Hormones and Young Living Essential Oils

Why More Disease?

Why is there more cancer, more heart disease, more diabetes, more respiratory failure, more viruses and mutations of bacteria and more fungus? Why is there such an increased disease and body dysfunction, not only in older people but in children and young adults as well?

Lack of proper nutrients, hormone imbalance and insufficient enzymes are key factors in the cause of overall diminishing health to a state of disease and malfunction of the body. Balancing hormones is one of the secrets to maintaining good health, and without proper enzymes, no hormone therapy programme will be as effective as it could be for either women or men.

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?

What Are Hormones?

Hormones are chemicals that are made by specialist cells, usually within an endocrine gland, and they are released into the bloodstream to send messages to another part of the body. They are often referred to as “chemical messengers”. 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.

Hormones affect many physiological activities including growth, metabolism, appetite, puberty and fertility. Hormones are critical to maintaining vibrant health, regulating just about every function of the body. Hormones help control blood pressure, fight against eye degeneration and work to overcome or reduce various cancers. Hormones help with good brain function in maintaining optimal body functions and most important they work to help keep us young.

What Do Hormones Do?

In the human body, hormones “communicate” in two ways. The first is endocrine gland to endocrine gland, where one gland releases a hormone which stimulates another target gland to release its hormone. The second is endocrine gland to a target organ. For example, the pancreas releases insulin which causes muscle and fat cells to take up glucose from the bloodstream.

The following are some of the actions controlled by hormones:

- regulate body metabolism and energy levels
- reproduction
- growth and sexual development
- internal balance of body systems
- responses to stress and injury
- bone and muscle strength
- regulate blood sugar levels
- regulate absorption of minerals and vitamins by the body
- maintaining body homeostasis (balance)

The Endocrine System

The complex interplay between the glands, hormones and other target organs is referred to as the endocrine system.

The endocrine system is made up of glands that secrete hormones into the bloodstream. Together with the nervous system and the immune system, the endocrine system helps the body to cope with different events and stresses.

The endocrine system is a finely tuned system. If one of the endocrine glands is not functioning properly, the entire endocrine system is compromised and hormonal imbalance results.

The glands of the endocrine system include:

- Hypothalamus
- Pineal gland
- Pituitary gland
- Thyroid gland
- Parathyroid glands
- Thymus
- Adrenal glands
- Pancreas
- Ovaries
- Testes
Glands Of The Endocrine System

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.
- Releases hormones that start and stop the release of pituitary hormones. Controls hormone production in the pituitary gland through the 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 (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.

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.

Pituitary gland

- Located at the base of the brain and rests in a small, bony cavity covered by a fold.
- 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. It
produces hormones that act directly on the body and that stimulate other endocrine glands to produce their own hormones.

- Connected to the nervous system through the hypothalamus.
- Produces a number of different hormones that influence various other endocrine glands:
  - Adenocorticotropic hormone (ACTH): stimulates production of cortisol by the adrenal glands. Cortisol, a so-called “stress hormone”, is vital to survival. It 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.
  - 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.
  - Oxytoxin: causes milk to be released in nursing mothers and contractions during childbirth.
  - Prolactin: stimulates milk production from a woman’s breasts after childbirth. In pregnant and breastfeeding women, prolactin helps prevent ovulation (the release of eggs from the ovaries).
  - 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.

Thyroid gland
- The thyroid gland is found in the neck, below the thyroid cartilage (which forms the Adam’s apple).
- The thyroid gland produces thyroid hormones to control metabolism which is the body’s ability to break down food and use or store it as energy, and control how sensitive the body is to other hormones.
- The thyroid gland produces 3 hormones:
  - T3 (tri-iodothyronine)
  - T4 (thyroxine or tetra-iodothyronine)
  - Calcitonin: Balances calcium in the body.
- T3 and T4 regulate the rate of metabolism and affect the growth and rate of function of many other systems 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. When blood calcium levels are low, the parathyroid glands make parathyroid hormone which takes calcium from bones so that it will be available in the blood for important body functions.
- We need calcium in blood to regulate blood glucose levels. Calcium is acid-binding.
Thymus

- The thymus is composed of two identical lobes and is located in front of the heart and behind the sternum.
- Plays a role in the body’s immune system. The thymus gland 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.

Pancreas

- A large gland located behind the stomach.
- The pancreas is a glandular organ in the digestive system and endocrine system.
- Has both digestive and hormone functions.
- Digestive function is to produce pancreatic juice containing digestive enzymes that assist digestion and the absorption of nutrients in the small intestine.
- Helps the body to maintain healthy blood sugar (glucose) levels. Secretes insulin, a hormone that helps glucose move from the blood into the cells where it is used for energy. Also 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.
- 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.
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.

Testes

- 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.

Problems Of The Endocrine System

Endocrine conditions can be due to three main causes:
- 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.

Four Simple Rules To Maintain Good Hormone Production

1. Keep the liver clean.
2. 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.
3. Eat a fibre-rich diet supplemented by ICP and JuvaPower.
4. 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.

Essential Oils For Overall Balance Of The Endocrine System

For women:
- Progressence Plus Serum
- Progressence Phyto Plus
- Sclaressence
- Clary Sage
- Lady Sclareol

For both men and women:
- EndoFlex
- Geranium
- Frankincense
- Sacred Frankincense
- Ocotea
- Idaho Blue Spruce
- Cypress
- Ylang Ylang
- Cedarwood
- Copaiba
- Mister

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
• Essentialzymes-4
• Cleansing Trio
• Digest & Cleanse
• Five-Day Cleanse

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

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; Lemon-grass; 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; Progessence Phyto Plus; Progessence Plus Serum; Sclarel-essence.
• Testes – Idaho Blue Spruce; Mister.

More About Hormones

Melatonin
Melatonin is a natural hormone that regulates sleep. It is produced by the pineal gland at night (the pineal gland produces serotonin during the day). Melatonin causes drowsiness and lowers body temperature, inducing sleep.

Our body produces melatonin when it is dark. Therefore the darker our sleeping environment, the more melatonin our body will produce. If we sleep with a night light on, our body will produce less melatonin, which might account for why some people have difficulty falling asleep or not get good sleep.

A decline in melatonin production in our bodies is most likely due to a deficiency of nutrients and enzymes. Low melatonin seems to be directly linked to lowered immunity, resulting in disturbed sleep cycles, headaches, anxiousness, etc.

Studies have shown the following benefits of melatonin:
• Sufficient melatonin helps to reduce irritable bowel syndrome, anxiety, elevated blood pressure at night and cluster headaches.
• Melatonin might work through the nervous system to help the digestive tract.
• Used with conventional cancer therapy in more than a dozen clinical studies with good results.
• Works as a very powerful anti-oxidant at night while we are sleeping. It crosses through cell membranes and the blood barrier, working as a free radical scavenger.
• Melatonin has shown remarkable benefits in preventing gallstones by converting cholesterol to bile and increasing the mobility of stones and moving them out of the gall bladder.
• Ability to prevent DNA damage by some carcinogens and stops the mechanism by which cancer begins. Melatonin appears to work by increasing levels of the body’s own tumour-fighting proteins – cytokines.
• Helpful in regulating metabolism.

DHEA
5-DHEA (5-Dehydroepiandrosterone) is the most common hormone in the body. It is the most abundant circulating natural steroid hormone that is produced in the body by both
men and women because it is the precursor to over 50 other hormones in the body.

DHEA is manufactured by enzymes from cholesterol and secreted by the adrenal glands, the gonads, adipose tissue and the brain.

DHEA is converted by enzymes to pregnenolone and then to 17-Oxyprogrenolone that helps regulate steroid hormones and directs them down their final metabolic pathway for further conversion to proper male and female hormones for normal body function.

A decline in DHEA is directly correlated with lower energy and obesity. The greater the production and proper balance with DHEA the greater sex life, energy, weight balance, normal sleep patterns and a feeling of well-being. DHEA also strengthens the neurons in the brain for better memory retention with sharp and clear thinking.

Other benefits of DHEA:
- Keeps cortisol levels in balance, which helps the immune system to operate at an optimal level.
- Produces hormones responsible for burning fat and converting fat to muscle.
- Blocks G6PD (glucose-6-phosphate-dehydrogenase), the major enzyme that produces fat tissue and cancer cells.

Cortisol: The Death Hormone
Cortisol is manufactured in the adrenal glands and is secreted when the body reacts to stress, triggering an immunological response to heighten the survival instincts. Cortisol helps us to handle ongoing and difficult stress situations. When stress levels continue, cortisol levels go up, which can lead to fatigue and burnout.

Cortisol is important for normal function of the brain, immune system, muscle tones and strength, blood circulation and sugar levels. While cortisol is a valuable hormone, when it is too high or too low, its being out of balance can be dangerous and even fatal.

Cortisol is also known as the death hormone, stress hormone and the fight-or-flight hormone. Cortisol seems to increase with age, contributing to a number of problems such as high blood pressure, obesity and blood sugar imbalances. Lowering cortisol levels decreases immunity, increases insulin sensitivity and enhances fat metabolism.

Low cortisol levels can be risky. Adrenal exhaustion can lead to dangerously low levels of cortisol that could bring on cardiac arrest or failure to wake up the heart in the morning. High cortisol can lead to rapid weight gain and obesity. Low cortisol can cause chronic fatigue and low sex drive and lead to depression. It can also decrease thyroid function, which results in mental fatigue, digestive problems, lowered immune resistance, increased blood pressure, and muscle wasting.

Cortisol increases because of stress and too much acid in the body. Coffee and other caffeine-containing drinks stimulate the production of cortisol. A major key to healthy levels of cortisol is to keep the hormone system balanced. Higher levels of DHEA will lower cortisol levels.

Dangers Of Synthetic Hormones
Recent research has discredited many of the supposed benefits of synthetic hormones such as those made with horse urine, oestrogens, medroxy-progesteron acetate and other synthetic progestins. Synthetic hormones are very different biochemically from the natural hormones found in plants and the human body. Their effects can be hazardous to health.

Long term use of synthetic hormones has been linked with dramatically higher risks of heart disease, ovarian cancer, breast cancer and osteoporosis.

Lowering Cancer Risk Naturally
As women approach menopause, between the ages of 40 and 50, progesterone production drops dramatically resulting in oestrogen dominance. This shortage of progesterone can lead to numerous health challenges, including, osteoporosis, mood swings, depression, weight gain, and increased risk of breast, endometrial, cervical and uterine cancers.

Pre-menopausal women can also suffer from an oestrogen deficiency. This deficiency in oestrogen can increase the risk of heart disease. Pre-menopausal women can also suffer simultaneous oestrogen and progesterone deficiency, which can result in significant detrimental effects on physical and mental health.

Women who are progesterone deficient and oestrogen dominant need progesterone support. Women who are deficient in both oestrogen and progesterone need both pregnenolone and progesterone. The body will convert pregnenolone into the amount of oestrogen that the body needs.

Hormone replacement therapy using natural hormones in a cream application for
transdermal absorption (absorption through the skin) is one of the most common ways to address hormone imbalances.

**Osteoporosis, Heart Disease And Prostate Cancer**

Natural progesterone has been used to successfully treat osteoporosis, heart disease and breast cancer in women. Research by Dr John R. Lee, MD, has shown that progesterone can be used to effectively treat prostate cancer and Benign Prostate Hyperplaxia (BPH) in men.

**Andropause: Menopause in Men**

Men over 40 often experience a decline in testosterone production. Various symptoms could manifest to indicate the beginning of a possible hormonal imbalance:

- Loss of sexual desire
- Loss of strength and shrinking muscles
- Reduced energy
- Depression
- Increased anxiety
- Thinning hair
- Wrinkles and ageing
- Prostate problems – restricted urine flow, declining sexual performance, etc.

**Essential Oils Enhances Hormone Penetration Of The Skin**

A number of clinical studies have shown that essential oils greatly enhance the ability of hormones and medical products to penetrate the skin and enter the bloodstream.

Harvard University researcher, John R. Lee, MD, found that natural progesterone is “very well absorbed through the skin 40 to 70 times more efficiently than if taken by mouth”. Research also indicates that topical hormone creams with essential oils have a greater ability to penetrate through the skin and enter into the bloodstream much more quickly than other hormone creams that do not have essential oils.

Studies at University of Bradford in the United Kingdom found that essential oil compounds enhanced drug penetration by 13 times.

**References**

2. Let’s Talk About Hormones by Frances Fuller.
5. Encyclopaedia Britannica.
7. Wikipedia.

**Disclaimer**

The information contained in this article is for purely for information and educational purposes. It does not constitute medical advice and should not be used as a substitute for appropriate medical advice and medical care with a health professional. The information is intended to share experiences with essential oils as a means of learning to use them, and is not intended to diagnose, treat, cure or prevent any disease or any condition of the body. The statements contained in this article have not been evaluated by the USFDA or by any other food and drug safety evaluation agency.

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