2 bid x 90 days
- Chol: elev at 275, LDL= 171, HDL= 52
  - RYR 1200mg + CoQ10 200mg
- IGF: lower at 96
  - Rec: Amino acids
- DHEA-s lower at 56
  - DHEA SL 50mg 6d/wk
- Pink glasses after dusk to block blue waves from TV & computer = inc melatonin production
- Counseling on nurturing self

# 3 month followup

- Followed program except off nattosyn & adrenal cortex, forgets amino acids at night
- Lost 20 # (wt= 188) Surprised because no diet changes except less sugar cravings since taking Genesis Gold®
- Some lower extremity edema, occasional joint pain with exercise
- Blood:
  - Chol= 168, LDL=87, HDL=58
  - CRP= 4.6 (ranges modified 0-3MGL)
  - C peptide low= 0.52 (0.9-4.0 ngml)
  - IGF-1 nl at 156

# Recommendations

- Lymphatic massage, yoga positions
- GC-MSM 1500mg loading dose
- Add S7 amino acids 5 gm to GG in am
- Decrease RYR and CoQ10 to qod
- Continue to decrease DHEA
- Calcium in diet 1200mg/day

# 6 month followup

- c/o anxiety/ marital discord
- Happy about weight loss but increases anxiety, becomes more flirtatious and wants to avoid infidelity
- Feels best in Luteal phase progesterone
- RX:
  - Add 0.1cc prog d1-14
  - Increase S7 to 5gm for 3 wks
  - Counseled pt on self image, weight loss, not giving away her power and receiving the sacred feminine

# Next H&P

- Pt fully on program: 35# wt loss in past year
- Transforming self with new job
- Marriage better now that pt takes care of self & focuses on her passion= training dogs (finds that GG helps anxious dogs too)

# Case Study C:

## 50y/o male needs Immune support

- Hx
  - Postop Mohs procedure for early "melanoma" on scalp
  - Main concerns: support immune system, high cholesterol wants to treat naturally, asthma/allergies since childhood
  - Meds: Advair, Accolate, Zocor ASA
  - Supp: probiotics, olive leaf, ubiquinol, Vit D3 5000IU, Vit E, Resveratrol, EFAs, tumeric,
  - Diet: pyramid diet, moderate wine consumption,
  - Lifestyle: music producer (late nights/high stress) MM X 20yrs
  - c/o: lower stress resistance, irritability, mental fogginess, decreased exercise tolerance, low libido
  - FH: osteoporosis, HTN, DM
- Physical:
  - 70", 191#, 132/82, 82
  - Flattened triceps, midline weight, poor muscle tone, few rhonchi, small prostate and testes
  - Vital Capacity <500 Goal 650

# Initial Labs

- Testosterone: 245
- IgF-1: 211
- DHEA-S: 612
- Vit D 32
- HGBA1C: 5.9
- Chol: 232
- LDL: 158
- HDL: 51
- Trigly: 114
- CRP: 0.7
- Eosinophils 534
- NKC activity: 51%
- NO CTC
- EPO3/EPO4
- Poor MTHF
- Elevated mercury, lead, platinum

# Recommendations

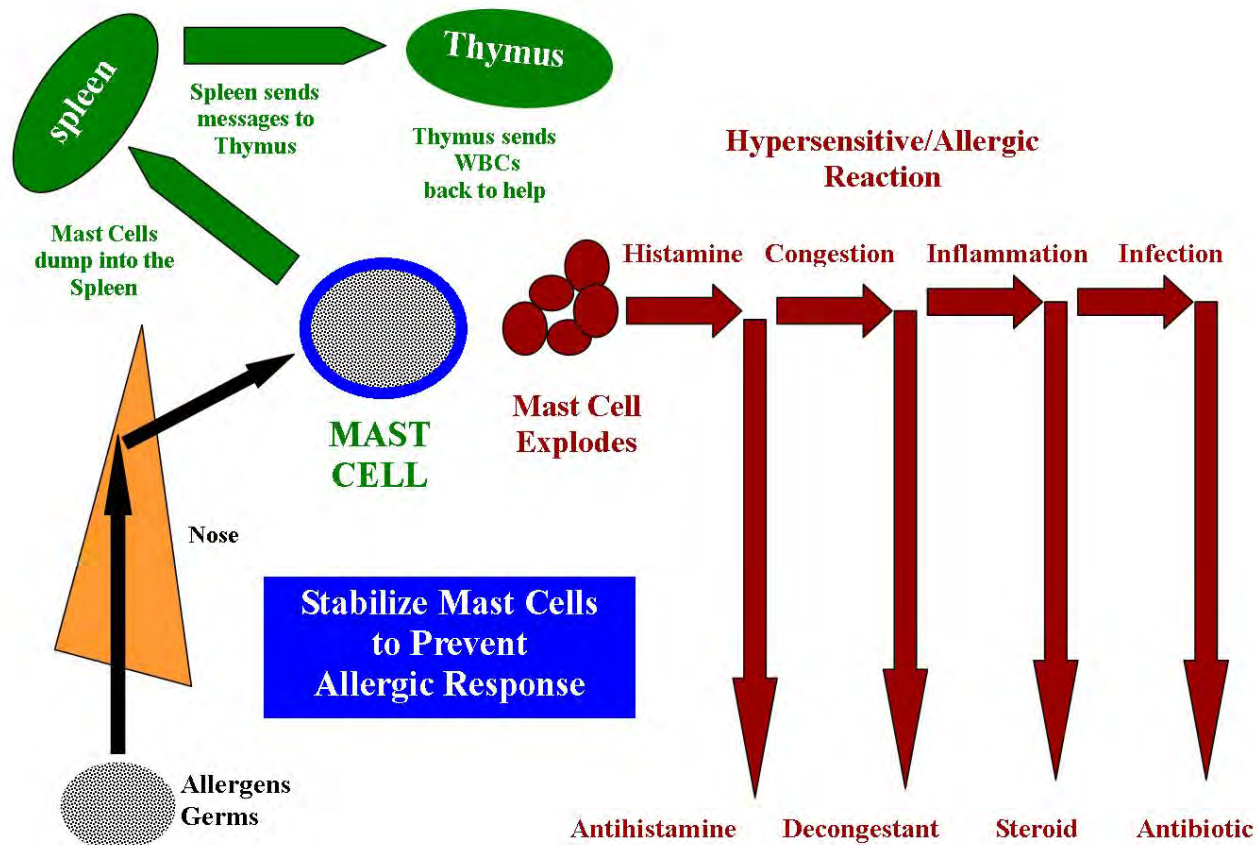
- Support Immune System
  - GG 11gm + S7 5gm (hypothalamic support)
  - Astaxanthin 4mg
  - Triglyceride formula Vit D3 (take w/ fat)
- Correct Hormone Imbalance
  - BHRT: Testosterone 40/ Progesterone 5 TD cream qd, off 3d w/ wife
  - Stress reduction techniques (soul lessons)

# Recs cont

- Cardiovascular support
  - Omega 3s 2000mg/day
  - MTHF
  - Vitamin K2 100 mcg
- Reverse Insulin Resistance
  - Cut carbs- gluten free, sugar free
  - Pancreas Tonic 2 caps bid
  - Exercise

# Recs continued

- Improve Pulmonary Function
  - HBE (slippery elm) for 3 months
  - D-Hist loading for allergy season
  - Nasalcrom prophylactic exposure
  - Aerobic exercise to increase VC



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# Followup 1 yr

- Off all asthma meds
- Retired
- Notes significant increase in energy and motivation with decreased stress response since starting GG/S7
- Wt down 25 #
- Plays competitive tennis
- Feeling irritable/aggressive (time to d/c testosterone)

# Followup labs

- Chol: 190
- HDL: 62
- Triglycerides: 95
- LDL: 110
- HGBA1C: 5.3
- Testosterone: 650
- DHEA-S: 280

# Let's talk about Your Hormonally Challenged Patients

Questions?

# Hormones in Harmony®

## Part Three Healing Pearls

# Life Mirrors Consciousness

- Rashes of patients
- Meanings for the clinician
- Trusting healing instinct
- NIE – more art than science
- Using science to strengthen intuition

# The Symbolism of the Body

- Lessons from disease
- Mirroring the chakras
- Psycho-spiritual messages

# Healer Heal Thyself

- Who heals Whom
- Quantum physics--- as within, so without
- Belief Becomes
- Intuitive Healing – learn and teach patients

# Are You a Human Doing?

- The risk of being a **SUPER CLINICIAN**
- Enjoy the journey
- Surrender the destination
- Be what you preach to patients
- Be Your Truth

# Resources for nutritional support

- [www.glycoprinclinicalstudies.com](http://www.glycoprinclinicalstudies.com)
- [www.progressivelabs.com](http://www.progressivelabs.com)
- [www.purecaps.com](http://www.purecaps.com)
- [www.genesisgold.com](http://www.genesisgold.com)

# Resources for Healers

- Reinventing Medicine by Larry Dossey MD
- Molecules of Emotion by Candace Pert PhD
- [www.bizspirit.com/science/index.html](http://www.bizspirit.com/science/index.html)
- <http://hormonesinharmony.blogspot.com/>

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