

Foods to feed the endocrine system

The endocrine glands are a glandular system governing most of our body chemical functions. They are responsible for balancing the organ network

Hypothalamus

The hypothalamus is a gland in your brain that controls your hormone system. It releases hormones to another part of your brain called the pituitary gland, which sends hormones out to your different organs.

Disorders: hypothalamic obesity, amenorrhea, Central diabetes insipidus, Kallman syndrome (delayed puberty), inappropriate antidiuretic hormones, brain tumors, brain cancer, brain surgery.

Hypothalamus foods – Broccoli – Potatoes – Garlic – Basil - Grass-fed beef – Oranges – Turkey - Green beans – Apples – Bananas

Foods to avoid: fried foods, junk foods, refined food, saturated fatty foods, food with artificial ingredients

Supplementation: omega 3,6,9, vitex, B vitamin complex, especially B1 and B12, vitamin C

Pituitary

Pituitary is a gland the size of a pea located in the brain, known as the master gland. It is responsible for regulating growth and development of the human body. The pituitary gland secretes hormones to the adrenal glands, thyroid gland, mammary glands, ovaries, and testicles. It has a major influence on reproduction, sexual maturity, growth, metabolism and blood pressure.

Disorders: Acromegaly is a high production of growth hormone causing an enlargement of the face, head, and feet, which can be caused by a benign pituitary tumor.

Diabetes insipidus – the hypothalamus produces the hormone anti-diuretic hormone, which is stored in the pituitary gland. Diabetes insipidus is a disharmony of the body's ability to maintain the water flow of the body. It can be caused by trauma to the brain, hypothalamus, or pituitary gland, low blood supply, or genetics.

Foods: eat healthy foods like wheat products (spring and summer), leafy green vegetable, they are full of chlorophyll, which strengthens red blood cells and contain manganese, magnesium, and vitamin E, nuts (healthy fats), some legumes, sea moss for iodine, and iron (green vegetable).

Pineal gland:

Pineal Gland a small gland in the brain that secretes the hormone melatonin, regulates female reproduction, stabilizes the circadian rhythms to balance sleep patterns, maintains sexual maturation.

Disorders: insomnia, anxiety, Alzheimer's, excessive melatonin, abnormal thyroid disharmony, menopause, hyperactivity.

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Foods: Chlorophyll, vegetable, especially green leafy vegetables, watermelon, honey, oils (coconut oil, olive), sea moss, fresh fruits in season, seeds (flax, pumpkin, sesame, sea salt, lentils, herbs (cinnamon, ginger, goji berries) nutrients (iodine, calcium), apple cider vinegar

Supplementation: magnesium, vitamin K2, vitamin B12 (sublingual), B complex, vitamin D, Boron, Cod Liver Oil

Adrenals:

Adrenals are small gland that are located on top of your kidneys that produces the hormone Adrenaline. Adrenaline assist the body in burning fat, absorption of protein, as it regulates blood pressure and blood sugar levels. One of your adrenal's functions is its response to stress.

Disorders: Cortisol is the hormone secreted by the adrenal glands, it aids in the regulation of blood pressure and management of stress. Adrenal fatigue occurs when the adrenals are over worked by stress increasing cortisol levels to the point, they can cause the adrenal gland to become fatigued. There is also medical condition known as adrenal insufficiency, which is when your adrenals are unable to produce enough adrenaline.

With adrenal fatigue, there is a difficulty waking up or falling asleep (insomnia). You will find yourself craving more salt or sugar. Also, you will have low energy levels where you will become dependent on stimulants, like caffeine or energy drinks.

Adrenal insufficiency has different symptoms the adrenal fatigue, which includes chronic fatigue where you are tired all the time no matter what you do you can't regain your energy. Loss of appetite, muscles weakness, abdominal pains, unexplained weight loss. Severe adrenal insufficiency shows up in the form of depression, gastrointestinal imbalance of nausea, vomiting, diarrhea, hyperpigmentation, low blood pressure.

Foods to Balance Adrenals: Fresh vegetables, whole grains, nuts, legumes, leafy green and colorful vegetables, lean meats, fish, sea salt, sea moss (Irish moss, hijiki, dulse, spirulina, cholla), fruits with low sugar, olive oil, coconut oil, avocados, healthy fats.

Foods to avoid: white sugar, white flour, unhealthy fats, greasy, refined and processed sugars and foods, sodas, and artificial sweeteners.

Supplementation: vitamin C, zinc, B complex vitamins, magnesium,

Thymus:

Your thymus gland is located in your chest at the level of the breastbone between your lungs, and Infront of your heart. It produces white blood cells – lymphocytes that aids in the maintenance of the immune system to fight infections. As we age your thymus reduces in size and is replaced by fatty tissue. It is responsible for producing and developing T cells, which are T lymphocytes cells.

Disorders: beside autoimmune disorders, Myasthenia gravis is a major health disharmony of the thymus gland. Myasthenia is weakness and rapid fatigue of muscles, which is a break down in normal communication between nerves and muscles.

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Foods to support the thymus:

Leafy green vegetables, cruciferous vegetable (cabbage, cauliflower, Brussel sprouts, etc.), citrus fruits, garlic, ginger, seeds, beans, turmeric,

Supplementation: vitamin C, vitamin A, Selenium echinacea, rosehips, olive leaf extract.

Ovaries:

The ovaries are small, oval-shaped glands that are located on either side of the uterus, with two major reproductive functions of producing eggs for fertilization, and the production of estrogen and progesterone. Estrogen, testosterone and progesterone are responsible for pregnancy, puberty, menstrual cycle, menopause, fertility, changes in libido. The fallopian tubes are narrow tubes attached to the upper part of the uterus and serve as pathways for the ova (egg cells) to travel from the ovaries to the uterus.

Disorder of the Ovaries: Ovarian cancer, ovarian cysts and polycystic ovary syndrome Primary ovarian insufficiency, ovarian torsion, a twisting of the ovary.

Foods to support the ovaries: Plain yogurt, fatty fish (salmon, sardines, mackerel, etc.), leafy green vegetables, beans, peanuts, sunflower seeds, fresh fruits, fruit juices, whole grains, liver, seafood, poultry, mushrooms, egg yolks. Some of these foods are rich in folic acid to reduce the prevalence of birth defects.

Foods to avoid: Refined carbohydrates, refined sugar foods, greasy foods, processed food, fast food, white flour products, sodas, energy drinks, junk foods.

Food Supplementation: Vitamin D, antioxidants vitamin A, C, E, selenium and beta carotene (good source berries), Omega – 3 Fatty Acids

Testicles

Testicles are two oval organs suspended from a male's pelvic region that produce sperm in men and other male mammals, which is enclosed in the scrotum behind the penis.

Testicle disorders: Epididymitis, Hydrocele, Testicular torsion, Varicocele, Hypogonadism, Orchitis, Spermatocele, Testicular pain, Testicular swelling

Foods to Support the Testicles: Antioxidants rich foods (bright colored vegetables), food high in selenium (Brazil nuts, wild salmon, sardines), turmeric, garlic, onions, apricots, avocado, sweet potato, lentils, peas.

Food Supplementation: Antioxidants, selenium, zinc, vitamin B5 (Shiitake mushrooms)

Pancreas

The pancreas controls two functions in your body, one is **exocrine** tissue, producing pancreatic enzymes for digestion. The second is as an endocrine gland, regulating blood sugar and the by secreting the hormone insulin to assist the blood in uptake glucose from the blood.

Disorders: acute pancreatitis, chronic pancreatitis, hereditary pancreatitis, and pancreatic cancer, diabetes type I & II

Foods: Vegetables, leafy green vegetables, berries, sweet potatoes, carrots, grapes, fatty fish, pomegranates, whole grains, beans, legumes, almond or flax seed milk, walnuts,

Foods to Avoid: Red meat, organ meat, fried and greasy foods, mayonnaise, unhealthy fats, dairy products, pastries, sugary drinks, energy drinks.

Nutritional supplementation: digestive enzymes