



Coffee w/ Dr. Hennie 05/14/2020

Synopsis/Notes

**These notes are NOT intended to be an exact transcription. They are summary notes compiled by a Marion Institute team member. If you have any questions, please reach out to us or cross reference with the [BioMed Center New England Resources Page](#).*

Topic: **Endocrine System and Hormones**

- In allopathic medicine hormonal systems are separated
 - o We need to remember to fix all of the hormones at once and the 'crosstalk' between them, in order to treat the body as a system (Biological Medicine perspective)
- What is a hormone?
 - o It means to set in motion
 - o Your hypothalamus – at the intersection of your brain and senses
 - It's a mediator between the thoughts and actions of the brain
 - o The thyroid, adrenals, reproductive organs and GI tract are full of hormones
 - If you do something to one of your hormones, you affect all of them
 - o Many of the metabolic issues (diabetes, obesity, etc.), have a connection to hormone imbalance
 - o Issues with hormones can look like
 - Thyroid - if you're tired
 - Insulin - for blood sugar
 - Adrenals - not often brought up, but important
- The adrenals;
 - o If you don't evaluate and fix your adrenals you will not have success fixing issues with your thyroid, or other hormones
 - o Often to do with toxicity
 - o If you've been on antibiotics, you have to make sure that you readjust the adrenals as well as your GI track
- Neurotransmitters (i.e. serotonin)
 - o 'The brain hormone' though they are everywhere in your body
- Thyroid
 - o Very sensitive to environmental toxins (as well as insulin)
- Hormonal imbalance is very much affected by poor diet, and lack of quality and restorative sleep
- Leaky gut issues are affected by your hormonal balance and health
- Hormones can be measured
 - o Adrenals in saliva

What is the most accurate hormone testing?

- Either urine or saliva are great tests
 - o We are looking for what's left over in the tissue
- Blood could be done for everything, except Cortisol
 - o Cortisol is a special test to measure the diurnal rhythm
- Testing is good to do once per year

Supplements, herbs, foods, to support adrenals?

- Lots of apoptogenic herbs that help boost adrenal health
 - o Ashwagandha, resveratrol, etc.



- Nutritionally, zinc is important as well as B vitamins
 - o Make sure you're eating a wide variety of foods
- Selenium and vitamin C
 - o Vit. C, you can't get enough; we can't absorb enough!
- Iron in a small amount
- Iodine for Thyroid

What foods support the thyroid problem?

- Tyrosine, an amino acid that you can take can support
- Selenium, vitamin D, iodine
 - o All best taken from foods
- Generally, we look at the stimulating hormone T3, often it is the conversion from T3 to T4
- With all of these issues, we forget that we have to keep the whole body healthy!

Hormone testing in 60's, post menopause, what to do?

- Your thyroid and adrenals need to adjust post menopause
 - o Post menopause is a normal developmental phase
 - o There is a lot of reason to support estrogen, testosterone during the menopausal time
 - Often with environmental toxins we become estrogen deficient (for the brain and for the heart)
 - o Eat plenty of essential fats (whole foods diet)
 - Soy does have some good phyto-estrogen, but has been so badly modified
 - Get non-toxic (organic and non GMO) soy
 - o Hormone testing is important in understanding your needs
- All of the menopause suggestions is true for andropause as well

Bio-identical hormones, what are misconceptions? Pros and cons?

- Replacing estrogen has always been important
- Before phyto-hormones, synthetic hormones were made
 - o Studies have seen synthetic can issues such as increase in breast cancer and gall bladder disease
 - o The idea of supporting your estrogen – the right amount of (plant based / phyto) estrogen to a healthy person is health promoting

*We will share a list of compounding companies

How to get Thymus gland back on track?

- This is an autoimmune illness that can weaken muscles (often eyelids)
- Eliminate the triggers that are causing the autoimmune issue!
 - o What is causing your inflammation?

Blood type diet thoughts?

- Some of the earliest research to match what you eat to your biochemical makeup
- This could be a good thing to do if it makes you feel well
 - o The idea of 'the right diet' is important in some right
 - More importantly is a diverse, broad based, whole food diet!
 - You can still eat 'a cracker' but eat mostly whole foods

Breast and Ovarian Cancer and estrogen thoughts?

- My (supported) opinion – if you get one of those cancers you need to do some drastic detox
 - o The estrogens become cancer because of the xenoestrogens (toxic estrogens)
- I do not believe that eradicating estrogen at every single level is the correct method
 - o The correct level is complicated and individual
- This often happens later in life (post menopause) because our toxic barrels have filled!

- Balancing estrogen and progesterone is an important factor for any woman's health
 - o Allopathic thought often does not consider, you need to bring information to them

*Hennie is willing to speak or send information to physicians

Is IV chelation (binding and grabbing of heavy metals) a good way to remove heavy metals?

- An IV chelation is a good way to promote your health and remove heavy metals that can't be removed by natural substances (in tissues)
 - o Herbs can move many of the easily removed metals
 - o Chlorella, modified citrus pectin (high quality) and other carefully chosen binders

Chelation suppository as effective?

- Never do chelation without repairing and restoring what's lost

Thyroid testing normal - but have symptoms of low thyroid?

- What is a normal range (labs say from 0 to 100)
- We talk about optimal
 - o Need to repair adrenals, insulin and all hormonal systems
- Treating patients by their specific issues and needs, not by the symptoms and numbers is important (Biological Medicine approach)

Zac Bush recommends against probiotic in pill form?

- Taking probiotics is not a panacea
 - o I sometimes use pill form in adverse situations though it is not ideal
- Eat broad ranges of food, there are prebiotic foods, etc.
- A stool sample will help you understand what you need individually