

## Sources - HORMONES:

- Yoga and the wisdom of menopause, Suza Francina
- <http://dailyburn.com/life/health/the-truth-about-low-testosterone/>
- <http://www.ironmanmagazine.com/soy-and-your-testosterone/>
- <http://www.innerbody.com/image/endoov.html>
- [http://www.rinagolan.co/en\\_US/5-ways-to-balance-and-detox-your-pineal-gland/](http://www.rinagolan.co/en_US/5-ways-to-balance-and-detox-your-pineal-gland/)
- <http://www.holistica-medica.dk/site/pinealkirtlen>
- <http://www.livebeaming.com/2014/03/5-reasons-to-get-your-beauty-sleep/>
- <http://www.womenshealthmag.com/weight-loss/hormone-diet>
- <http://radiodoktoren.dk/radiodoktoren/2016/05/16/fedt-pa-maven-mavefedt-2>
- <http://marialuisakitchen.com/balanced-hormones/>
- <https://www.womentowomen.com/hormonal-health/phytotherapy-the-key-to-hormonal-balance/>
- <http://www.curejoy.com/content/7-herbs-can-balance-adrenal-thyroid-ovary-hormones/>
- <http://www.med-health.net/Pineal-Gland-Calcification.html>
- <http://upliftconnect.com/detoxify-your-pineal-gland/>
- <https://ing.dk/artikel/opraab-fra-forskere-test-drikkevandet-giftige-fluorstoffer-nu-170589>
- <http://be.well.org/the-dangers-of-fluoride-and-how-to-decalcify-your-pineal-gland/>
- <http://ascensionlifestyle.org/the-pineal-gland-calcification-why-you-should-care/>
- <http://naturalsociety.com/alzheimers-disease-linked-pineal-gland-calcification-fluoride/>
- <http://empoweredstenance.com/balance-blood-sugar-naturally/>
- <https://www.hsph.harvard.edu/nutritionsource/carbohydrates/carbohydrates-and-blood-sugar/>
- <https://www.brainwave-research-institute.com/stimulate-your-pineal-gland-by-meditating.html>
- [http://main.poliquingroup.com/articlesmultimedia/articles/article/801/10\\_ways\\_to\\_lower\\_estrogen\\_toxic\\_load\\_.aspx](http://main.poliquingroup.com/articlesmultimedia/articles/article/801/10_ways_to_lower_estrogen_toxic_load_.aspx)
- <http://hypothyroidmom.com/10-ways-to-overcome-fatigue-with-a-low-thyroid/>
- <http://hypothyroidmom.com/10-signs-you-have-adrenal-stress-and-natural-treatments-for-it/>
- [http://edition.cnn.com/2008/HEALTH/02/12/healthmag.no.sex/index.html?eref=rss\\_he](http://edition.cnn.com/2008/HEALTH/02/12/healthmag.no.sex/index.html?eref=rss_he)
- [http://main.poliquingroup.com/ArticlesMultimedia/Articles/Article/801/10\\_Ways\\_To\\_Lower\\_Estrogen\\_Toxic\\_Load\\_.aspx](http://main.poliquingroup.com/ArticlesMultimedia/Articles/Article/801/10_Ways_To_Lower_Estrogen_Toxic_Load_.aspx)
- <http://drchristianson.com/dry-brushing-and-lotion/>
- <http://news.nationalgeographic.com/news/2014/02/140211-shivering-cold-exercise-brown-fat-white-fat-irisin-metabolism-weight-loss/>
- <http://www.chatelaine.com/health/diet/fight-aging-and-look-younger-by-balancing-your-hormones/>