

# Fibrotic Diseases, Toxins, Hormones & Inflammation

Skeletal- Osteitis Fibrosa  
Colon- Colitis & IBS  
Breast- Fibrocystic Breast  
Liver- Fibrosis  
Lungs- Pulmonary Fibrosis  
Heart- Cardiovascular Disorders  
Eyes- Macular Degeneration  
Blood Vessels- Atherosclerosis  
Brain- Alzheimer's

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## Do Your Hormones Work in Concert with Your Body's Needs?

Hormonal Disorders are considered man-made imbalances, with our internal and external environment becoming more toxic and our nutritional levels becoming more depleted from a poor diet. But did you know women and men are experiencing hormone imbalances under the guise of many other disorders? Here are a few.....

**One:** Many toxins can be considered influential in fibrocystic breast..These include, synthetic hormones in our environment, along with rBGH hormones that are fed to livestock and many endocrine disruptors which mimic estrogens that can encourage the proliferation of this condition. Xenoestrogens are endocrine disruptors. They are found in our water, food, soil, and many of the products you know and trust in your home.

**Two:** "The body's response to chronic inflammation can contribute to osteoporosis by way of elevated cortisol levels." Bone is a vitally important endocrine organ. Although we may not pay attention to all that the endocrine system does, it is one of the most sensitive communication

networks ~ it influences all aspects of our hormones, immune system, digestive system, health and well-being. Endocrine disruptors can influence bone tissue.

**Three:** There are many health issues that begin at the gut level. An imbalance will lead to fatigue, affect the body's ability to absorb essential minerals and nutrients, and hinder the repair of damaged cells.

At the gut level.

Leaky Gut may be implicated as a primary contributor to food allergies, colitis, migraines, irritable bowel, fibromyalgia, and inflammatory joint disorders including rheumatoid arthritis. In the U, S., many are confused as to what kind of fibrous foods to include in their diet. Fresh organic veggies and fruits are ideal. (A high fiber diet does not require the use of breads, wheat or white flour, pasta, pizza or gluten related products.)

**Four:** Cystic fibrosis is a *selenium and fatty acid deficiency in the fetus*. Maternal malabsorption of selenium caused by subclinical celiac disease is the initiating cause of the selenium deficit found in the fetus. In 1972 Cornell University researchers reported that chicks hatched from selenium deficient hens developed cystic fibrosis lesions in their pancreas. Avoid gluten and gluten-free GMO products.

**Five:** Looking at things long term, someone who constantly eats junk and sugar can block or constrict their arteries forming a plaque. Studies say, this plaque will cause Myocardial Infarction which is the major cause of heart disease. Another issue is the liver works in concert with the heart. Data from over 153,000 participants in the Women's Health Initiative, the study showed a consistent correlation between use of statins and increased diabetes risk. "We give statins to treat high cholesterol, which subsequently increases diabetes risk, and then we give Avandia to treat the diabetes, which increases CVD," **said Dr. Hyman**. "I have a word for this: Pharmageddon." "There are a host of other side effects, including pancreatitis, an increase in respiratory infections and pneumonia."

**Six:** Balanced cholesterol and hormones plays itself out in the body as a whole. Cholesterol is necessary for a healthy brain, eyes, gut, skin and liver. Restoring hormones to their normal natural levels is key. Disrupted cholesterol is part of macula degeneration. The goal must be to provide the retina along with the whole body the correct balance of hormones it needs. Statins are mitochondria poisons and can be casual in oxidative stress. Oxidative stress increase risk for cancer, premature aging, IBS, diabetes, poor eye health, insulin resistance and so on. Eating raw kale is good for the eyes because it is lutein-rich.

**Seven:** More and more data is coming out with very clear links between what we eat, how we self-medicate, and the health of our brain. Obesity and a high sugar diet can cause brain atrophy. When we don't pay attention to how we feed our body, it is quite common that we also don't pay attention to feeding our brain. Poor moods and early dementia may follow. It's time to get the toxins out and [end metabolic syndrome](#).

What we eat, how we digest and how we deal with stress~has everything to do with our health, weight and hormones!

Balance Hormones Naturally by decreasing Inflammation.

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