

Hormones and Homeschooling: Can There Be Peace?
(I Am Not Talking about Puberty)
Session 11 Saturday 2:00-3:00 p.m

- There are two aspects to gaining peace on the inside: spiritual and physical
 - Many times the symptoms of spiritual issues and hormonal imbalance are similar-depression, anxiety, panic attacks, discouragement, overwhelmedness, tiredness.
 - The two areas also affect each other. We are whole beings. (Romans 12:1-2)
 - Spiritual stress causes bodily stress.
 - Physical issues may make fighting the spiritual battle harder.
 - Our bodies/adrenal glands/thyroid react to all stress the same

1. There are spiritual ways to gain peace on the inside

- Proverbs 14:30, Phil 4:6-7
- God gave me spiritual healing before physical healing.

A. Win the spiritual battle in our minds

- 2 Corinthians 10:3-5; ref. Ephesians 6:10-18
- Lies - Satan is the father of lies
 - Subtle - we think they are our thoughts.
 - Become thought habits. Turn into first person thoughts.
 - Become our filter for life and how we see things.
 - Send us into a downward spiral in our minds.
- Isolation
- Win the battle
 - Get to the root of sin/bondage not just cut the weed off at the surface.
 - Know who you are in Christ.
 - Find your identity in Christ and walk in freedom!
 - See yourself like God sees you. He loves you!
 - Fight the spiritual battle with Truth. It is not a power struggle
 - Think on truth. (Phil 4:8)
 - Change your filter. Replace the lies and old/negative thought patterns with truth. (Romans 12:2)
 - Take your thoughts captive to the obedience of Christ (2 Corinthians 10:5)
 - Resources:
 - Bondage Breaker and other resources by Neil Anderson

- Screwtape Letters by CS Lewis
- Loving God with All Your Mind by Elizabeth George

B. Focus on the Lord (Psalm 16:8)

(no matter what seems to be or is going on in you or around you)

- Peter walking on the water. (Matthew 14:29-31)
- The storm - Don't be distracted by
 - Don't seek men's approval/praise
 - The busyness of the world,
 - What other people are or are not doing,
- Single focus on God and His will for you
 - Ask God how to use your time/order your days
- **Points of action**
 - What is God calling you to do?
 - Will you trust Him enough to get out of the boat and walk on the water?
 - Will you stay focused on Him even in internal or external storms?
- **Resources:**
 - Abiding in Christ by Andrew Murray
 - Discipline the Glad Surrender by Elisabeth Elliot
 - My Utmost for His Highest by Oswald Chambers

C. Rest in the Lord

- Mary and Martha; Luke 10:38-41
- Trust God to provide time/energy
 - Elisabeth Elliot
 - "We always have time to do God's will."
 - "God's work done in God's way never lacks God's supply."
- **Points of action:**
 - Give yourself margin
 - Spend time with God
 - Give up your agenda and take his.
- **Resources:**
 - Choosing Rest by Sally Breedlove
 - Teaching From Rest: A Homeschoolers Guide to Unshakable Rest by Sarah MacKenzie

2. There are physical ways to gain peace on the inside.

- Many people suffer from thyroid problems, adrenal fatigue, anemia, insulin problems, gut issues.

- **Thyroid**

- Regulates a lot
 - Controls metabolism
 - Regulates breathing, heart rate, central and peripheral nervous systems, body weight muscle strength, menstrual cycles, how fast your intestines work
 - Controls your liver, body temperature, cholesterol levels.
 - Hypothalamus and Pituitary glands, both in the brain, communicate to maintain balance of the thyroid hormones.
- “Your thyroid gland is like your body’s gas pedal. When it’s cruising at the right speed, you feel great. But when it’s not “giving enough gas” – or not producing enough thyroid hormone – you feel like you’re driving in slow motion with one foot on the brake pedal” --Kent Holtorf, MD
- 30% of people that are institutionalized with mental disorders have undiagnosed thyroid disorders that could possibly be treated (Alan Christianson)
- **Symptoms of too much** thyroid hormone (hyper)
 - Anxiety
 - irritability/moodiness
 - nervousness/hyperactivity
 - hand trembling(shaking)
 - hair loss
- **Symptoms of low** thyroid hormone (hypo)
 - trouble sleeping
 - tiredness/fatigue
 - difficulty concentrating
 - brain fog
 - memory issues
 - shortness of breath
 - dry skin and hair, very calloused heels
 - depression
 - fluid retention
 - slows the response of insulin to elevated blood sugar

- **Adrenal Glands**

- Produces hormones vital to life: cortisol, adrenaline, aldosterone
- “When your adrenals are constantly stressed, this sets off an autoimmune, inflammatory response in your entire body. The adrenal-hypothalamus-pituitary feedback loop regulates the secretion of

cortisol. All of your organs and your immunity are impacted negatively by the resulting constant assault of cortisol. Low adrenal function can actually cause someone's thyroid problem to be much worse than it would be otherwise." Kent Holtorf, MD

- "The bottom line is that if your stress is out of control, your body will steal valuable resources to make stress hormones (including cortisol) instead of healthy thyroid and sex hormones." --Dana Trentini
- Regulatory gland that keeps essential bodily functions working efficiently
 - Help regulate metabolism
 - Regulates how your body responds to stress - fight/flight
 - Help regulate immune response
 - Act as a strong anti-inflammatory
 - Work to compensate if your thyroid function is low
 - Help regulate blood sugar
 - In flight or flight mode, high cortisol can lead to high blood sugar levels. Cortisol reduces the effects of insulin.
 - Will stress itself out to compensate for other areas
 - Control our sleep wake cycle
 - Stress - slow digestion, increase awareness, divert blood flow to important organs like brain and muscles
- **Symptoms of adrenal problems** (most common is adrenal fatigue)
 - trouble waking in the morning even after a long sleep
 - fatigue throughout the day
 - inability to handle stress
 - anxiety
 - easily startled
 - trouble going to sleep or waking frequently after going to sleep
 - more energy in the evenings
 - weakened immune system
 - weight gain or inability to lose weight
- Low Progesterone
- Low Vit D
- Low Iron
- **What to Do** (1 Corinthians 6:19-20)
 - Pray and ask for God's direction
 - Check for imbalances
 - See a good doctor that will listen to you
 - Blood work

- Food intolerances
- Deficiencies
- Take responsibility for your health-own it/be your own advocate
- Keep a journal
- You may have subclinical thyroid or adrenal issues
- Learn to be in tune with how you feel and find a doctor that will help
- Rest/Sleep
 - Super important for health
 - Weekly Sabbath, daily QT, daily time to renew in the afternoons.
 - This is possible. You can teach your children to be quiet.
 - Bedtime routine/to bed by 10/10:30
 - No devices an hour before bedtime, low lights, gear down
- Diet
 - Check for sensitivities/allergies
 - Wreak havoc on your adrenals because of inflammation
 - Gluten
 - High protein, whole foods, be careful with sugar, healthy carbs
 - Breakfast sets your metabolism for the day
 - Eat within the first hour after waking
 - Eat protein, not a high carb breakfast, cortisol already up
- Supplements
 - Magnesium, Vit D, Selenium/Vit E, Iron, Probiotic, Adrenal Strength, Iodine, DHEA, Thyroid glandular, Chromium, Glysen (adrenals affect blood sugar), Progesterone
- Exercise-don't overdo it and tax yourself
 - T-tapp: very effective low impact and low stress
 - Good for people with health issues or hormone imbalances
 - Pumps the lymph system/enhances immunity/flushes toxins
 - Every exercise utilizes 5-7 muscles simultaneously
 - Good for your hormones
 - Helps with blood glucose
 - 15 minute workout, "exercise smarter not harder"
 - Healthy Hormones workout
- Energy budgeting
 - Margin
 - Spoon theory
 - What are your priorities? Do those first.
 - Make adjustments to your life, day, schedule
 - Focus only on the basics when you feel overwhelmed

- It is OK not to do or be involved in everything.
 - Have a routine/schedule, meal plan, meal lists, chore charts (anything that can help you not to have to think too much)
 - Delegate
 - Try to keep things as clean, orderly and simple as possible
- Resources:
 - Adrenal Fatigue, The 21st Century Stress Disease by James L. Wilson
 - The Maker's Diet by Jordan Rubin
 - The Hormone Reset Diet by Dr. Sara Gottfried
 - Managers of Their Homes by Terri Maxwell
 - DrAxe.com
 - T-tapp.com
 - faithmountainwellness.com

3. Conclusion

- There is hope!!
- This is about the journey-bigger than health, losing weight, sleeping well
 - Trusting even when no results or in the pit
- What does God want to teach you on this journey?
- Ask God for His help. Ask Him to direct you to the right people and resources.
- Do your own research
- Pray and discern what is right for you/lots of info out there/lots of “quick” fixes
- Walk this journey with your husband
- Find another woman you can walk this journey with

There can be peace, health and sanity!!

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M Dana McDill, Hormones and Homeschooling: Can There Be Peace? (I Am Not Talking about Puberty)—Are you thriving or just surviving? Do you feel like you are treading water with your nose barely peeking through? Dana will share her journey of being a wife, mother of nine and home educator while struggling with hormonal imbalance, feelings of failure and being overwhelmed. We will discuss both physical and spiritual resources for overcoming these struggles. We can live a peaceful and determined life in the midst of all life throws at us! (First Presbyterian Worship Center) CD/MP3 #89