

# HORMONE LIES

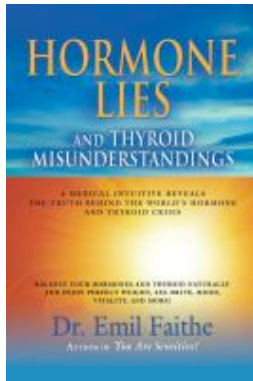
## AND THYROID MISUNDERSTANDINGS

A MEDICAL INTUITIVE REVEALS  
THE TRUTH BEHIND THE WORLD'S HORMONE  
AND THYROID CRISIS

BALANCE YOUR HORMONES AND THYROID NATURALLY  
AND ENJOY PERFECT WEIGHT, SEX DRIVE, MOOD,  
VITALITY, AND MORE!

Dr. Emil Faithe

AUTHOR OF *You Are Sensitive!*



*Hormone and thyroid imbalances plague tens of millions of people worldwide. PCOS, depression, anxiety, fibroid cysts, insomnia, fatigue, weight gain, breast cancer, and loss of libido run rampant, along with Graves' and Hashimoto's Disease. Men are not immune, enduring the unspoken, yet devastating consequences of their own midlife crisis. Learn how to overcome the dangers, limitations, and pitfalls of traditional treatments, and correct the hormone and thyroid imbalances in your life using sensible, natural methods.*

# Hormone Lies and Thyroid Misunderstandings

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# **HORMONE LIES**

## ***And Thyroid Misunderstandings***

*A Medical Intuitive Reveals the Truth  
Behind the World's Hormone and Thyroid Crisis*

Dr. Emil Faithe

Edited by Dick Brown

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# Introduction

We are hormonal beings. Everything about us is controlled by our hormones. Our hormones control our mood, our sex drive, our energy levels, our level of excitement and alertness, the functionality of all of our organs, just about everything that makes us who we are. Even minute variations in our hormone levels can have a profound effect on how we feel physically, emotionally, spiritually, and mentally.

Each of us is born with a unique blend of hormones. It is this blend of hormones that dictates the type of person and personality we will express, and even the quality of living we will have in this lifetime. To be sure, our unique mix of each of the many hormones within us, defines us. This secret recipe of hormones that is unique to each of us is what makes us an individual and one-of-a-kind. Yes. *You* are one-of-a-kind.

We are comprised of many different kinds of hormones. These include hormones that control our kidney function and water balance, hormones like melatonin that controls our sleep state, or insulin that controls our blood sugar, and so many others. In this book we will be focusing our attention on the three key reproductive hormones, **progesterone**, **estrogen**, and **testosterone**. Why focus on the reproductive hormones? Because these three hormones control so many different physical and emotional aspects of ourselves, and because when out of balance, can have long reaching effects on nearly every other organ system in our body. In short, we will focus on progesterone, estrogen, and testosterone because from a health perspective they can either make you or break you. That is, day in and day out these three hormones can create more physical and emotional havoc and discomfort than any other, and almost always without our realizing it.

## THE ATTENTION GRABBERS

These are also the same hormones that grab the most attention in the mass media. How many times have we endured the innuendos around women and their low estrogen levels, or painted a visual with a woman in PMS, premenstrual syndrome, holding a gun and demanding chocolate? These stereotypical behaviors are classical symptoms from the imbalance of these three notorious reproductive hormones.

And what would a women's life be like without the "curse" of menopause, that magical, mystical hormonal phase where a woman's entire being is turned upside down for all to see, again due to the carefully orchestrated realignment of progesterone, estrogen, and testosterone. Accompanied by the infamous hot flashes, this unique hormonal shift has certainly grabbed the attention of the beholder and hence the attention of health practitioners everywhere.

And as you'll learn, the male gender doesn't get a free pass either. Although garnering far less public attention, men most certainly do not escape the hormonal polar shifts unscathed either. We have our own "pause", one that I will refer to as andropause, or male menopause. Men experience their own unique set of concerns when it comes to reproductive hormone shifts, a shift that often leaves even the most macho man with fading libido, undiagnosed mood disorders, prostate dysfunction, and more.

Why progesterone, estrogen, and testosterone? Left unchecked, misalignment of these hormones both in men and women, can lead to serious health challenges including breast, uterine, and ovarian cancer in women, and prostate cancer in men, and leave both genders wondering what in the world hit them. And when all the current mainstream therapies fail to provide answers and relief, many will feel as though they've reached the end of their rope. Many will wonder if life is even worth living at all. Perhaps you are one of these individuals, or perhaps you know someone whose life has decayed into this hormonal rubble. If so, please do read on.

Is it any wonder then that these three powerful and misunderstood hormones, **progesterone, estrogen, and testosterone**, need such careful attention and nurturing? Is it any wonder why the time is *now* to uncover these hormone lies?



## *HORMONE LIES And Thyroid Misunderstandings*

So where do we start? How do we go about uncovering the truth about these hormone misunderstandings? How do we get the attention of a world full of healthcare practitioners who have been programmed to view the hormones constellation one way, to begin looking at things in a whole *new* way? It starts by examining how hormone miscues have been managed in the past.

### **A BRAND NEW LOOK**

There have been countless studies performed over the decades that discuss the minutia of hormone synthesis, degradation, the various pathways hormones are utilized, and modified, down-regulated and up-regulated, and all the rest of that scientific babble. But in my world there's more to healing an individual than all those equations, theorems, algorithms, and bar graphs on a sheet of paper. There's more to healing than the results of a blood test or a Pap smear. In this material we will voraciously avoid discussions that relate to specific blood levels, biological and chemical pathways, and all that other techno-science.

In fact, in this text we will steer clear of the mountains of scientific jargon and medical books and studies whose sole purpose is to provide scientific "proof" or "disproof" about all there is to know about hormones. We will stay clear of it simply because in truth, there really *is* nothing to prove. Some things just *are*, and can not be proven and need not be proven. Hormones and their actions are one of those things.

We're going to skip all that simply because as a medical intuitive I see the science as merely a morsel of the true health picture. There's more to see than meets the eye, and as a medical intuitive those unseen factors are what really matters. I'm interested in the energy fields of the organs, the emotional blocks that are disrupting physical and emotional harmony, the environmental exposures and genetics that are impacting your wellbeing, and more. Oh sure, we can not and should not forsake or discard science as a player in the healing process. Science has its place. But it also has its limitations. This material will help you decide when you've reached either.

In this book we're going to leave all that "proof" behind, simply because in this healer's opinion all that proof hasn't solved the problem. Too many individuals are still suffering despite all the science and technology, and

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*proof.* As the old and worn cliché goes, the proof is in the pudding, and I believe it's high time we all enjoy some pudding.

## **WHO MOVED THE PUDDING?**

Why are we taking a fresh new look at the subject of hormone balance? Because the old look hasn't worked; because millions of women and men everywhere are still experiencing "unexplainable" and life-draining symptoms that are directly related to hormones that are not balanced. Hot flashes and the ravages of menopause and PMS still seem to confound mainstream health practitioners. The newly acknowledged hormonal chaos known as PCOS or Polycystic Ovary Syndrome, has literally gone viral among young females across the globe. Breast cancer, uterine, and ovarian cancer rates are climbing steadily despite all the research and world-wide fundraising in the name of curing it. Prostate cancer is now a new dreadful buzzword among men, young and old. To make matters even more intolerable, current treatment options offer little more than brutal, toxic, and costly sessions of chemotherapy, radiation, and surgery. You pick. Or rather, *they* pick.

Hormonally-induced mood swings, insomnia, anxiety, fatigue, and bone loss is at an all time high despite the use of expensive and toxic prescription medicines employed to treat them. Even more frightening, potent prescription estrogen replacement products are still being prescribed in the name of treating hormone imbalances, when in fact they are the root *cause* of many of the problems they are being used to treat, including endometriosis, fibrocystic breasts and ovaries, and hormonal cancers. And that's just for starters. When's it all going to stop? Something is amiss in the hormonal healing arena. In this book, we're going to uncover it.

Not only will we be taking a hard look at the way hormones affect literally every aspect of our life, you will be prompted to ask hard questions about any hormone intervention treatments before they begin, and you'll learn to understand why those questions need to be asked. You will discover new ways to balance your delicate hormones and the life issues they affect, without the need for potent prescription medicines. In essence, this material will help you simplify, demystify, and decode the hormone puzzle; the intrigue, all the cloak and dagger, so that you can separate the science from the fiction.



## *HORMONE LIES And Thyroid Misunderstandings*

We will explore areas of hormone balancing that are almost never discussed with mainstream practitioners, and which lie at the heart of the silent global hormone crisis, including diet, nutrition, energy, emotions and more. We will pull open the curtain so you can see what's behind the hormone lies and thyroid misunderstandings. No, it's not Oz. It's the rainbow of help you've been searching for.

## 5.

# Polycystic Ovary Syndrome: PCOS

If you're a woman reading this material, please pay close attention to this chapter. Why, you ask? That's because PCOS or Polycystic Ovary Syndrome is one of the most prevalent, overlooked, and undiagnosed hormonal issues on earth. To make matters worse, if PCOS is actually diagnosed through a perceptive traditional healthcare practitioner, the treatment options he or she offers do *not* address the underlying causes. Left untreated, as it usually is, this pandemic hormonal disruption will create physical and emotional symptoms that can make your life experience far less enjoyable.

So what exactly is PCOS, and what are the underlying causes?

Over the past several decades, PCOS has developed into a world-wide pandemic among hormonally active women. In my experience this condition seems to be most prevalent among women who are emotionally sensitive, or those females who I refer to as *ultra-sensitive*. What do I mean by ultra-sensitive? For a detailed examination of this poorly understood notion, I encourage you to read my book "You Are Sensitive!" There you will learn that not all individuals on this planet are wired in the same way. Individuals who are ultra-sensitive, both male and female, are exceptionally sensitive to most every environmental exposure in the world, including environmental toxins and chemicals, foods, the energies of other people, EMF energy from electronics, and much more. And the reproductive hormones are no exception. As with all the other organs and glands within the physical being, the reproductive hormones and thyroid hormones in ultra-sensitives are much more easily disrupted. If you suffer from the symptoms of PCOS, you are one of them.

## SIGNS AND SYMPTOMS OF POLYCYSTIC OVARY SYNDROME

- Fibrocystic breasts with or without pain and tenderness

- Ovarian cysts with or without pelvic or back pain and tenderness
- Weight gain
- Viral infections, including Epstein Barr
- Blood sugar swings, especially hypoglycemia
- Acne, facial or full body
- Eating disorders
- Candida or other yeast infections
- Unpredictable libido, low alternating with high
- Edginess
- Difficult, irregular, or absent menstrual cycles
- Moodiness
- Insomnia
- Hair growth on face, breasts, or other unwanted areas

## **METABOLIC CHAOS**

What exactly is going on within the body to create such an uncomfortable and often disabling syndrome of symptoms? Simply put, PCOS is the over stimulation of the reproductive organs and tissues due to **excess circulating estrogen and testosterone**. But elevated estrogen and testosterone levels are only part of the picture. Low progesterone levels are also part of the overall clinical picture, which coincidentally is not very pretty.

Over time the imbalance of these three key hormones come together to dramatically affect the entire metabolic system of sensitive and susceptible females, including the disruption of cortisol levels, blood sugars, microbial balance, and more; not to mention a complete upheaval of the reproductive system. This level of hormonal disruption can have deep-seated physical and emotional repercussions that can last a lifetime if not corrected, leading to sexual dysfunction, unpredictable menses, inappropriate food cravings, unhealthy mood swings, and other life miscues any female would just as soon avoid.

## **HORMONE PROFILE OF POLYCYSTIC OVARY SYNDROME**

- **Low progesterone**
- **High estrogen**
- **High testosterone**

### *HORMONE LIES And Thyroid Misunderstandings*

Sadly, millions of women across the globe are running around with just such a hormone profile, and most have no idea what's really going on inside of them. Most of these individuals go about their lives, miserable and uncomfortable, suffering in silence from the myriad of symptoms that can occur as a result of this precarious and peculiar hormonal conundrum. They often present to their traditional gynecologist or internal medicine doctor with unexplained weight gain, severe acne on the face and torso, food cravings, mood swings, edginess, and difficult, absent or irregular periods. In too many cases the whole PCOS picture goes unnoticed. And rather than look at all the symptoms together as a syndrome and correct the hormonal miscues that created it, many traditional practitioners will simply prescribe medications to treat the symptoms individually; antidepressants, anti-diabetic medicine, anti-anxiety and sleeping medicines and others are often doled out simply to cover them up.

None of these prescription medicines address the direct cause of the condition, which is essentially hormone hell. Instead, by employing these allopathic symptomatic treatments, the opportunity to uncover and deal with the actual hormone imbalance at hand is lost. Ironically, most PCOS patients are prescribed hormonal birth control pills or patches to control the symptoms and this practice is not only inappropriate, it is dangerous; dangerous because the estrogen component in these products will not only *not* improve the hormone miscues, it will raise estrogen levels even higher, making symptoms even worse and creating a gateway for serious hormonally-induced cell changes down the road, including breast cancer and ovarian cancer. This scenario should be avoided at all costs.

### **PCOS ISN'T PICKY**

After years of working with hormonally imbalanced women, I began to notice a disconcerting trend. Nearly every woman from the age of puberty and up seemed to have the same classic PCOS hormone profile; low progesterone, high estrogen, and high testosterone. It wasn't just the teens and twenty-somethings that were suffering from PCOS as mainstream thinking might suggest. Women of *all* ages were showing up with similar symptoms and similar complaints.

In fact, if you're a woman suffering from *any* of the symptoms listed above you likely have Polycystic Ovary Syndrome. But before you begin to panic,

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please understand that this tricky and all-too-common hormonal conundrum can be managed successfully using natural medicines and holistic techniques. In fact, in my experience, women who faithfully comply with the protocol employed in *my* practice will find that most if not all symptoms will start to clear within six months or less. As always, each case is different and there are no guarantees in life or any facet of it, but do know this. If you suffer from PCOS, natural help is available when you reach out for it. And you can be assured you are not alone in your plight. Even though other women in your life circle may not discuss their hormonal symptoms with you, women with PCOS are likely all around you and most have no idea what's brewing inside.

So which group of women is most susceptible to developing PCOS? Any sensitive woman of any age group, from any culture, from anywhere in the world is prone to this profound hormonal disruption, especially when other life factors are also in play.

#### **COMMONLY OVERLOOKED CAUSES FOR POLYCYSTIC OVARY SYNDROME**

- Ultra-sensitivity
- Over-nurturing others and under-nurturing of self
- Poor nutrition
- Overly passionate and over-compassionate women
- Emotional stifling
- Lifestyle stressors
- Iodine deficiency
- Food ingredients and food allergies
- Prescription hormonal medicines, including birth control
- Genetic history
- Lack of creative expression
- Lack of sexual expression
- Sexual trauma, present or past life
- Exposure to environmental toxins, including estrogen mimickers
- **Low progesterone**
- **High estrogen**
- **High testosterone**

### *HORMONE LIES And Thyroid Misunderstandings*

Upon close examination, a keen holistic practitioner will note an intriguing common denominator among women who present with the symptoms of PCOS. These women are typically deeply compassionate, even if this trait has been stifled by life circumstance, and are typically emotionally fragile individuals. For that reason, treatment methods for PCOS should not only include a natural medicine regimen that addresses the hormone imbalances, but one that also helps achieve emotional stability. One will recall that all physical imbalances first begin in the emotional state. And the hormonal disruption known as PCOS is a shining example of this notion in motion. Hence emotional and energetic clearing should be considered a key component in the PCOS treatment arsenal.

**ELYSE** is a 22-year old woman who showed up in my office complaining of irregular periods and hair growth on her face. At first glance hers seemed to be a routine hormonal imbalance caused by what I refer to as “hormone blossoming” or hormone maturation, the shift from puberty to womanhood. But upon further examination of this young woman’s energy field, it became clear to me that this was not a typical 22-year old woman. In front of me, was a very sensitive, highly emotional, highly evolved individual, or what I call an ultra-sensitive.

After a brief discussion about her upbringing and lifestyle, Elyse revealed that she loved to sing and that she’d been singing since she was six years old. She also confessed that she was overly-concerned, almost obsessed with her recent weight gain, a nudge of about 20 pounds that could not be explained. This was most disturbing to her because she was working so hard to eat healthy and judiciously, and was exercising at least two hours every day. Despite these healthy habits, Elyse continually battled with bouts of weight gain, unpredictable anxiety and mood swings, and intense carbohydrate cravings 24/7.

She went on to explain that her breasts were tender, especially around her period, and even worse when her period was due even if blood flow did not ensue, which was often the case. She had even noticed a hard nodule in one of her breasts that seemed to become larger and very tender around her period.

A check of her hormones using kinesiology revealed the hormonal culprits; low progesterone, high estrogen, and high testosterone; the classic hormone

profile for Polycystic Ovary Syndrome (PCOS). Presenting with all the classic symptoms, tender breasts with verified cystic growth, hair on the face, acne, irregular periods, weight gain, uncomfortable food cravings accompanied by hypoglycemia, Elyse was the poster child for ultra-sensitive women with PCOS everywhere.

A modified PCOS hormone balancing regimen that included topical progesterone cream, inositol, a B vitamin to lower high testosterone, and several estrogen and blood sugar modulating products, was begun. It took several months of treatment and several adjustments to the regimen to get Elyse fully balanced, but in the end her skin cleared, her breast tenderness subsided, and her food craving began to diminish, along with her weight gain. Within six months Elyse had lost a modest six pounds, which seemed to please her immensely. Most importantly, at least from my perspective, she began to have regular periods where the necessary cleansing blood flow lasted for several days at a time, something she hadn't experienced since puberty.

I also took the opportunity to explain to Elyse how this hormone profile came to be. We discussed her ultra-sensitivity, her overly-giving nature, her intense emotionality and compassion, and how important it was to balance these within the other aspects of living, such as her job and relationship commitments. I also assured her she was not alone in her battle with PCOS. Elyse worked diligently on the emotional aspects of PCOS and followed the hormone-balancing regimen faithfully for several years. Once her symptoms began to subside, we tapered down her regimen to just a few essential natural medicines. Today she remains symptom-free, happy, and balanced in her career as a world-class vocalist.

## **HIGH ESTROGEN IS SERIOUS BUSINESS**

The hallmark hormone imbalance that drives the growth of multiple cysts in this condition is high circulating estrogen. Estrogen is behind the formation of fibroid cysts that can pop up literally anywhere in the body. For this reason it is imperative that before making the decision to use estrogen-laden birth control methods, it is prudent to give careful consideration to the sensitivity of the individual and genetic predispositions. If family history reveals cystic growth either in female siblings or any relatives on the maternal side, hormonal birth control of any kind should be used with caution, if at all. Of course these decisions should be made in conjunction with your practitioner



and any family member who has an understanding of the familial hormonal history. And paradoxically those women at the highest risk of developing PCOS are the very same women who will likely have to choose some form of contraception early on. Please choose carefully.

## **HIGH TESTOSTERONE AND PCOS**

High testosterone is the second most important hormone imbalance in PCOS. Not that low progesterone doesn't play a role in the condition, it does. But a progesterone deficiency doesn't pose the same serious or irreversible health challenges as can high estrogen and high testosterone. High testosterone is the hormone behind the symptoms of edginess, and plays a starring role in the development of unwanted hair growth on the face and the acne skin changes that are so common with this condition. It is also an accomplice in many of the other metabolic shifts we see with PCOS, including high cholesterol levels and a permanent lowering of the vocal range. The use of inositol, a B vitamin family member, does an excellent job in modulating testosterone levels and is one of the key components of the PCOS regimen, which will be discussed below.

Complicating the metabolic chaos that often accompanies PCOS is the fact that unmanaged high testosterone levels can stimulate a hyperthyroid state in certain sensitive and susceptible individuals. In my years of working with this hormonal debacle, I have found that about 30 percent of individuals with long-standing high testosterone levels will develop a Graves' disease-like syndrome that presents with classic hyperthyroid symptoms such as rapid heart rate, increased sweating, severe weight fluctuations, anxiety, bulging eyes, and more. Is Graves' disease actually the result of unbridled high estrogen and testosterone over time? This is most certainly possible. At the very least you can be sure that high testosterone levels are a contributing factor.

## **HORMONE BALANCING REGIMEN FOR POLYCYSTIC OVARY SYNDROME**

As discussed earlier, the treatment regimen for PCOS is two-fold. First, as with so many other maladies, it is imperative to process and clear any outstanding emotional blocks or traumas. With PCOS, this is even more

crucial since unresolved emotional trauma is a potent trigger of high estrogen. Treatment sessions including emotional counseling and clearing, past life regression therapy, EFT or emotional freedom techniques, and the like are pivotal in accomplishing full resolution of PCOS symptoms.

This emotional clearing work can be performed concurrently while the necessary natural medicine regimen begins to kick in. This combination of emotional and energetic clearing along with the manipulation of hormones through natural medicines often yields noticeable improvement and results within four to six weeks. However, due to the relative depth and complexity of this condition it may take up to six to eight months or longer to experience complete resolution of symptoms.

## **NATURAL MEDICINE TREATMENT REGIMEN FOR PCOS**

Please note that the regimen outlined below is a basic regimen, and is often tailored up or down with additional natural medicines as needed to address specific symptoms or situations. Although self-treatment for other hormonal miscues can often be successful, due to the complexity of the condition, self-treatment for PCOS can be tricky and wrought with pitfalls, and is therefore discouraged. Professional guidance is highly encouraged to minimize interactions and side effects, and to maximize results. Your holistic practitioner should be consulted to develop the proper regimen for your metabolic state, and to monitor your progress along the way.

### **CORE PCOS REGIMEN**

These products are not presented in any particular order of importance, and most often are used in varying combinations to achieve your specific hormone balance. Specific doses are omitted because they vary widely, depending on a variety of factors. Doses and durations and the proper combinations of each of these should be determined by your practitioner.

- **Indole-3-carbinole blends (a.k.a. DIM) — balances high estrogen**
- **Calcium-D-glucarate — balances high estrogen**
- **Inositol - balances high testosterone**
- **Zinc — heals cystic tissue, clears acne**
- **Flax lignan capsules — helps break down cystic tissue**

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- **Nattokinase — helps break down cystic tissue**
- **Chromium picolinate — regulates blood sugar balance**
- **Progesterone cream — balances progesterone levels**
- **Iodine — supplements low iodine**

### **YOU CAN DO IT**

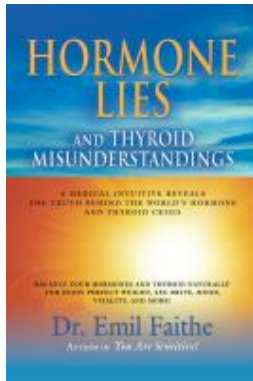
The health condition known as PCOS plagues millions of women of all ages everywhere on the planet, and most cases are never officially diagnosed. When they are diagnosed, traditional medicine treatment typically addresses only a few of the symptoms and almost never truly addresses the underlying hormonal imbalances, and the emotional and energetic imbalances. But *you* can. Take the time to pay attention to the signs and symptoms of PCOS and take action now.

If you feel bloated, are gaining weight, have blood sugar swings and intense sweet cravings, if your periods are irregular or absent, if you have acne, tender breasts, or uncomfortable pelvic pains and you are between the ages of puberty and thirty-five, you likely have the syndrome known as PCOS. But please understand that PCOS is treatable with natural methods. If you believe you or someone you care about is suffering from PCOS, don't ignore the tell-tale symptoms. Seek out a qualified holistic practitioner who is versed in treating PCOS. You *can* overcome and “cure” Polycystic Ovary Syndrome and enjoy a long healthy and productive life as the ultra-sensitive female that you are.

### **HORMONE TRUTH:**

*Polycystic Ovary Syndrome is one of the most prevalent and under-diagnosed female hormonal miscues on the planet and unchecked can cause severe disruption to your metabolic and hormonal balance, and the joy of life.*





*Hormone and thyroid imbalances plague tens of millions of people worldwide. PCOS, depression, anxiety, fibroid cysts, insomnia, fatigue, weight gain, breast cancer, and loss of libido run rampant, along with Graves' and Hashimoto's Disease. Men are not immune, enduring the unspoken, yet devastating consequences of their own midlife crisis. Learn how to overcome the dangers, limitations, and pitfalls of traditional treatments, and correct the hormone and thyroid imbalances in your life using sensible, natural methods.*

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