

Communicating with Our Endocrine System Kelly Pomeroy, M.H.

The endocrine system consists of glands located throughout the body whose roles are to communicate and respond properly with each other. The main endocrine glands of the body are the hypothalamus, pituitary, pineal, thyroid, parathyroids, thymus, pancreas, adrenals, ovaries and testes. These glands work hard to communicate with the body, via the circulatory and nervous system, to maintain homeostasis. 1

The pituitary is considered the “master gland,” giving signals to all the other endocrine glands. It stimulates the body’s growth, hormone production for the thyroid, adrenals, reproductive glands, as well as pitocin, oxytocin, kidney function, metabolism, body temperature, pain and appetite regulation. 1

The master of the “master gland” sits superior and posterior to the pituitary and is called the hypothalamus. It tells the pituitary to send, slow or stop its hormone messages to the rest of the body. It’s the gas and brakes of the entire system. 1

As these signals are sent from the hypothalamus to the pituitary and out to the rest of the body, the body talks back. Sometimes it talks back in forms of fatigue, sleeplessness, digestive problems, headaches, anxiety, depression, and so much more. These signals tell us the body needs support and is not receiving all it needs to maintain itself.1

One of the most sustaining things we can do for our bodies is to choose healthy everyday habits. The small and simple things make the most difference.

- **Sufficient sleep at night**
- **Natural light and time in the sun**
- **Reduced electronic time especially just before bedtime**
- **Moderate exercise**
- **Sufficient water intake**
- **Emotional health**
- **Deep breathing and meditation**
- **Walking barefoot on the grass or earth, grounding (5-10 minutes)**
- **Wholesome diet**

When Dr. Christopher was alive, he always pushed the importance of a wholesome “mucusless” diet. This means, plant based, avoiding processed products such as table salt, white flour and white sugar, eating meat sparingly, and avoiding mucus forming dairy products. This keeps the intestinal tract moving with ease, provides antioxidants, a less acidic environment for the body, supplies the brain with needed nutrients as well as the other major organs of the body. 2

In his Mucusless diet Dr. Christopher mentioned simple things to add to a diet to help it which are:

- **Cayenne pepper**- ¼ to one teaspoon three times a day.
- **Honey and apple cider vinegar**- 1T. Honey, 1T. apple cider vinegar, and 1 c. of water three times a day.

- **Kelp**- 2 or more kelp tablets a day as preventative or 10-15 if there is a thyroid problem indicated.
- **Molasses**- 1T. three times a day of black strap molasses
- **Wheat Germ Oil**-1 T. three times a day

Dr. Christopher esteemed **Mullein** (*Verbascum thapsus*) as a great healing glandular herb and one we should always have on hand, whether fresh, dried, tincture or ointment. He took 3 parts mullein and 1part lobelia and used it as an ointment, fomentation, oil, or in capsule form. He also created a *Master Gland formula* using carrot leaf, gotu kola, gingko, mullein, Oregon grape, and lobelia, herbs that are glandular and have an affinity for the brain area.²

There are many more ways we can support our endocrine system, but I encourage you to start with the simple everyday things. Make an inventory of what you do and choose a few ways you can improve your diet and lifestyle, then act on them. As you make these changes, you will see the benefits come into your life.

References

1. Cheney, J., Watkins, K. and Watkins, K., n.d. *The Endocrine System*. The Sole Academy.
2. Christopher, J., 2010. *Herbal Home Health Care*. Christopher Publications.

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