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ADRENALINE DOMINANCE

A REVOLUTIONARY APPROACH TO WELLNESS

Teeth Grinding Anger
Weight Gain PTSD
Bi-Polar Chronic Interstitial Cystitis Urgency Autism
Disorders Bed-Wetting in Children
Restless Leg Syndrome

MICHAEL E. PLATT, M.D.

Adrenaline Dominance A Revolutionary Approach To Wellness

Michael E. Platt



Adrenaline Dominance A Revolutionary Approach To Wellness:

Adrenaline Dominance Michael E. Platt, 2014-06-12 Adrenaline is a powerful hormone whose effects have been virtually ignored by the medical community Platt explains how this hormone might be a major underlying cause of many conditions currently considered incurable and presents a natural protocol for rapidly reducing excess adrenaline *Sacred Retreat* Pia Orleane, 2017-09-12 Restoring our biological cycles to heal ourselves our culture and our planet 2017 Nautilus Gold Award Shows how just like the tides and the moon phases both women and men have biological cycles of growth and renewal necessary for healthy bodies and minds Explains how the seclusion of women during menstruation and of men during vision quests offers a cleansing process for body and mind to awaken innate creativity and sensitivity re attune us with the deeper rhythms of the body and nature and restore harmony between the divine feminine and divine masculine Reveals how the need for sacred retreat was forgotten when the divine feminine was suppressed by patriarchal culture All of life is interwoven into a living system of cycles from Earth's seasons to the enzymatic pathways that provide energy to a cell Waxing and waning from times of growth to times of rest renewal and healing cycles map the most auspicious time for everything in life Both women and men have biological cycles of active growth and quiet renewal led by our hormones By understanding how everything in life moves in cycles you can become more aware of and comfortable with your own cyclic nature something that has been forgotten by the modern world's linear views of time Drawing on the wisdom of ancient cultures the natural cycles of life and her own groundbreaking research Pia Orleane Ph D offers a template for how we can restore balance to our emotions and health ease tensions between the sexes and heal our fractured culture by honoring divine feminine consciousness and re embracing natural cycles including our innate need for rest and retreat She explains the biology of how our bodies operate by hormones released in cycles and shows how balanced hormones help eliminate anger depression insomnia anxiety and fatigue Exploring ancient traditions and rituals surrounding blood and sacred retreat she explains how the seclusion of women during menstruation and of men during vision quests offered a cleansing process for body and mind alone time to clear suppressed emotions awaken our innate creativity and sensitivity re attune us with the deeper rhythms of the body and nature and restore harmony between the genders and balance between the divine feminine and masculine Outlining the sacred retreat process the author explores dream cycles divine sexuality and practices for reconnecting to nature increasing creativity and intuition and clearing suppressed emotions She also looks at the benefits for women and men of separate sleeping during menstruation Through this wisdom we can restore our natural cycles allow the divine feminine to once again blossom alongside the divine masculine and with the return of balance heal our world and our hearts

Adrenaline Dominance Cleo G Red, 2022-10-17 Excess adrenaline is the underlying cause of many conditions often felt to be incurable It is the major reason for insomnia as well as anger issues including road rage It is the cause of ADHD anxiety issues fibromyalgia IBS and a significant cause of weight gain especially while people are sleeping It is the most common

cause of tinnitus and even the only cause of bed wetting in children Excess adrenaline is associated with depression diabetes PTSD and a major reason why people get involved with drugs and alcohol This book explains why people release this fight or flight hormone even when they are not in danger And just as importantly the book explains how to lower excess adrenaline levels naturally and quickly

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