

HAPPY HORMONES

VIDEO SCRIPT (VIDEO ONE)

Hi I'm Dr Price, integrative and holistic physician and owner of beyond good health medical clinics.

I've been supporting women's health for nearly 30 years - a long time - and I've seen just about every type of health problem a woman can have. And I've also had my own fair share of female-related health problems too...

You may not know this, but some years ago, I was diagnosed with Hashimoto's Thyroiditis and had to take natural thyroid extract. I found out that the deep root cause of this was related to me not being able to express my needs or speaking my truth as a result of lack of self love. When I worked on clearing these beliefs and stresses it allowed me to truly heal from this thyroid condition, and I no longer take any medications. I was also diagnosed with early stage cervical cancer and adrenal fatigue - and I had to do a lot of nutritional, emotional and energetic work to get myself better. Over time, I discovered the fastest path to healing the physical body by going well beyond the bandaids, the drugs and the limits of conventional medicine.

Now as a doctor, I have had to deal for decades with the very strong male-oriented, competitive nature of the medical establishment. And as a business owner, I've had to output a lot of masculine energy to continue to drive and manage my business growth and obligations. Often, I mentally took work home with me and found it hard to switch off and relax. I was thinking about work all the time. This of course impacted upon my personal relationships. It's been hard for me at times to work out who I was as a woman - and even as a doctor in such an environment. It often felt like what I had to do and how I had to show up were at odds with what I felt I truly wanted to do and be from my heart. I was not taking care of myself, I was too much in my mind and started resenting turning up for my patients, my obligations and expectations....hence I crashed and developed adrenal fatigue for 2 years. I felt like I had lost touch with my feminine nature - and the feminine power that helps make me the type of doctor and person I really want to be - caring, supportive, nurturing and intuitive. Thankfully I've recognized all these old self sabotaging patterns and have really taken assertive steps to transform myself and completely changed my life and my health....and now I do what I only love to do....and my hormones are happy and in harmony.

So, if you can relate to what I'm saying, perhaps you're part of the nearly 80% of women in the 35 - 65 age group who say things to me like:

I don't feel attractive or sexy any more

I don't enjoy sex - and I don't even want it

I feel disconnected from who I really am inside

I feel lost as a woman and overwhelmed with my obligations

I don't feel like I am enough or valued or appreciated

When I hear such comments coming from beautiful, wonderful women - I know that their self-beliefs, unhelpful emotions and negative thoughts are impacting directly on their hormone production.

Studies have been conducted where women have been placed in different role play situations - some where nurturing, cooperation and collaboration are important - and some where competition reigns supreme. Scientists would measure changes in key hormones - cortisol, oestrogen, progesterone, oxytocin - as well as inflammatory markers.

I know you don't need to guess what happened... When women were exposed to activities that opposed their feminine natures, stress was induced. This stress, activated from the brain - and known as neurological stress - powerfully influenced dozens of important natural body chemicals, hormones and immune system elements.

The result?

Reduced oestrogen output, increased cortisol and testosterone, lowered oxytocin (the love hormone) and increased inflammatory markers...

So, if you didn't know this before - you know it now - your hormones are not just the product of your body - they are ultimately the effect of your self-beliefs, perceptions, thoughts and feelings...which impacts on how you choose to live your life. When your feminine nature feels neglected or violated, then your hormones follow suit.

So what can you do about it?

As you may be aware, I use a range of alternative tools, technology and techniques to help my female patients get the best health results possible in the fastest possible way. In addition, I have some amazing Conscious Health Technology that bathes the brain and nervous system in calming, clearing and balancing frequencies - energetic messages to tell your brain and nervous system to calm down, relax and re-set.

In our workshops and masterclasses, we target this conscious health technology to focus on dealing specifically with clearing the emotional, energetic and self-belief issues that are silently preventing women from experiencing the self-love, happiness and emotional balance they deserve. When you can so easily clear the childhood conditioning and societal patterns you've been playing out all of your life, you're then free.....free to step into being the true feminine intuitive and authentic self and live out your best life.....and we get incredible results...

Women find that they can once again connect with their feminine essence and feminine power - their innate intuition, caring and nurturing natures. They find that they can naturally cooperate and collaborate with others - and they can accept themselves for who they are - amazing powerful women who can steer their lives and orientate themselves towards fulfilment! And as an important side effect – libido and zest for life returns. Enjoyment of your female body and pleasure becomes more achievable. Deeper joy and happiness naturally flow as a result.

In the end - you become The Real You again. And after all, isn't that what you really want anyway - to reconnect to the Real You?

So join me on Saturday 25 August for Happy Hormones - an incredibly powerful and liberating all-day workshop - and regain the Real Joyful You again.

Just go to the BGH website to learn more and secure your seat. You'll be amazed at what will happen for you when you attend Happy Hormones.... Thanks for listening....

HAPPY HORMONES

VIDEO SCRIPT (VIDEO TWO)

Hi I'm Dr Price, integrative and holistic physician and owner of beyond good health medical clinics.

We all know that negative emotions and unhelpful thoughts and a low self-image can affect the way we look and feel - at a superficial level - but did you know that the impact is far greater than just a 'bad hair day'?

You see, how we feel about ourselves, what we think about ourselves and others, and our personal beliefs about life, happiness, love and beauty all affect our hormone production and regulation.

Numerous studies have examined the impact of female hormones on brain function - but recently female emotional stress was studied - through its impact on the brain and the regulation and production of two key female hormones - oestrogen and progesterone, as well as cortisol (the stress hormone).

One group of women watched videos of nurturing activities and women working together - such as babies being fed, and mothers in rural Africa forming a cooperative market together. Their blood was monitored throughout for hormonal changes.

The results showed a marked decrease in Cortisol - demonstrating a lessened stress response. In addition, the protective health benefits of oestrogen were evident as blood levels increased. Heart rate slowed, blood pressure dropped, and inflammatory markers reduced.

Then, this same group of women were exposed to videos of women working in a corporate environment where competition and individual performance were highlighted. Blood results now showed the opposite - a drop in oestrogen and an increase in cortisol and inflammatory markers...

Interesting isn't it - place women in environments where their feminine natures come to the fore - cooperating, collaborating, supporting, nurturing and using their innate intuition - and their health improves. Place them in an opposite environment and see the negative health impacts increase over time...

Well, that was interesting enough - but the researchers took the study one step further. They had the group of women complete a questionnaire which examined their personal self-beliefs, emotions and thoughts.

And what they found was very illuminating - the less positively a woman thought and felt about herself and the world around her - the lower her oestrogen base level and the higher her cortisol and inflammatory markers!

So, the researchers concluded that it wasn't the brain that primarily directed hormone production and regulation - it was emotion, self-belief and thought processes!

What do you think about that?

Do you have negative self-beliefs, unhelpful emotions and thoughts that put yourself down?

Do you say:

I'm not attractive enough any more

I don't like myself

I don't feel like sex any more

I'm not happy with myself or my life any more

If so, your emotions, beliefs and thoughts are sending powerful messages to your brain - which - in turn - cause it to send out messages to your hormones to down-regulate your healthy hormones and up-regulate damaging hormones and other chemicals.

The result is weight gain, sagging skin, dry skin and hair, and loss of libido.

But - if you address those negative self-beliefs, unhelpful emotions and thoughts, you can reduce the neurological Brain Stress that lies at the heart of your problem.

I have powerful Conscious Health Technology that can do just that - calm the neurological stress and re-set your brain's 'emotional clock' so that you can send new messages - messages of acceptance, love, appreciation, joy, pleasure and happiness...

In my upcoming Happy Hormones full day workshop, I'll be using this powerful technology and other techniques to help you cut through the neurological confusion and re-establish a healthy subconscious response to the world around you. I guarantee that it will have a powerful impact on you and your health - as well as how you feel as a woman...

So join me on Saturday 25 August for Happy Hormones - an incredibly powerful and liberating all-day workshop - and regain the Real Joyful You again.

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Thanks for listening....