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Why More Disease?

• Increased disease and body dysfunction not only in older people but in children and young adults. Why?
• Lack of proper nutrients, hormone imbalance, insufficient enzymes.
• Balancing hormones is one of the secrets to maintaining good health.
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Did You Know?

• Hormones literally control every aspect of our lives; just about every single function of the body is affected by hormones?

• If one of the glands in our body is not functioning properly and production of hormones is impaired, the entire endocrine system is compromised and hormonal imbalance results?

• Hormone imbalance can contribute to accelerated ageing and heighten risk of cancer and other chronic diseases?
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What Are Hormones?

• Chemical messengers made by specialist cells within an endocrine gland.
• Released into the bloodstream to send messages to another part of the body.
• Hormones are found in all multi-cellular organisms and their role is to provide an internal communication system between cells located in distant parts of the body.
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What Do Hormones Do?

• Regulate body metabolism and energy levels.
• Reproduction.
• Growth and sexual development.
• Bone and muscle strength.
• Regulate blood sugar levels.

• Response to stress and injury.
• Regulate absorption of minerals and vitamins by the body.
• Maintaining body homeostasis (balance).
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The Endocrine System

Glands of the Endocrine System:

- Hypothalamus
- Pineal gland
- Pituitary gland
- Thyroid gland
- Parathyroid glands
- Thymus
- Adrenal glands
- Pancreas
- Ovaries
- Testes
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Hypothalamus

- Located below the thalamus, just above the brain stem.
- Links the nervous system to the endocrine system via the pituitary gland.
- Activates and controls the part of the nervous system that controls involuntary body functions, the hormonal system, and many body functions, such as regulating sleep, body temperature and stimulating appetite.
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Hypothalamus

• Releases hormones that control hormone production in the pituitary gland through several “releasing” hormones:

  • **Growth hormone-releasing hormone** (GHRH): Controls growth hormone (GH) release.

  • **Thyrotropin-releasing hormone** (TRH): Controls thyroid stimulating hormone (TSH) release.

  • **Corticotropin-releasing hormone** (CRH): Controls adenocorticotropic hormone (ACTH) release.

  • **Gonadotropin-releasing hormone** (GnRH): Tells the pituitary gland to make luteinizing hormone (LH) and follicle-stimulating hormone (FSH) which are important for normal puberty and reproduction.
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Pineal Gland

- Located near the centre of the brain between the hemispheres.
- Monitors the circadian rhythm (daily biological cycles).
- Produces melatonin at night and serotonin during the day. Melatonin induces sleep while serotonin wakes the body up.
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Pituitary Gland

• Located at the base of the brain.
• Sometimes called the “master gland” because of its great influence on the other body organs.
• Its function is complex and important for overall well-being.
• Connected to the nervous system through the hypothalamus.
• Produces hormones that act directly on the body and that stimulate other endocrine glands to produce their own hormones.
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Pituitary Gland

• Hormones produced:
  • Adenocorticotropic hormone (ACTH)
    • Stimulates production of cortisol by the adrenal glands.
  • Cortisol, a so-called “stress hormone”, is vital to survival.
  • Cortisol helps maintain blood pressure, blood glucose levels, and others.

• Anti-diuretic hormone (ADH, also called vasopressin)
  • Regulates water balance in the body.
  • If ADH is not secreted in the right amount, this can lead to too much or too little sodium (salt) and water in the bloodstream.
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Pituitary Gland

• Hormones produced:
  • **Human growth hormone** (HGH)
    • Affects growth and ageing.
    • Stimulates growth in childhood and is important for maintaining healthy body composition.
    • In adults it is also important for maintaining muscle mass and bone mass.
    • HGH also affects fat distribution in the body.
  • **Luteinizing hormone** (LH)
    • Regulates testosterone in men and oestrogen in women.
  • **Follicle stimulating hormone** (FSH)
    • Stimulates the ovaries to release eggs (ovulate) in women.
    • LH and FSH work together to allow normal function of the ovaries or testes, including sperm production.
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Pituitary Gland

- Hormones produced:
  - **Oxytoxin**
    - Causes milk to be released in nursing mothers.
    - Causes contractions during childbirth.
  - **Prolactin**
    - Stimulates milk production from a woman's breasts after childbirth.
    - Helps prevent ovulation (the release of eggs from the ovaries) in pregnant and breastfeeding women.
  - **Thyroid stimulating hormone** (TSH)
    - Stimulates the thyroid gland to make thyroid hormones, which, in turn, regulate the body’s metabolism, energy, growth and development, and nervous system.
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Thyroid Gland

- Located in the neck, below the thyroid cartilage (which forms the Adam's apple).
- Produces 3 hormones:
  - **T3** (tri-iodothyronine)
  - **T4** (thyroxine or tetra-iodothyronine)
  - **Calcitonin**
- T3 and T4 regulate the rate of metabolism and affect the growth and rate of function of many other systems in the body.
- Calcitonin balances calcium in the body
Parathyroid Glands

• There are four parathyroid glands which lie alongside the thyroid gland.

• Functions of the parathyroid glands:
  • Make hormones that help control calcium and phosphorous levels in the body.
  • Necessary for proper bone development.
  • Maintain normal blood calcium levels, which is important for normal heart, muscle, and nerve function.
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Thymus

• Composed of two identical lobes located in front of the heart and behind the sternum.
• Secretes hormones called humoral factors which help to develop the immune system, which in turn is important in fighting bacteria and viruses.
• “Educates” T-lymphocytes (T cells), which are critical cells of the adaptive immune system.
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Pancreas

• A large gland located behind the stomach.
• Has both digestive and hormone functions.
• Digestive function: produces pancreatic juice containing digestive enzymes that assist digestion and the absorption of nutrients in the small intestine.
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Pancreas

- Helps the body to maintain healthy blood sugar (glucose) levels:
  - Secretes **insulin** to help glucose move from the blood into the cells where it is used for energy.
  - Secretes **glucagon** when the blood sugar is low; glucagon tells the liver to release glucose that is stored in the liver into the bloodstream.

- Also makes **somatostatin** (growth hormone-inhibiting hormone or GHIH).
Adrenal Glands

- Located on top of each kidney.
- In humans, the right adrenal gland is triangular shaped, while the left adrenal gland is semi-lunar shaped.
- Each adrenal gland is actually two endocrine organs. The outer portion is called the **adrenal cortex**. The inner portion is called the **adrenal medulla**.
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Adrenal Glands

• The adrenal cortex produces:
  • **Glucocorticoids** (such as cortisol) that help the body control blood sugar, increase the burning of protein and fat, and respond to stressors like fever, major illness, and injury.
  • **Mineralcorticoids** (such as aldosterone) which control blood pressure by acting on the kidneys to help them hold onto enough salt and water
  • **Androgens** (hormones that act like testosterone), and contribute to pubic and underarm hair and adult body odour in both men and women

• The adrenal medulla produces:
  • **Epinephrine (adrenaline)**, which increases the heart rate, opens airways to improve oxygen intake, and increases blood flow to muscles, usually when a person is scared, excited, or under stress.
  • **Norepinephrine**, a hormone more related to maintaining normal activities as opposed to emergency reactions.
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Ovaries

• The two most important hormones produced by the ovaries are oestrogen and progesterone.
• Oestrogen and progesterone are responsible for breast development, ovulation, and menstrual periods, as well as maintaining a pregnancy.
• The ovaries also produce inhibin, a protein that inhibits the release of FSH from the pituitary gland and help control egg development.
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Testes

- Produce the male sex hormone – **testosterone**.
- During puberty, testosterone helps to bring about the physical changes that turn a boy into an adult male, such as growth of the penis and testes, growth of facial and pubic hair, deepening of the voice, increase in muscle mass and strength, and increase in height.
- Throughout adult life, testosterone helps maintain sex drive, sperm production, male hair patterns, muscle mass, and bone mass.
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Problems of the Endocrine System

• Underproduction of a certain hormone.
• Overproduction of a certain hormone.
• A malfunction in the production line of a hormone or in its ability to function correctly.
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Four Simple Rules To Maintain Good Hormone Production

• Keep the liver clean.
• Consume enzyme-rich foods or add good quality, active, complex enzymes such as Essentialzyme and Essentialzymes-4 to give your digestive system a natural boost. Children who start early to take the supplement MightyZyme will have a head start on maintaining hormone balance and healthy body function as they grow older.
• Eat a fibre-rich diet supplemented by ICP and JuvaPower.
• Avoid processed food, foods grown with chemicals, body and hair-care products formulated with damaging chemicals, and the use of synthetic chemicals of all forms.
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Essential Oils For Overall Balance Of The Endocrine System

**For Women:**
- Progressence Plus Serum
- Progressence Phyto Plus
- Sclaressence
- Clary Sage
- Lady Sclareol
- Dragon Time

**For Both Men and Women:**
- EndoFlex
- Geranium
- Frankincense
- Sacred Frankincense
- Ocotea
- Idaho Blue Spruce
- Cypress
- Ylang Ylang
- Cedarwood
- Copaiba
- Mister
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### Supplements For Overall Balance Of The Endocrine System

#### For Women:
- CortiStop Women’s
- Estro
- FemiGen
- Master Formula HERS

#### For Men:
- Master Formula HIS
- Prostate Health

#### For Both Men and Women:
- EndoGize
- PD 80/20
- Thyromin
- NingXia Red
- OmegaGize
- Longevity
- Core Supplements
- Essentialzyme
- Essentialzmes-4
- Cleansing Trio
- Digest & Cleanse
- Five-Day Cleanse
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Other Products For Overall Balance Of The Endocrine System

For Women:
• Dragon Time Massage Oil
• Regenolone Moisturising Cream

For Both Men and Women:
• Prenolone Plus Body Cream
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Essential Oils For Specific Endocrine Glands/Challenges

- **Hypothalamus** – Cedarwood; Copaiba; Frankincense; Sandalwood.
- **Pineal Gland** – Cedarwood; Copaiba; Frankincense; Sacred Frankincense; Sandalwood.
- **Pituitary Gland** – Cedarwood; Copaiba; Geranium; Harmony; Sacred Frankincense; Sandalwood; Ylang Ylang.
- **Thyroid** – Geranium; EndoFlex; Lemongrass; Myrtle; Myrrh.
- **Parathyroid** – EndoFlex; Ocotea.

- **Thymus** – ImmuPower; Lemongrass; Raven; RC; Thieves.
- **Pancreas** – Copaiba; Geranium; Lemon; Lemongrass; Ocotea; Orange; Stress Away.
- **Adrenals** – Nutmeg.
- **Ovaries** – Clary Sage; Progressence Phyto Plus; Progressence Plus Serum; Sclar-essence.
- **Testes** – Idaho Blue Spruce; Mister.
References and Disclaimer

References

- Let’s Talk About Hormones by Frances Fuller.
- Young Living in Singapore by Fuller Life (http://www.younglivingsingapore.com).
- Encyclopaedia Britannica.
- Hormone Health Network.
- Wikipedia.

Disclaimer

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- The End -
Thank you.