

Glands

The glands of the body are part of the endocrine system. With this system, chemical messengers flow through the bloodstream in order to have various physiological effects. Examples include the pineal gland, pituitary, adrenal and thyroid gland.

Ovaries - Ovaries are part of a woman's reproductive system and produce estrogen and progesterone. Consider any imbalances in women's hormones to be related to a possible imbalance in the ovaries. The ovaries are regulated by the pituitary and share an inter-relationship with the thyroid and adrenal glands.

Pituitary - Master gland in the brain. Releases many hormones including melanin, oxytocin and hormones that control the adrenals, the thyroid and the reproductive glands. Consider any thyroid imbalances, adrenal imbalances or hormonal imbalances to be aided by balancing the pituitary gland.

Adrenal - The adrenal glands are among the most important glands in the body. To feel good and to have drive and ambition in your life, they need to function correctly. The adrenal glands secrete cortisol, epinephrine and norepinephrine. In any chronic illness, you can expect to find some degree of adrenal fatigue. Over-functioning of the adrenals can suppress the immune system. Under-functioning of the adrenals can leave the immune system weak! Balance the adrenals in any chronic case or anytime you think boosting them would be helpful.

Pancreas - The pancreas produces enzymes along with insulin. Look for digestive imbalances of some kind, enzyme deficiency or blood sugar imbalance.

Thymus - The thymus gland is an important part of the immune system. It is said that the thymus gland seriously shrinks during adulthood and into old age. Therefore, the thymus gland is strategically a great frequency to include in your balancing sessions.

Pineal - The pineal gland produces melatonin, which helps to regulate sleep. It is generally believed that wireless communications and cell phones tend to suppress the pineal gland along with enough melatonin. This could be the reason that so many people are suffering with insomnia today. Consider running the pineal frequency when there are sleep disorders. Melatonin has been used with some success for treating cancer. There may be some value then, in running the pineal frequency for clients wanting to resolve cancer.

Hypothalamus - The hypothalamus is in the brain and deals with functions such as sensing if the body is too hot or too cold and regulates the appetite as well. The hypothalamus sends initiating messages to the pituitary gland for regulation of many hormonal functions including those of the thyroid gland and the reproductive organs.

Thyroid - The thyroid gland is located in the front part of the neck a few inches above the breastbone. The thyroid regulates metabolic rate in the body.