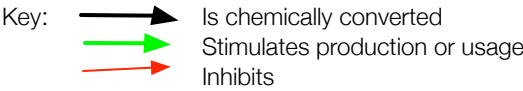


Hormone Interactions (simplified version)



- 1) Sleep well, think well, eat well, exercise well ("well" doesn't mean "too much")

- 2) Have osteopathic treatment to help your system talk to itself properly, to minimize inflammation, to improve digestion, to relax more, and to identify glands that are acting suspiciously.

- 4) If that doesn't work, use functional pathology to test your nutritional status, your digestion, and your liver's ability to get rid of things that disrupt hormones. Respond accordingly.

- 5) If all that doesn't work (and it usually does), measure hormone levels properly (which is usually more than a single blood test), and start with small doses of whatever hormones or hormone-influencing supplements are needed. Then monitor and retest frequently.