



**BOOK 4**

**ENDOCRINE  
SYSTEM  
(HORMONES)**

**5-LEVELS OF  
HEALING**

**ANNE TAYLOR-  
PEMBERTON**

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Welcome to book 4 of my series of short health books. I aim to empower you to understand your body and how it works and why it may be sick or showing signs of sickness now.

The endocrine system is an orchestra. All organs of the endocrine system should play in tune all managed by the hypothalamus as the conductor. Hormones are the communication system of the body, secreted from organs to target cells to help the body keep homeostasis (balance) so we remain healthy.

Anne Taylor-Pemberton

<https://venturoushearts.com>

email: [anne@venturoushearts.com](mailto:anne@venturoushearts.com)



Venturous Hearts

*Vampires and teens have a lot in common. Teens have surging hormones, vampires have surging blood lust. Teenagers think they're immortal.*

*P. C. Cast*

*Quotes*

[https://www.brainyquote.com/quotes/susannah\\_cahalan\\_929362?src=t\\_hormones](https://www.brainyquote.com/quotes/susannah_cahalan_929362?src=t_hormones)



# PROLOGUE

I am here today to bring you a journey into our hormone system via my favourite model for analyses of clinical cases. My best analogy for the endocrine system is that this is the body's orchestra. The conductor of the orchestra is the hypothalamus who tries to keep the rest of the endocrine organs in tune by balancing the HPA axis through a negative feedback loop system. This ensures that, when healthy, all organs secrete their respective hormones at the right level and in the right sequence.

Hormones can be pretty complicated to learn so this little book is not aiming to give you a PhD in endocrine function and dysfunction. I wanted to simplify the material so you can take simple steps to help these 100s of tiny communicators to sing in tune with your body.

This is the fourth of a series of eBooks where I will examine and explain each organ or system from the 5-Levels of healing model.

Please allow me to take you into the hormone system through these 5 levels of understanding -

- physical
- energetic
- mental
- intuitive
- spiritual

# CHAPTER 1: PHYSICAL

## THE ENDOCRINE ORCHESTRA AS A COMMUNICATION SYSTEM



*Hormones get no respect. We think of them as the elusive chemicals that make us a bit moody, but these magical little molecules do so much more.*

*Susannah Cahalan*

### *Steroid hormones*

Are you aware that hormones are made in the body from cholesterol? Yes that's correct, that horrible fatty stuff western medicine spends all its time telling us is too high, too dangerous, pushing our bodies towards heart disease. I don't aim to dismiss that at all because for some of us it's a real issue. However there are always two sides to the story and a lot of grey areas in between, add that to the sparseness of the evidence.<sup>1</sup>

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<sup>1</sup> [https://www.westonaprice.org/?s=cholesterol&gclid=CjwKCAjw6raYBhB7EiwABge5KjQ\\_fnBEF3uzMe38x8zKom2PoxhyGwCSUbZvSjXiBuFRM\\_fmWLkwBoC08sQAvD\\_BwE#gsc.ta](https://www.westonaprice.org/?s=cholesterol&gclid=CjwKCAjw6raYBhB7EiwABge5KjQ_fnBEF3uzMe38x8zKom2PoxhyGwCSUbZvSjXiBuFRM_fmWLkwBoC08sQAvD_BwE#gsc.tab=0)

b=0

The other side of the story is that cholesterol is also part of the structure of our cell membranes<sup>2</sup>. If the cell membrane doesn't work nothing in the body will work and the body will decline in function. Cholesterol also makes hormones such as oestrogen, testosterone and the adrenal hormones cortisol and DHEA.

Cholesterol is also needed to make vitamin D, by the action of sunshine on our skin. Last but certainly not least it helps the body create bile acids. These are secreted from the gallbladder when we eat fats, they help the body to assimilate the fats to make more hormones and of course help the body to absorb all those beautiful fat soluble nutrients such as vitamin A,D,E and K. Coenzyme Q10, our major antioxidant and power booster for the mitochondria (power houses of the cells) is also fat soluble.

Some evidence shows clearly that taking statins to reduce cholesterol can seriously reduce CoQ10<sup>3</sup>, resulting in rhabdomyolysis or muscle breakdown. Muscle pain as a result can reduce mobility which in turn reduces exercise tolerance, so we can no longer keep the heart healthy. Whilst reducing cholesterol with medications may prevent a heart attack it may also promote heart failure. Dr David Unwin; the Low Carb GP is a pioneering doctor steadfastly fighting this cause for his patients.<sup>4</sup> Dr Unwin vehemently demonstrates that statins do not prolong life expectancy.

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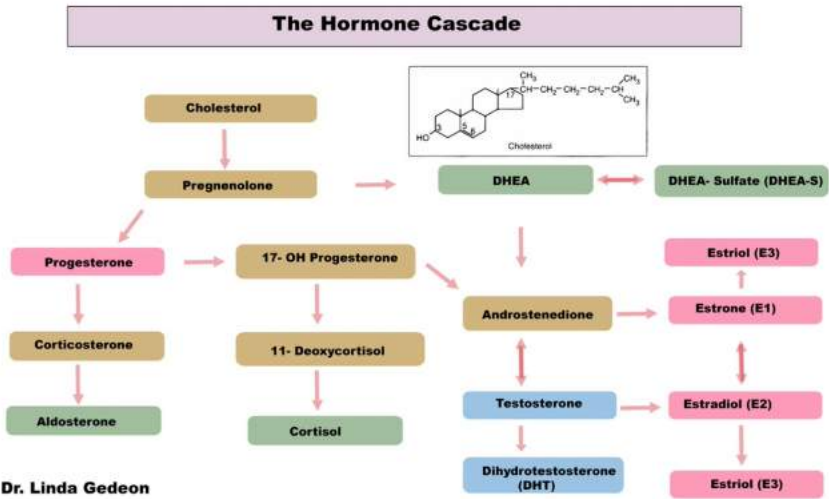
<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6383291/>

<sup>3</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3096178/>

<sup>4</sup> <https://www.dietdoctor.com/authors/dr-david-unwin>

So now we have a bit of a story on cholesterol as the groundwork for hormone production lets look at how that happens. Lets check in with the steroid hormone cascade to really think about how we would make the other hormones without cholesterol.

**The Hormone Cascade**



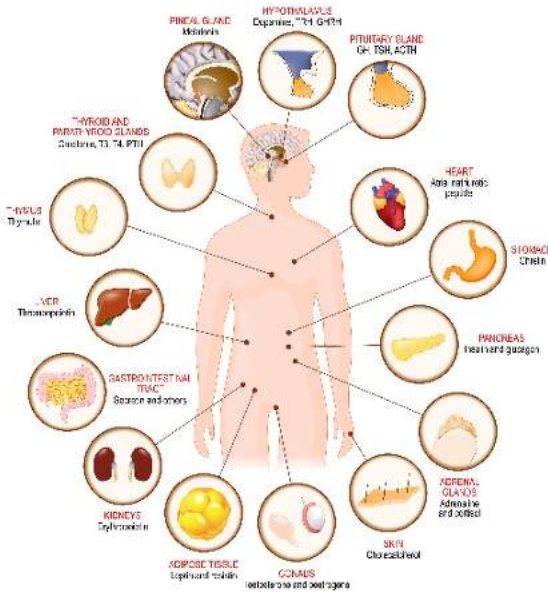
*The creation of hormones*

If we follow the arrows from cholesterol we can see the cascade of HPA axis and sex hormones from cholesterol. Simply put, cholesterol converts to pregnenolone. This in turn converts to DHEA (anti ageing adrenal hormone) which also need sulphating. In addition it converts to the female hormone progesterone, which then converts to oestrogen (female), testosterone (male), cortisol (adrenal) and aldosterone (Kidneys). Males and females do have all of

these hormones, but the levels of male and female specific hormones differ of course. If they didn't we might all have beards and menstrual cycles 😂.

# Endocrine Glands, hormones and function

## Endocrine glands



*The endocrine orchestra*



Commencing in the brain and following the diagram in a clockwise direction we have the following glands and their respective hormones. You may not have heard of half of these but we do need them all because hormones are the communication system of the body. They send messages from their source of origin to target organs to keep hormone homeostasis (balance) in the body. Everything has to be completely balanced for good health.

Organ	Hormones	Function
Pineal gland	Melatonin	Circadian rhythm
Hypothalamus	Dopamine Thyrotropin releasing hormone Vasopressin Growth hormone-releasing hormone Gonadotropin releasing hormone Corticotropin releasing hormone Growth hormone Oxytocin Somatostatin	Motivation and drive Stimulates the release of thyroid stimulating hormone Regulates circadian rhythm Stimulates release of growth hormone Stimulates release of GTH from pituitary Central driver of HPA axis / stress response. Causes release of adrenocorticotrophic hormone from pituitary. See pituitary Love hormone. Stimulates uterine contractions in childbirth and lactation Stops stomach acid release.

Organ	Hormones	Function
Pituitary	Growth Hormone  Thyroid Stimulating Hormone Adrenocorticotrophic hormone (ACTH)	Fuels growth in childhood and maintains tissues throughout life. Stimulates the release of thyroid hormone Stimulates the release of cortisol from the adrenal glands
Heart	Natriuretic peptides ANP and BNP	Alleviate cardiac load by decreasing the amount of extra cellular fluid, reducing blood pressure.
Stomach	Gastrin  Somatostatin  Secretin  Cholecystokinin	Stimulates stomach acid secretion. Stops stomach acid secretion Regulates gut mucosal growth and stomach acid release. Gall bladder contraction and pancreatic enzyme secretion.
Pancreas	Insulin Glucagon  Somatostatin	Regulates the levels of sugar in the blood  Prevents the release of insulin and glucagon

Organ	Hormones	Function
Adrenal glands	Noradrenaline Adrenaline	Regulate the stress response,
	Cortisol	Reduces inflammation
	aldosterone	Maintains salt and water balance, which keeps blood pressure stable.
Skin	Cholesterol	Vitamin D Cell membranes
	DHEA	Helps produce testosterone and oestrogen. Anti-aging
	5αDHT	Converts testosterone to DHT (Muscle size, strength and mass, sexual desire in men)
Gonads	Estrodiol	Major female sex hormone
	Progesterone	Prepares the body for pregnancy
	Testosterone	Converts to oestrogen in women. Muscle size, strength and mass, sexual desire in men.

Organ	Hormones	Function
Adipose tissue (fat)	Lectin Adiponectin  Resistin.	cell signalling Insulin sensitivity and inflammation  Insulin sensitivity and inflammation
Kidneys	Vitamin D3  Renin / Angiotensin  Erythropoietin	Calcium and prosperous homeostasis Electrolyte and blood pressure regulation Increases red blood cells
Gastrointestinal tract	Gastrin,  CCK, secretin,  Somatostatin, Ghrelin, Bombesin,  Gastrin-releasing peptide (GRP).	Gastric mucosal growth, motility and HCL secretion Gallbladder and pancreas release regulates GI tract Hunger hormone Release of gastrin and pancreatic enzymes / Bile Release of gastrointestinal hormones, smooth muscle cell contraction, and epithelial cell proliferation.

Organ	Hormones	Function
Liver	Insulin-like growth factor (somatomedin), angiotensinogen,  Thrombopoietin, and  hepcidin.	Promotes body growth - liver, musculoskeletal, Vasoconstriction / regulation of blood pressure. Regulates platelet production for blood clotting. Regulates the use of Iron
Thymus	Thymopoietin  Thymosin and Thymulin Thymic humoral factor	Production of T cells and instruct pituitary to release hormones. Specialised T cells  Immune system function
Thyroid	Thyroxin (T4)  Triiodothyronine (T3)	Regulates metabolism, weight, temperature, hair, nails, skin. Active form of thyroid hormone
Parathyroid	Parathyroid hormone	Calcium metabolism regulation

Wow, sorry, that was a lot to take in. Don't be perturbed you don't have to remember it all. There are some really simple rules around hormones that can help us keep them in balance. As long as we follow these few rules and ensure we have the substrates otherwise known as foundational

products (foods) to make these hormones we are high and dry.

## *Understanding optimal hormone balance*

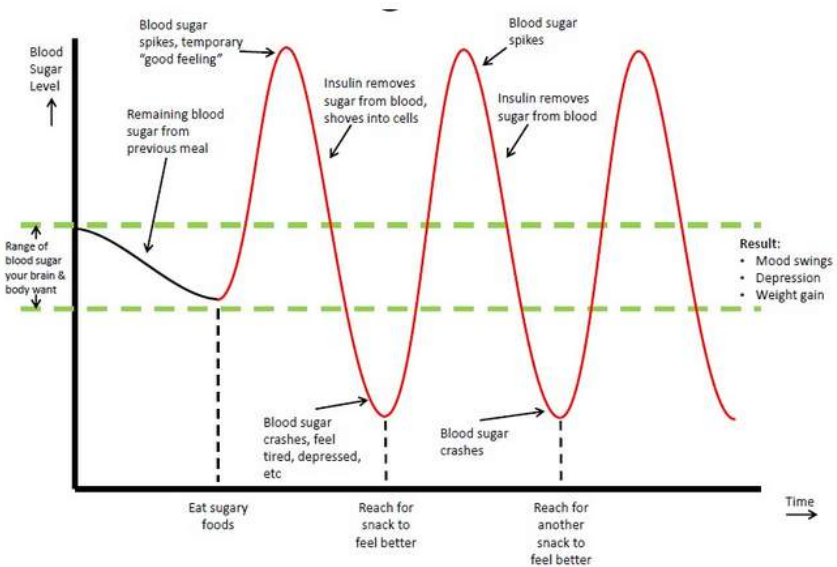
Understanding and optimising blood glucose management is fundamental in achieving hormone regulation. You wouldn't believe how many people who regain their health fall back into decline because they get well without understanding that blood glucose management is a lifestyle choice. It isn't something you follow for a few months then forget it once you are well again.

To keep blood glucose balanced we need to understand how blood glucose becomes unbalanced. We can feel this in the body long before it can be measured on testing. This is because the body tries its utmost to keep us upright whatever we throw at it. However once it reaches the point where it cannot compensate further for our misdemeanours, then we see the blood test changes and the health decline.

A number of food and lifestyle choices can cause aberrant changes in body chemistry. Stress, poor digestion, eating a high level of refined / high sugar foods, relying on stimulants (caffeine, artificial sweeteners, Monosodium glutamate), unbalanced amounts of proteins, fats and carbohydrates, meal skipping. These can all create surges of blood glucose followed by crashes as the hormone insulin is secreted to counteract the surge. The diagram below may help to



demonstrate behaviours and symptoms associated with the blood glucose rollercoaster.



### *Blood glucose rollercoaster*

Whilst this appears to affect the one organ, the pancreas, because the pancreas is one player in the whole endocrine orchestra other organs are likely to be affected. An example might be the adrenal glands, our organs of stress management. If we continue to eat refined foods we continue to propel the body into fight or flight when blood glucose levels drop. The body does this to generate glucose for fuel to fight or flee. Over time the adrenals / HPA axis can become depleted in cortisol and DHEA, leading to fatigue and body-wide pain. This can become a cyclical manifestation of imbalance. What can we do to change this?

# *Practical guide for balancing blood glucose levels*

Combine protein, complex carbohydrates and fats in optimal proportions which for most people is 40% protein, such as fish, lean meats and pulses; 60% complex carbohydrates (green leafy vegetables with plenty of fibre)<sup>5</sup>.

Add a 10mls drizzle of Hemp seed oil to two meals daily for the 4:1 balance of omega 6:3 for cell membranes.

Avoid key insulin triggers (sugar, honey, artificial sweeteners, simple carbohydrates), stress, smoking, caffeine, alcohol.

Portion proportion: Generally speaking humans eat less in the morning and more in the evening so they have little to run on during the morning. Below is a table depicting one possible way of changing.

Meal	Regular portion	Balanced amount
Breakfast	25%	20%
Mid morning	0%	10%
Lunch	35%	30%
Mid afternoon	0%	10%
Dinner	40%	30%

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<sup>5</sup> (2005) The Food Doctor Everyday Diet

However some such as Metabolic Balance<sup>6</sup> would advocate never to snack and to allow 5 hours between meals in order to reduce insulin output. Ayurveda would advocate less at breakfast when the digestion hasn't quite woken up. The biggest meal at lunch when digestion is optimal. A small evening meal so we are not digesting whilst trying to sleep.

There are many other dietary approaches but commencing from the mediterranean (provides microbiome diversity) diet then booking a consultation to identify the best approach if the basic approach here is not bringing your body fully back to health.

If you need a visual representation this eat well plate designed by my professional body may be of use.



Wellness solutions

<sup>6</sup> <https://www.metabolic-balance.co.uk>



## Further reading

<https://www.amazon.co.uk/Food-Doctor-Everyday-Diet/dp/140530605X>

<https://www.amazon.co.uk/metabolic-balance®-Nutrition-Introduction-success-ebook/dp/B006TKOTRU>

# CHAPTER 2: ENERGETIC

## HORMONES AS AN ENERGY SYSTEM



*My body knows exactly how to find its natural harmony. All I have to do is create an environment that allows it to do so.*

As with other books in the series, this is where I open up the conversation around emotions and their impact on the blockage of energy and therefore blood supply and nutrient supply to specific organs. We have a number of endocrine organs and their respective emotions to consider so please read on. The following excerpts were all taken from Inna Segal(2010)<sup>7</sup>

Pineal gland:

Feeling out of sync, dull, confused, unaware, disconnected, isolated. Going along with others and what they want rather than listening to your intuition. Ignorance, lack of awareness, skepticism, self-doubt, uncertainty, inflexibility, selfishness.

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<sup>7</sup> Segal (2010) The Secret Language of your Body; The essential guide to health and wellness

### Hypothalamus:

Feeling unbalanced, stressed, anxious, hormonal, emotional. Experiencing a disconnection from your divine spiritual self. Confused and frustrated about the future and your role in life.

### Pituitary:

Feeling depleted, suppressed, disheartened, hormonal, unemotional, confused. Experiencing sluggish memory, fear, instability. Feeling threatened. Difficulty making decisions. Constantly changing your mind.

### Heart:

Feeling blocked, unenthusiastic, uninspired, flat, depressed, heavy hearted, stressed. Feeling that life is too hard and you can't be bothered with dealing with it. Feeling close-hearted, wounded, rejected, hardened, cold. Giving up on love, not believing you deserve it. Frequent self criticism and self depreciation. Feeling worthless, angry, and bitter. Waiting until things come to a boil to let your feelings out. Taking on too much responsibility, then feeling stressed and anxious. Giving too much of yourself and pushing yourself further than you can handle. Not listening to your heart. Feeling unfulfilled, disappointed, put-down, and lonely. Holding onto deep seated fear of being hurt or having your heart broken. In some cases envy or jealousy over other people's success.

### Stomach:

Difficulty digesting life and assimilating new information. Feeling stuck in a pattern of fear, limitation, worry, guilt, and despair. Behaving in a superior, arrogant, controlling way;



thinking that you are better than others; or feeling inferior or second best. At times self-obsessed and demanding, wanting everything your own way. Difficulty expressing yourself and dealing with rejection. Feeling attacked, liked you've been punched in the stomach.

#### Pancreas:

Inability to savor the sweetness in life. Feeling smothered, over-mothered, or under nurtured. Experiencing over-concern, hopelessness, helplessness and lack of control. Easily affected by others. Low self esteem, feelings of bitterness, confusion, unfairness, and unjustness. Craving sugar, sweetness and softness. Often looking for a quick fix and then experiencing disappointment. Very gullible and easily swayed. Stubborn and immovable.

#### Adrenals:

Lack of energy or fatigue. Feeling emotionally unbalanced and unstable - one moment happy and content; and the next sad and hopeless. Frequent bouts of paranoia, panic attacks, fear and anxiety, often related to a feeling that you have taken the wrong direction in life. Difficulty making decisions. Feeling stuck in the fight-or-flight response. In some cases, feelings of depression, emptiness, worthlessness and exhaustion.

#### Skin:

Failure to protect or be protected. Feeling irritated, angry, frustrated - like someone or something is getting under your skin. Disapproval, criticism, invalidation, or even hatred of self. Timid, withdrawn, insecure, feeling second best,

devalued, uncomfortable in your own skin. Feeling like you don't belong and putting up barriers to guard yourself.

#### Ovaries:

Holding onto old hurts, especially from men. Invalidating yourself. Not trusting your intuition. Low self esteem, and feelings of neglect and victimhood. Rejection of your femininity or feminine nature. Carrying a belief that to be feminine is to be weak. Propensity to worry about everyone and everything. Focussing on raging: the loss of power, beauty, and appeal. Not allowing yourself to enjoy your sexuality and womanhood. In some cases, issues with fertility.

#### Penis:

Lack of belief in self, fear of intimacy; feelings of rejection, anger, guilt, victimisation. Feeling hurt by someone that you love or once loved. Difficulty trusting others; feeling vulnerable, alone, scared, unlovable, depressed. Holding onto too many judgements and criticisms. Denying yourself pleasure and fun. Carrying many unresolved issues with family members - father, mother, brother, sister, wife, lover, children and so on.

#### Testicles:

Feeling threatened, exposed and insecure. Unable to handle the situation life throws at you. Uncomfortable with your sexuality. Holding onto guilt, shame, anger. Difficulty forgiving and moving on.

#### Uterus:

Discounting the feminine aspect of self, holding onto old hurts and rejection, mother issues. Feeling depleted,

ungrounded, unsupported, neglected, and unbalanced. Overconcerned with other people's problems. Lack of appreciation and nurturing for self. Constant need for approval.

#### Kidneys:

Living with guilt, regret, resentment, blame, ancient sadness. Holding onto destructive beliefs and memories from the past. Suffering with a limited, short-term memory because all attention is stuck in the past. Exhaustion, depression, numbness, paralyzing fear. Focussing on the negative aspects of life, unable to trust, difficulty dealing with challenging situations. Crumbling under pressure. Going up.

#### GI Tract:

Difficulty letting go of old, outdated beliefs. Judging others as wrong and yourself as right. An "It's my way or the highway" attitude. Desire to control others, thinking "If only they would change it would make my life easier". Constantly telling others what to do and how to live their lives. Perfectionism. Refusal to listen to other people's suggestions. Feeling stuck, frustrated, and fearful of change. Fear of the unknown.

#### Liver:

Irrational frustration, aggression, rage, guilt, fear. Desire to inflict self-punishment and sabotage your progress. Constant inner struggle and conflict. Difficulty making decisions. Often finding fault or blame with others. Inclined to act like a victim, with a "poor me" attitude. Overlooking other people's advice and suggestions. Difficulty forgiving and letting go. Trouble sleeping, relaxing, and trusting.

### Thymus:

Buying into lies and false ideas. Lacking integrity.

Accumulation of nervous stress, tension and worry. Difficulty taking responsibility for your actions. Playing the victim.

Feeling unhappy, low, vulnerable, tired and emotionally up and down.

### Thyroid:

Lack of drive. Feeling sluggish, numb, disconnected from your life's purpose. Holding back and constantly trying to please others by carrying their burdens and worries. Muddles thinking. Feeling emotionally unstable, up and down, and confused. Constantly playing a game of guilt and punishment. Sabotaging yourself. Wasting a lot of time doing things in an inefficient manner, which drains your energy. Never enough time to get everything done.

# Symptoms of hormonal imbalance

## Female Hormone IMBALANCE SYMPTOMS



Sleep Problem



Stubborn  
Cases of Acne



Foggy Thinking



Food Cravings



Problems With  
Digestion



Overwhelming  
and Continuing  
Fatigue



Swings in  
Mood, Anxiety,  
Depression



Weight Gain



Head Ache



Hot Flashes,  
Night Sweats



Vaginal Dryness



Changes In  
Your Breasts



Loss of Sex Drive



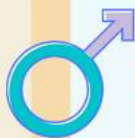
Increased  
Susceptibility  
to Infections

**DrLam**  
Body. Mind. Nutrition.®

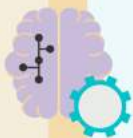


<https://www.drlamcoaching.com/nem-therapy/hormonal/female-hormone-imbalance-symptoms-inflammation-and-adrenal-fatigue/>

## WHAT ARE THE SYMPTOMS OF MALE HORMONE IMBALANCE?



DEPRESSION, ANXIETY,  
IRRITABILITY  
MOOD SWINGS, ANGER ISSUES  
ERECTILE DYSFUNCTION  
HAIR LOSS



FATIGUE AND INSOMNIA  
WEIGHT GAIN, LOSS OF MUSCLE  
MASS



COGNITIVE DECLINE AND  
MEMORY LOSS  
PROSTATE ISSUES



planet  
naturopath

<https://www.planetnaturopath.com/men-dutch-hormone-test/>

## *How do we address and heal these suppressed emotions?*

Energy healers have been prominent in this arena for many years and as such have perfected some amazing healing modalities. The modality/s we choose will offer the optimal healing if we resonate with the practitioner, we believe in the therapy and we understand how the method works. Vibrational healing and body work can offer profound benefits, we are all supposed to move right? At the basic level music and movement can be undertaken in the home for



little cost. The use of Solfeggio frequencies for example, can reset the frequencies of the body<sup>8</sup>. These are readily available on youtube or for nominal cost on the Power thoughts mediation club website<sup>9</sup>.

Other therapies include acupuncture, network spinal analysis (based on Epstein's reorganisational healing model)<sup>10</sup>, breath therapy, craniosacral, shaking therapies.

Dr Eileen Mckussick's work on the human biofield recommends biofield tuning to unblock stuck energy in the field<sup>11</sup>. Wendy Myers also has a complete emotional detox programme that includes teaching you to use the tuning fork on yourself and much more.<sup>12</sup>



## Further reading

Please see footnotes for this chapter

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<sup>8</sup> [https://www.researchgate.net/publication/333852911\\_Sound\\_Healing\\_using\\_Solfeggio\\_Frequencies](https://www.researchgate.net/publication/333852911_Sound_Healing_using_Solfeggio_Frequencies)

<sup>9</sup> <https://powerthoughtsmeditationclub.com>

<sup>10</sup> <https://www.amazon.co.uk/Tuning-Human-Biofield-Healing-Vibrational/dp/1620552469>

<sup>11</sup> [https://www.researchgate.net/publication/24435015\\_Reorganizational\\_Healing\\_A\\_Paradigm\\_for\\_the\\_Advancement\\_of\\_Wellness\\_Behavior\\_Change\\_Holistic\\_Practice\\_and\\_Healing](https://www.researchgate.net/publication/24435015_Reorganizational_Healing_A_Paradigm_for_the_Advancement_of_Wellness_Behavior_Change_Holistic_Practice_and_Healing)

<sup>12</sup> <https://store.myersdetox.com/products/emotional-detox-after-masterclass-participation>

# CHAPTER 3: MENTAL

## HORMONES AS DETERMINED BY THE MIND



*My cells can sense every thought. I choose kind and loving thoughts as often as possible.*

In Bessel Van Der Kolk's words The body holds the score<sup>13</sup>. What this means is we can often feel we have done a lot of work on ourselves but we still have body pain as a result of hormone imbalance. Epstein would tell us the body has its own innate intelligence; so what that means is the body is far more honest than the mind. Let that sink in.

Experiences of life events make us who we are, design our relationship with / sense of self. When we have experienced ACEs (Adverse childhood experiences) we often have characteristic behaviours of the survival style we needed to

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<sup>13</sup> Van Der Kolk (2017) The body keeps the score: Mind, brain and body in the transformation of trauma.

keep us safe at the time the ACEs occurred<sup>14</sup>. If these persist into adulthood (and they do) we feel shame and guilt as a result of playing them out. We know they are childish but we cant help them because we often have limited awareness of their origin. It is this awareness that is everything.

### We are all a combination of the divine masculine

Strength, balance, stability, confidence, decision maker, problem solver, manager, ambitious, drive, straight lines, structures, boxes, organised, logical, mental, focus, builds things, linear, efficient, grounded, external, physical, manifest world

### .....and the divine feminine

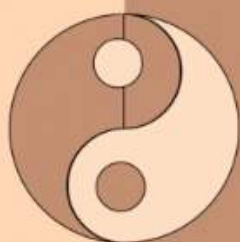
Creative, free flowing, playful, non-linear, chaos, birthing, dynamic, expression, music, art, nurturing, giving, caring, free expression, love, sensual, feelings, spontaneous, little structure or order, death and rebirth, intuition, psychic abilities, synchronicity, inspiration, imagination, magic, connection, source, the invisible, the unmanifest

Keeping these two balanced in today's world can be a major challenge for many. These relate in no way to the different sexes, we are all 50:50 or each and each one plays out where necessary when we are healthy.

However when unhealthy imagine the scenario here, which many will have experienced. Again it can be either sex in either role.

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<sup>14</sup> <https://www.amazon.co.uk/Healing-Developmental-Trauma-Self-Regulation-Relationship/dp/1583944893>



## **WOUNDED DIVINE FEMININE**

Depressive  
Dwells in emotions  
Insecure  
Obsessive  
Materialistic  
Plays the victim role  
Needy  
Delusional  
Disconnected from reality  
Escapist  
Manipulative  
Opportunistic  
Overly passive  
Perfectionnist  
Holds grudges  
Jealous

## **WOUNDED DIVINE MASCULINE**

Anxious  
"Wears the pants"  
Bossy  
Authoritarian  
Bully  
Abusive (physically,  
mentally and  
emotionally)  
Angry  
Hateful  
Resentful  
Overly competitive  
Prone to violence  
Avoidant  
Controlling  
Close minded

[www.livingsimplyy.com](http://www.livingsimplyy.com)

# *What could be the effects of these mindsets on our sense of self?*

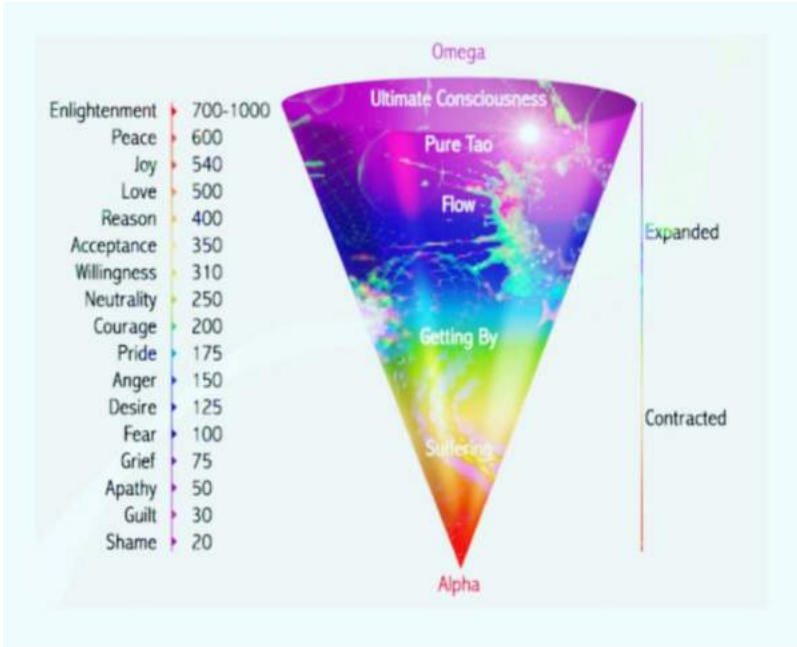
Consider the emotions highlighted in chapter 2 and the powerful quote below

*“The most powerful thing anyone can say to us is what we say to ourselves”*  
Christine D’Ercole

As we can see from the emotional frequencies chart below those emotions of shame, guilt grief and fear keep us operating in a very low frequency. At these frequencies we are triggered by the negative behaviours of others, taking everything as a personal insult without regard for what the other is also experiencing. This can have a very negative effect on how we perceive ourselves in the world. So for example if one party (either sex) in a relationship was displaying wounded divine female and the other (either sex) displaying wounded divine masculine, we may see the typical co-dependent v narcissistic relationship (Continuum of self model +5 v -5) as described by Ross Rosenberg<sup>15</sup>.

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<sup>15</sup> [https://www.amazon.co.uk/Human-Magnet-Syndrome-Codependent-Narcissist/dp/168350867X/ref=asc\\_df\\_168350867X/?tag=googshopuk-21&linkCode=df0&hvadid=344211778536&hvpos=&hvnetw=g&hvrand=8550659094406085587&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9046286&hvtargid=pla-556967496958&psc=1&th=1&psc=1](https://www.amazon.co.uk/Human-Magnet-Syndrome-Codependent-Narcissist/dp/168350867X/ref=asc_df_168350867X/?tag=googshopuk-21&linkCode=df0&hvadid=344211778536&hvpos=&hvnetw=g&hvrand=8550659094406085587&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9046286&hvtargid=pla-556967496958&psc=1&th=1&psc=1)



<https://www.cosmicminds.net/how-an-emotional-vibrational-frequency-chart-can-help-you/>

The neutrality point (250Hz) and Willingness above (310Hz) are the levels at which we can be the change we wish to make and be unaffected by the actions of others.



# *How does a low frequency sense of self affect our biochemistry?*

The saddest thing is that in the worse case scenario described above the codependent is likely to suffer all manner of disease. They are also more likely to reject their divine masculine or divine feminine due to a number of possible factors from their conditioning. Becoming aware of toxic relationships in ancestry, then overcompensating into more masculine because they see the feminine as weak. Others may victimise themselves and/or overt people pleasers if the partner or parent is overbearing. Conditions associated with these scenarios include chronic fatigue syndrome, anxiety, depression, eating disorders,<sup>16</sup> addiction, co-dependency, social anxiety disorder<sup>17</sup>. See an example below from Segal (2010)

## Chronic fatigue syndrome:

Resisting life. Not knowing how to say no. Frustrated about constantly having to do what you don't want to do. Wishing you were somewhere else. Belief that life is heavy and hard, and that you have to toil to get anywhere. Pushing past your limits. Feeling stuck. Ignoring your body, intuition, and creativity. Thinking that someone else is right and has the answers. Giving away your power.

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<sup>16</sup> <https://www.heatherhayes.com/the-disease-to-please/>

<sup>17</sup> <https://lonerwolf.com/people-pleasing/>

# *How can we change our mindset to create a positive change in our health?*

A number of approaches are accessible to us that are designed to help us see ourselves from a more positive viewpoint. We could consider the following therapies

- A. emotion freedom techniques (EFT), also know as tapping<sup>18</sup>.
- B. Mental field therapy<sup>19</sup>.
- C. Applied psycho-neurobiology (APN)<sup>20</sup>
- D. Eye movement desensitisation retraining<sup>21</sup>
- E. Homeopathy<sup>22</sup>
- F. Network spinal with somato-respiratory integration<sup>23</sup>
- G. Neuro-affective relational model<sup>24</sup>

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<sup>18</sup> <https://www.medicalnewstoday.com/articles/326434>

<sup>19</sup> <https://youtu.be/aoo9bb6k27Q>

<sup>20</sup> <https://pubmed.ncbi.nlm.nih.gov/30840558/>

<sup>21</sup> <https://www.bacp.co.uk/about-therapy/types-of-therapy/eye-movement-desensitisation-and-reprocessing-emdr/>

<sup>22</sup> <https://www.homeopathy360.com/2020/07/14/post-traumatic-stress-disorder-ptsd-and-homoeopathy/>

<sup>23</sup> <https://positivepsychology.com/somatic-experiencing/>

<sup>24</sup> <https://narmtraining.com>

## H. BioDynamic breath work<sup>25</sup>

This is not a mutually exhaustive list as new modalities are being designed weekly to keep up with demand. The important thing is for the person seeking the therapy to resonate with the practitioner.

*The most terrifying thing is to accept oneself completely.*

Carl Jung (PsychCentral, n.d.)



### Further reading

To release trauma:

<https://www.amazon.co.uk/Somato-Respiratory-Integration-Workbook-Epstein/dp/0982580304>

To gain a deeper understanding and awareness:

[https://www.amazon.co.uk/Your-Souls-Plan-Discovering-Meaning/dp/B00W8XYQMU/ref=sr\\_1\\_1?crid=39KWNCRRNRKKT&keywords=your+souls+plan&qid=1672757805&s=books&prefix=your+souls+%2Cstripbooks%2C97&sr=1-1](https://www.amazon.co.uk/Your-Souls-Plan-Discovering-Meaning/dp/B00W8XYQMU/ref=sr_1_1?crid=39KWNCRRNRKKT&keywords=your+souls+plan&qid=1672757805&s=books&prefix=your+souls+%2Cstripbooks%2C97&sr=1-1)

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<sup>25</sup> [https://www.biodynamicbreath.com/bbtrs-sessions/overview/?gclid=CjwKCAiAwc-dBhA7EiwAxPRyIBBgglVu6XQh9dxEC8a2O22I0BWPxVTNoMXra22jN QxTwjzHWsDtRoCeZwQAvD\\_BwE](https://www.biodynamicbreath.com/bbtrs-sessions/overview/?gclid=CjwKCAiAwc-dBhA7EiwAxPRyIBBgglVu6XQh9dxEC8a2O22I0BWPxVTNoMXra22jN QxTwjzHWsDtRoCeZwQAvD_BwE)

# CHAPTER 4: INTUITIVE

## HORMONES AS A GUIDE



*Balance and harmony are my body's innate state of being.*

This is the highest level of interaction that can be achieved between client and practitioner. This level encompasses near death experiences, archetypal conditioning, unresolved trans-generational family issues and past lives.

When the body tells us something is not right and we ignore it we often do that because the narrative has been ingrained into us through our conditioning. We become confused with our body symptoms as a result of our hormones signalling tissues and or organs to act or react in a said scenario. However, our lifestyles have changed so much and we have genetically adapted so poorly to the change. A prime example of this is the human stress response. This response is primordially wired into us from days when we were prey for large animals. In those days we also lived in small tribes of 100 or less, very closely connected. If for some reason we were separated from our tribe that usually meant death. So we needed the fear response in order to get us out of danger quickly, then the vagus nerve to sense the danger had passed and tell the body to come back into rest and

digest mode. We are primordially wired to be in the stress response for 15 minutes every 14 days only and yet most of us live in this state. I have described this in great detail in the digestion and HPA axis book should you wish to understand it in more detail so I wont reiterate it all again here.

The gonads are very interesting to understand from the perspective of unresolved family issues, archetypal conditioning and past lives. They are situated in the sacral chakra (energy centre) which encompasses the bladder, hips, kidneys, large intestine, ovaries, testes, reproductive system and sacrum according to Deanna Minich's seven systems of health model.<sup>26</sup> The key physiological activities for these organs include fluid balance, cellular replication, fat storage and reproduction. The core issues for the organs of this area are creativity, relationships and emotions so it would make sense that someone who is well balanced in this area would go with the flow and be very creative. They would cultivate strong, healthy and respectful relationships and be comfortable with their sexual identity. It is hard to find people who are all of these in today's society because we are driven to be left brained; stifling the right (creative) brain.

Women are naturally creative so to lose intuition or the relationship with self in the sacral chakra might foster conditions such as premenstrual syndrome, endometriosis, miscarriage, ovarian cysts, vaginitis, incontinence, irritable bowel syndrome, infertility, frigidity, hip problems such as arthritis, renal stones and urinary tract infections. In men the following may also be prominent impotence, premature ejaculation, prostatitis, hernia, prostate cancer,

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<sup>26</sup> <https://yljh9520.pages.infusionsoft.net>

Lets take a general example from (Segal 2010)<sup>27</sup>

Reproductive system health challenges:

Feeling unworthy and loveable. Lacking confidence in yourself and your abilities. Blocking your creative expression; carrying grief about your children, your childhood, family life, and past intimate relationships. Difficulty accepting yourself. Self critical and judgemental about yourself.

Also we may need to consider some commonly seen family dynamics.

- A. Nachfolge (following someone): A mother dies in childbirth at the age of 22 years and as the child reaches the age of 22 commits suicide.
- B. Uebernahme (Carrying it for someone): A father is unhappy and considering (without telling anyone) leaving the family. The young daughter develops cancer.
- C. Identifikation (identification): Behaviour patterns and events are repeated. In a specific family men age 35y are involved in a huge business failure
- D. Doppelte Verschiebung (Double displacement): Taking it from one person and projecting it on another. The clients father was chronically very angry at his wife. The daughter carries the anger for him (displacement of subject) and projects it onto her husband (displacement of object).
- E. Unterbrochene Hinbewegung (B. Hellingen interrupted forward movement): A young girl never lovingly held by

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<sup>27</sup> Segal I (2010) The secret language of your body

her father spends her whole life attempting to finally be held by a man but always fails due to displacement of object.

F Atonement for personal or taken-on guilt: A newborn loses his mother at birth will often live life as if he doesn't deserve to be here. This is depicted in the film Saving Private Ryan. As Ryan's main saviour (Capt. Miller) is dying he sees the guilt in Ryan's eyes and says to Ryan "earn it", meaning don't get stuck in the guilt.

## *How can we address this and regain the balance to support healing?*

On a physical level the flow centre or sacral chakra area is the colour orange so foods in the orange range are all good. Tropical foods (being mindful of the higher sugar content of some), essential fatty acids (omega 3), fermented foods, fish and seafood, nuts and seeds and water are all beneficial for ensuring the flow and fluid management. We may also need to address root chakra as our sense of safety and survival / tribe. Safety and grounding is paramount to everything. We can't generate creative flow from an ungrounded position. So this would involve eating red coloured, mineral rich foods that are higher in fibre. Also good quality proteins. These together would make amazing soups and stews that would be consistent with any English or Chinese, Tibetan or Ayurvedic style of eating.

Addressing the intuitive body via lifestyle adaptations / therapies could include

Applied psychoneuroimmunology (cPNI)<sup>28</sup>

Systemic family constellations<sup>29</sup>

Colour and sound therapy<sup>30</sup>

Shamanism<sup>31</sup>

Hypnotherapy<sup>32</sup>

Jungian Psychotherapy<sup>33</sup>

Radionics<sup>34</sup>

Network spinal care<sup>35</sup>

Biodynamic breath work<sup>36</sup>

Biofield tuning<sup>37</sup>

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<sup>28</sup> <https://pubmed.ncbi.nlm.nih.gov/15794445/>

<sup>29</sup> <https://www.hellinger.com/en/family-constellation/>

<sup>30</sup> <https://epidemicanswers.org/reference-library/mind-body-spirit/color-sound-light-therapies/>

<sup>31</sup> <https://www.shamanism.com/what-is-shamanism>

<sup>32</sup> <https://www.psychologytoday.com/gb/therapy-types/hypnotherapy>

<sup>33</sup> <https://www.psychologytoday.com/gb/therapy-types/jungian-therapy>

<sup>34</sup> <https://www.sciencedirect.com/topics/nursing-and-health-professions/radionics>

<sup>35</sup> <https://epienergetics.com/welcome-networkspinal/>

<sup>36</sup> [https://www.biodynamicbreath.com/bbtrs-sessions/overview/?gclid=CjwKCAiAwc-dBhA7EiwAxPRylEaxqqli7Ts8QquYkLOM27KfqVoq0EKDCQc4FNj8m4S\\_NsOpsJE-SRoCINQQAvD\\_BwE](https://www.biodynamicbreath.com/bbtrs-sessions/overview/?gclid=CjwKCAiAwc-dBhA7EiwAxPRylEaxqqli7Ts8QquYkLOM27KfqVoq0EKDCQc4FNj8m4S_NsOpsJE-SRoCINQQAvD_BwE)

<sup>37</sup> <https://www.biofieldtuning.com>





## FURTHER READING

To understand the therapies the 5-Levels of healing paper is a good one

<https://klinghardtinstitute.com/publications/explore-5-levels-of-healing/>

To understand the different forms of energetic analysis and diagnosis evidence base

<https://www.amazon.co.uk/Energetic-Diagnosis-Neil-Nathan/dp/1628604263>

# CHAPTER 5: SPIRITUAL

## HORMONES AS A SOUL AND CONNECTION TO SOURCE



*Even in the darkest of times, my higher self is always present. I choose to acknowledge her more often.*

Dr Klinghardt would advocate that as practitioners it is not our role, nor should it be, to enter into this relationship between the client and the divine, source, the universe, God, or any other label we may use to define this level of healing. There are undoubtedly new age ideas manifesting right now that may lead us to doubt Klinghardt's words. With this in mind how can we understand hormones from the spiritual level?

For me all answers to health challenges should come from our inner being. For decades our doctor has been on the God pedestal. I am not saying we should not listen and that our doctor is not knowledgeable. Doctors have a tough position in today's world and not one I would thank you for. When we look at life most humans have lost the ability to be discerning with all aspects of life. Today we are talking about hormones but the same applies to everything we ask a question about.

We generally listen to others rather than trust our inner being. So for me the spiritual side is simply.....

## *Learning to trust our inner being*

So what if those perimenopausal hot flashes, sleepless nights, mood swings and weight gain are not symptoms of hormone imbalance at all? What if those signs are a perfect representation of our body telling us that what needs to be balanced is not our hormones but our life?<sup>38</sup>

## *Harmony and balance*

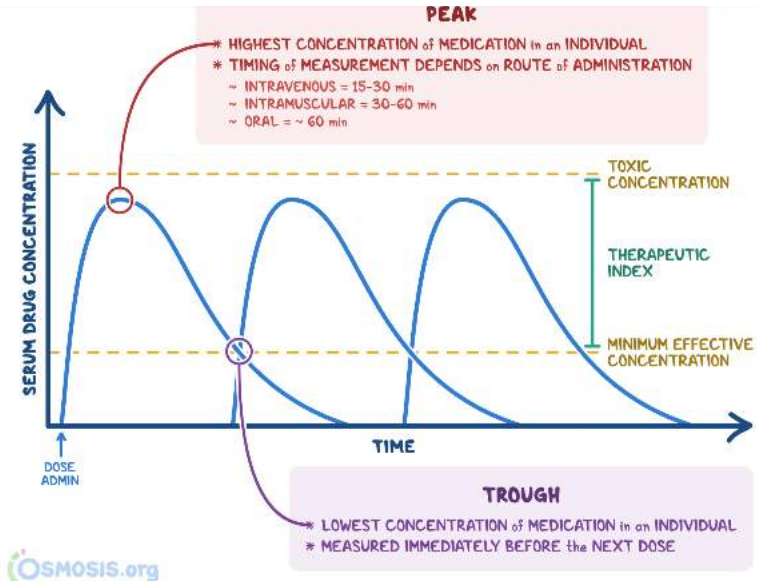
Imagine our hormones are an orchestra with the hypothalamus being the conductor of the orchestra. If the conductor loses his baton or any instrument (endocrine organ) fails to play the tune lacks harmony and balance. We can bring on a substitute but the tone, energy, intent, level of understanding, may be vastly different so the tune will still not play identical to when the orchestra is complete and original.

So when we look at how we treat hormone “imbalances” we try to add an extrinsic hormone as a medication (oestrogen, testosterone and / or Progesterone). The difficulty with this method is that those hormones are designed by humans with human knowledge and ability. The

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<sup>38</sup> <https://www.amazon.co.uk/Balance-Your-Hormones-Life-Achieving/dp/0738214825>

endocrine organs would naturally, be guided by the hypothalamus, to secrete as much or as little of those hormones from their respective organs as is required at the time. When we deliver them from external sources they are delivered in a set dose at a specific time. This creates peaks and troughs in blood levels of the medication. The body will therefore be out of balance much of the time due to the specific assimilation pattern of the medication.



<https://www.osmosis.org/answers/peaks-and-troughs>

This can be a common cause of side effects, other than believing the current dose is too low and therefore increasing. The body is an entire homeostatic mechanism that is meant to keep the balance and harmony constant. The

body has its own innate wisdom<sup>39</sup> that (according to people like Donny Epstein) is far more intelligent than the brain. Innate intelligence is in charge of body repair, nothing in the body works without this. Learning to listen to the body is key to healing. Innate intelligence is a gift from the divine. Educated intelligence is what we acquire over a lifetime. Innate intelligence is the greater, and the "how" of these books coming into being.

## *Back to the soul then....*

If the body has its own innate intelligence then how do those messages reach their target organs spiritually? Big question.

I am going to turn my attention to the heart for this purpose. Heartmath Institute see the heart as an imprinter. That is an imprinter of information around the body.

Chiropractic care is focussed on opening and keeping the channels of communication open between the brain and the tissue /organs / cells of the body. Hormones and neurotransmitters are that communication system.

To this end Heartmath have created a set of infoceuticals called feel good factor. The imprinter driver field is responsible for imprinting the messages / information of the nervous system into the blood via the heart.

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<sup>39</sup> <https://www.rickardschiropractic.com/innate-intelligence/>

The heart imprinter tends to engender positive emotions, emotionally uplifts and facilitates charisma.

The most important question women can ask themselves is

“Am I being true to myself”?

If we are following our soul’s plan in living the life we are meant to be living then there will be no stress. Ayurveda determines whether a symptom or disease is of physical, mental/emotional or spiritual. In the spiritual sense women (although not mutually exclusive) have a huge tendency to put others before themselves. This is partly matriarchal / patriarchal and partly media driven in a society that is living disconnected from source. External valuation of the self becomes ingrained.

Taking the time to develop a dialogue with our inner voice, asking the following

1. Is it right for me to be doing xyz? (if yes ask 2)
2. Do I have the courage to do xyz? (if no ask 3)
3. Do I have the courage to not do xyz? (no answer ask 4)
4. DO I have the courage to wait until the answer becomes clear?

It takes more courage to wait than it does to take action according to Welch.<sup>40 41</sup>

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<sup>40</sup> <https://www.amazon.co.uk/Balance-Your-Hormones-Life-Achieving/dp/0738214825>

<sup>41</sup> <https://www.facebook.com/watch/?v=888205864587999>

# *So what are the messages the heart is sending out?*

The heart is the organ of love, gratitude, joy, compassion, happiness and forgiveness. A heart that cannot feel these emotions closes down becoming anxious at the perception of needing (for example) to please. The inner child becomes suppressed limiting the joy of simply living<sup>42</sup>. Heart pain speaks of holding on or depending on others to bring the joy. The thymus gland is directly over the heart so the production of immune system T cells are weakened. They become less resistant to the invasions of anger and hate, frustration or self-rejection. When the heart fails we may be judging ourselves as incompetent, seeing life as a set of failures rather than learning the lessons offered. A heart attack may be seen as the body's last ditch attempt to show we are moving far away from the self.

Remember all those messages are being imprinted every second of the day. Night too for those of us who stay up half the night fretting and ruminating in the stories our heads created from our faulty perception of the days events.

Remember too - FEAR is false evidence appearing real<sup>43</sup>

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<sup>42</sup> [https://www.amazon.co.uk/Encyclopedia-Ailments-Diseases-Conflicted-Feelings-dp-1644111896/dp/1644111896/ref=dp\\_ob\\_title\\_bk](https://www.amazon.co.uk/Encyclopedia-Ailments-Diseases-Conflicted-Feelings-dp-1644111896/dp/1644111896/ref=dp_ob_title_bk)

<sup>43</sup> <https://www.amazon.co.uk/F-R-False-Evidence-Appearing/dp/1795824484>

# *How do we find the right messages for the heart*

This will by no means be an exhaustive list. Please know that what works for me may not necessarily work for you and that's 100% ok. If I can provide a broad list you can research around that list, find who resonates / who you can listen too / which style of writing makes you feel like it could open your heart. If you need more help then do consider a consultation, to fine tune the best approaches for you.

What is very clear from decades of evidence is that we absolutely need to raise the vibration of all organs and we need to do that through the heart. The first thing to do is to partner with yourself and I would love to invite you to try the following guided meditations for 21 days:

❖ Aaron Doughty: This meditation will raise your dominant frequency permanently <https://youtu.be/KKrPqB59kg0>

❖ Heartmath: Heart lockin without music <https://www.heartmath.org/articles-of-the-heart/love-advanced-mode-intelligence/>

with music / male guidance <https://www.youtube.com/watch?v=dhR2Uw7Dpuc>

with music / female guidance <https://www.youtube.com/watch?v=IJEvOODPR4k>

If you enjoy heartmath you can also consider purchasing their inner balance sensor with medical music and a beautiful chrysanthemum type visual to breathe along to. The whole



idea is to create heart coherence which resets vagal tone to calm body and mind.

- ❖ Consider journalling: this is a wonderful way to really get in touch with the self and empty all that buzzing from the head space.

- ❖ Walking in nature - either on a beach, (ideally on the waters edge to catch the Schumann resonance) or in the forest (trees are very healing. They connect heaven and earth).

- ❖ Use the right brain which is our creative brain (suppressed by left brained learning). Painting, drawing, colouring, needle work, crafts.

- ❖ Music and movement (both bring rhythm to the body)

- ❖ Listen to music that fills your heart. Put your hands over your heart to bring your attention there and really feel into it. Dan Gibson, Deeper Heaven, Power Thoughts meditation club music are all free on youtube and you can have fun finding your own versions.

- ❖ Solfeggio music - see here for the list of frequencies and their medicinal powers <https://mindeasy.com/the-9-solfeggio-frequencies-and-their-benefits/>

- ❖ Yoga, TaiChi, Qigong all bring us back into our bodies and ground our energy. This is crucial for balancing and healing.

# *Past life / intergenerational trauma and effects*

Ok this may be one step too far into the etheric realm for some of you, but it has to be said. For the first time in our history of the earth we are seeing and hearing about the concepts of past life and intergenerational effects of traumas. The latter may be easier to understand so I will focus here for now. This is the subconscious transmission of traumatic experiences to subsequent generations and to society. Many studies have demonstrated that a genetic imprint (note this is not a genetic polymorphism) can and does occur. Yehuda noted the genetic imprint in the offspring of Holocaust survivors and of children born to mothers who were pregnant on 09/11. She found those babies experienced low cortisol levels associated with maternal PTSD<sup>44</sup>.

We live in a world where wars have been a prominent feature of our existence. Our armed forces have been instrumental in being conscripted to fight for our nation in many wars. None of their experience was ever discussed within the family or external to that. PTSD, never mind cPTSD were never known or understood. The typically British “stiff upper lip” and being seen and not heard were and still are a huge part of our culture.

We are suppressed for the most part. Our emotions are blunted until we learn how to express them. Here are some examples of transgenerational trauma:

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<sup>44</sup> <https://www.psycom.net/trauma/epigenetics-trauma>

- Violent crimes, like assault, harassment, rape, or sexual abuse.
- Acts of war or terrorism.
- Occupation, apartheid, or genocide.
- Economic instability, recession, depression, or extreme poverty.
- Natural disasters, such as hurricanes, tsunamis, and earthquakes.
- Slavery.

Dr Peter Levine has written extensively about the topic and has designed a modality called somatic experiencing that recognises and heals the transgenerational effects of trauma<sup>45</sup>. David Router - Functional consciousness coach has found both sexes of Europeans carry the aftermath of world war 1 and 2 in their pelvic organs<sup>46</sup>. I don't believe we can ignore these factors any longer, given what we know about how blunted emotions stunt organ function.



## FURTHER READING

<https://www.spiritualityhealth.com/blogs/the-present-moment/2016/10/04/kalia-kelmenson-heart-hormonal-balance>

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<sup>45</sup> <https://traumahealing.org/se-101/>

<sup>46</sup> <https://davidrouter.com>

# ABOUT THE AUTHOR



I have spent my entire life trying to understand every aspect of humans and their illness. My working life has taken me through training in many health modalities. Nursing, Psychology, teaching, Functional medicine, nutrigenomics, heartmath, NEShealth, live blood analysis, bioresonance, energy / vibrational medicine, later trained by the world renowned Niki Skye, Karen Kan and source as a medical intuitive. Whether you are just starting out or you have “tried everything” check me out here.

<https://venturoushearts.com>

Mob: 07986735118

[anne@venturoushearts.com](mailto:anne@venturoushearts.com)

If you are drawn to my work then my gifts are here to empower you to heal you.

Following completion of intake forms and a 90 minute consultation on zoom or in the office, you will receive a very comprehensive analysis of your case with a phased plan and links to the tools and services that you need to access to heal you. If you need confirmation of my analysis you will also see links to the most useful and cost effective tests, saving you thousands of pounds. Many of these tools are free on youtube.

Namaste

My published books are available on Amazon

The Vitamin Cure for Digestive Disease

[https://www.amazon.co.uk/dp/1681628287/  
ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_E9VC0VRN3SAY7RXSRQGH](https://www.amazon.co.uk/dp/1681628287/ref=cm_sw_em_r_mt_dp_E9VC0VRN3SAY7RXSRQGH)

Using Nutrigenomics within Personalised Medicine: A Practitioners Guide

[https://www.amazon.co.uk/dp/1848194137/  
ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_XE3E3XQDQR616PZZ29XD](https://www.amazon.co.uk/dp/1848194137/ref=cm_sw_em_r_mt_dp_XE3E3XQDQR616PZZ29XD)

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