ADVANCED Iridology
Anatomy & Physiology

The Glandular System

Polyglandular Subtype
Rayid ~ Flower
At least 3 Lacuna

Hierarchy Of the Glandular System
Pineal
Pituitary
Thyroid
Parathyroid
Adrenals
Pancreas
Liver
Ovaries
Testes
Hormones are products of living cells that circulate in body fluids and produce a specific effect on the activity of cells remote from their point of origin.

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.

Super Omega 3 Oils:
- Anchovies, sardines and mackerel
- EPA and DHA
- Lemon to protect against oxidation

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

Pituitary Gland
Pituitary Gland

The Glandular System

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

COLOR

Pigmentation From: Anthocyanins

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
<th>Berries</th>
<th>Known Benefits:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Figs</td>
<td>Eggplant</td>
<td>Blackberries</td>
<td>Powerful antioxidants, reduced risk of cancer, stroke and heart disease.</td>
</tr>
<tr>
<td>Plums</td>
<td></td>
<td>Black</td>
<td>Believed to help improve memory and nourish the pituitary and pineal gland</td>
</tr>
<tr>
<td>Prunes</td>
<td></td>
<td>Blackberries</td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td></td>
<td>Blackberries</td>
<td></td>
</tr>
<tr>
<td>(purple)</td>
<td></td>
<td>Black Raspberries</td>
<td></td>
</tr>
<tr>
<td>Raisins</td>
<td></td>
<td>Blueberries</td>
<td></td>
</tr>
<tr>
<td>Dates</td>
<td></td>
<td>Elderberries</td>
<td></td>
</tr>
<tr>
<td>Mangost.</td>
<td></td>
<td>Juneberries</td>
<td></td>
</tr>
<tr>
<td>Thai-go</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The Pituitary Tells Other Glands to Get to Work

- Hypothalamus release CRH which in turn causes a release of ACTH (adrenocorticotropic hormone) is 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 glycogen synthesis.
- Cortisol suppresses the immune system.
- Cortisol decreases bone formation.
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 (leutinizing 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 leteum
• 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
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


MSH stimulates the release and dispersion of Melanin which is responsible for the pigmentation of the skin and hair
- The hormone circulates in the blood until it finds receptor cells
- MSH plays important role in the gut as well

These are some of the main functions effected by the Pituitary
A weak pituitary can produce a problem in any of the other organs or glands

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

- Converts nerve signals from the sympathetic system into hormone signals.
- Believed by some to be the seat of our soul

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

- 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 Fingernail Signs

Lacking Moons or shiny nails indicates weak thyroid

Emotion Energy

- 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

• 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

- Arugula
- Brussels sprouts
- Cabbage
- Chinese cabbage
- Daikon
- Mustard greens
- Rutabaga
- Turnips
- Bok choy
- Cauliflower
- Collard greens
- Kohlrabi
- Watercress

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-carbolin (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 - 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

• 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

That which effects proper Thyroid Hormone Levels

Factors that increase conversion of T4 to T3
Stress, Trauma, Radiation, Infections & Autoimmune Disorders, Fluoride & Medications, Mercury, Lead & Cadmium, Prolonged Estrogen dominance

Factors that increase conversion of T4 to T3
Selenium, Iodine, Zinc, Vitamin E, B2, B3, B6, C & D, Proper Liver Function, Proper Thyroid Function

Factors that improve cellular acceptability of nutrients and thyroid hormones:
Vitamin A, Exercise, Zinc and proper pH
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 SOOTHE
Healthy thyroid – work with myelin
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

MarysHerbs.com

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.

MarysHerbs.com

Contains:
- Horsetail
- 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.

MarysHerbs.com

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

MarysHerbs.com

Hyper Thyroidism Work With Myelin

MarysHerbs.com

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 - DeHydroEpiAndrosterone

• 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

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
Nutrients for the Adrenals
• Parsley
• B-5 Pantothenic acid
• Vitamin C
• Sodium
• Licorice Root ?
• Adrenal Support (bovine adrenal gland)
• Mood Elevator
• Nervous Fatigue
• 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

Normal Size Pupil

Enlarged Pupil ~ Adrenal Exhaustion
**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.
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

Dandelion  
Asparagus  
Zucchini

500mg 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

The Liver Pulls Out the Excess Hormones To Balance the Dominance as it Should be  
• Dandelion  
• Asparagus  
• Zucchini

Women's Monthly Hormone Cycle

The Liver Pulls Out the Excess Hormones To Balance the Dominance as it Should be

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

7 Dwarfettes in Menopause

Flash Ease  
Liver Cleanse Formula  
Vitamin E  
Fatty Acid

Itchy  
Bitchy  
Sweaty  
Bloaty  
Forgetful  
Psycho

Ovary/Testicle

Ovaries
The Glandular System

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

Testes

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

The Testicals

- 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 year, the thyroid only produces 1 teaspoon of T3 or T4 a year?

Mary's Herbs.com