

# Endocrine System Protocol

## A.K.A. Hormone Support Protocol

Our hormones come from our endocrine system. It is comprised of 10 glands, nine of each sex. The eight glands common to both sexes are the hypothalamus, pineal, pituitary, thyroid, parathyroid, thymus, adrenals, and pancreas. For men, they also have testes (testicles), and for women, ovaries.

These glands secrete various hormones into the body using the bloodstream to help the body maintain homeostasis or balance within the body systems. The hormones support how we grow and develop, our metabolism and energy levels, our stress response, our wake and sleep patterns, the reproductive systems, and a whole host of other functions. It is important to have healthy blood and a healthy supply of it since blood is the carrier of all hormones.

There are four outside factors that can drastically affect your hormones positively or negatively. These factors are stress levels, sleep patterns, diet, and exercise habits. If you are experiencing changes in your hormones, you need to consider making some lifestyle changes. These are usually simple, but not always easy. We are here to help you take those steps that are specific to you. Make sure to reach out to the person who invited you to this page, or one of the support people here.

### **Supplements for this Protocol:**

#### **Tier 1- base protocol**

- Super B Supplement (for folate and B12 for immune support and energy)
- Endoflex Essential Oil (Endocrine support and women's hormones)
- Cedarwood Essential Oil (sleep)

#### **Tier 2**

- NingXia Red (antioxidant)

### **Ideal Supplement Schedule**

#### **Breakfast**

- Super B - Take 1 tablet with breakfast.
- Endoflex - roll over your thyroid, adrenals, or vita flex points for the glands of the endocrine system.
- 2oz packet of Ningxia Red (can be taken in the afternoon instead)

## **Lunch**

- Super B - Take 1 tablet with lunch.
- Endoflex - roll over your thyroid, adrenals, or vita flex points for the glands of the endocrine system.
- 2oz packet of Ningxia Red (if the afternoon slump is an issue take your Ningxia with a nutritious lunch)

## **Bedtime:**

- Cedarwood - diffuser 4-6 drops and/or place a drop in your palm and apply between your eyes and down the bridge of your nose. Inhale from your palms.

## **Additional products to step up your game:**

- Super C (high antioxidants and helps flush toxins)
- Multigreens (dark greens are natural chelators, which means they bind to heavy metals to clean the blood)
- Prostate Health (male reproductive system support)
- EndoGize (NFR - must be ordered from US market)
- Progessence Phyto Plus (women reproductive system support)
- Mister Essential Oil (enhance the feelings of masculinity)
- Shutran Essential Oil (boost feelings of masculinity and confidence)
- En-R-Gee Essential Oil (help restore mental alertness)

## **How long should I use this protocol?**

Every person's needs are different, and everyone's situation is different. Some may need to take this type of protocol every day, while others may only need it during certain seasons. 30 days of consistent use should be enough time to see how you feel. Please be your own best advocate and continue to listen to your body, ask questions, and educate yourself.

## **Endocrine System Capsules**

Endocrine System daily capsule recipes using Plus/Vitality Oils

## **Hormone Health**

- Recipe: 3 drops Sclaressence
- Recipe: 2 drops Bergamot, 1 drop Nutmeg
- Recipe: 3 drops Lavender, 1 drop Sage, 1 drop Fennel

## **Energy Support**

- Recipe: 2 drops Grapefruit, 1 drop Black Pepper, 1 drop Ginger
- Recipe: 2 drops Lemon, 1 drop Nutmeg, 1 drop Mountain Savory
- Recipe: 1 drops Lemongrass, 1 drop Jade Lemon, 1 drop Peppermint

## **Metabolism Support**

- Recipe: 1 drop Grapefruit, 1 drop Cinnamon Bark
- Recipe: 1 drop Spearmint, 1 drop Lime, 1 drop Black Pepper

## **Sleep & Focus Support**

- Recipe: 2 drops Lavender, 1 drop Lime
- Recipe: 2 drops Frankincense, 2 drops Copaiba, 1 drop Tangerine

## **Directions**

Create a synergy first and then add 2-4 drops to a 0 or 00 size veggie capsule with carrier oil, or simply add the desired recipe, then top off with a minimum of 4 drops olive or grapeseed carrier oil. Consume with 4-8 oz. of water.

## **Storage**

You may create multiple capsules ahead of time or create one each day. Keep in the freezer in a labeled glass container.

## **How long should you use these capsules?**

- Do not take multiple recipes at the same time. Use only one for a couple of days and then rotate through a few to see what works best for your body.
- There are two types of Vitality line essential oil capsules you may make: daily capsules or bomb capsules.
- Daily capsules may be created as a recipe states and used for daily support.
- Bomb capsules may be created using double or triple the recipes to create 'bomb' for your system. A 'bomb' is a stronger capsule intended to give a more aggressive support. Bombs should only be used 1-2 times over the course of 4-8 hours and only once per month. Please consult your doctor if you are sick.
- Daily capsules and bombs are meant to help support your terrain, meaning they strengthen your already healthy systems, protecting them from dipping below the wellness line.
- Do not take multiple capsules for multiple systems at the same time. Give at least four hours between capsules.

**Note:** *this is not a complete endocrine system protocol but a suggestion to get you started. To dive deeper into what you might need, please contact the person who invited you to the group or use the 'Contact Me' button on the page and someone will get back to you to answer your questions.*