The Neuro-Endocrine Connection
The Importance of Hypothalamus/Pituitary/Pineal Support in Healing Therapies
By Dr. Jack Tips

The greater understanding of the body’s innate healing mechanism (Vital Force), the more practitioner-healers realize the critical importance of the neuro-endocrine connection. Supporting the neuro-endocrine system (hypothalamus, pituitary, pineal) allows the body to ‘reset’ its operating system the way rebooting a computer often helps clear out the system’s cobwebs. When the hypothalamus receives accurate information via the nerves, it can instruct the pituitary (master endocrine gland to the thyroid, adrenals, gonads) and the pineal (master of circadian rhythms) to oversee the clockwork of hormones that make the body perform optimally and be free of disease.

History. This story begins with the insights Doc Wheelwright taught back in 1985 that are presented in the booklet, The Healing Triad: Your Liver—Your Lifeline (available from apple-a-day-press.com). In that research, is the Toxic Stress Cycle, a chart that explains the domino effect through which people experience physical degeneration.

Wheelwright taught that to be healthy, a person must have excellent digestion, elimination, and liver function. Thus, what came to be called The Healing Triad established support for the Stomach, Colon, and Liver. These three organs comprise the first three stages of the Toxic Stress Cycle.

While working with Wheelwright, I proffered that if we also worked with the neuro-endocrine system, we’d prime the pump for the proper circadian rhythms that govern digestion. I labeled this the “Alpha/Omega Program” because the herbal support addresses the beginning and the end of the Toxic Stress Cycle simultaneously.

Thus we started working with the Healing Triad PLUS whichever endocrine gland needed support (thyroid, adrenals, pancreas, gonads, thymus), plus his herbal formula Gb [Pituitary/Pineal] and the #1 [Activator (Hypothalamus)]. The results were most rewarding and became a most effective protocol – one that could help practically everyone.

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1 Circadian rhythm -- the regular recurrence, in cycles of approximately 24 hours, of biological processes or activities such as hormone secretions, sleeping, eating. This rhythm is established by a “biological clock” set by daylight and darkness cycles.
So, I’d like to share some ideas with you about using Pituitary and Hypothalamic support in a much broader application—particularly for Heavy Metal Detoxification, Pre-Menstrual Syndrome (PMS), Menopause, Andropause\(^2\), Chronic Fatigue Syndrome, Thyroid Issues, and Weight Loss.

The 21st Century is definitely an era of an attack on the body’s neuro-endocrine system. The reasons are twofold: 1) the massive xenobiotic\(^3\) compounds from the environment and the practice of medicine. Examples of xenobiotics include air pollution, water pollution, prescription drugs, food additives, plastics used in cans and bottles, pesticides, mercury in dental fillings and vaccinations. 2) This coupled with the onslaught of electro-magnetic radiation from cell phones, wifi routers, computers and appliances means that the neuro-endocrine system can easily fall prey to confusion.

Plastics used in cans and bottles impart pseudo-estrogen molecules to the body that bind with receptor sites but cannot perform. Thus the body’s communication signals become undermined and confused.

**Heavy Metal Detoxification.** Support of the neuro-endocrine system must often precede detoxification efforts, or accompany such efforts, because xenobiocic chemicals (air pollution, water pollution, pesticides, food additives, prescription drugs, etc.) disrupt the hormonal system by 1) blocking or confusing nerve transmissions, 2) filling hormone receptor cites resulting in errant information being fed-back to the neuro-endocrine regulatory system, 3) congest the lymphatic waste removal pathways resulting in Herxheimer (cleansing) Reactions\(^4\) whereby the body cannot effectively remove toxins and risks further impact to the neuro-endocrine system.

1) When toxins interfere with nerve transmissions being provide to the hypothalamus, the only result is hormonal disregulation and the accompanying symptom-expressions. If the hypothalamic/pituitary/pineal axis is not supported, the necessary cleansing process causes further exacerbation of symptoms and the patient can become worse off than before the attempt to cleanse.

2) When toxins, such as plastics in water bottles and can liners, bind with the hormonal receptor sites, the neuro-endocrine regulation of hormones becomes confused and makes mistakes. This can result in hot flashes, breast cysts, endometriosis, ovarian cysts, and cancers as the body’s genuine hormones have no place to go.

3) The release of toxins can disrupt nerve, hormonal, and tissue functions. This is one reason why ‘drainage’\(^2\) support is important as it helps prevent cleansing reactions and the subsequent damage

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\(^2\) **Andropause** -- a gradual and highly variable decline in the production of androgenic hormones and especially testosterone in the human male together with its associated effects that is held to occur during and after middle age but is often difficult to discriminate from the effects of confounding factors (as chronic illness, stress, or medication use) that can depress testosterone levels.

\(^3\) **Xenobiotic** – a completely synthetic chemical compound which does not naturally occur on earth and thus believed to be resistant to environmental degradation. Loosely refers to all chemicals that do not belong in the human body.

\(^4\) **Herxheimer Reaction** occurs when large quantities of toxins are released into the body as bacteria (typically Spirochetal bacteria) die, due to antibiotic treatment or rapid detoxification. The death of the bacteria and the associated release of endotoxins occurs faster than the body can remove the toxins via the natural detoxification process performed by the kidneys and liver. It is manifested by fever, chills, headache, myalgia (muscle pain), and exacerbation of skin lesions. The intensity of the reaction reflects the intensity of inflammation present.
to other healthy tissues. The neuro-endocrine system helps regulate the detoxification processes of the liver’s circadian rhythms (cleanse/build cycles).

So neuro-endocrine support is a critically important feature of any well thought out cleanse program as it helps the body through the process and allows for proper ‘resetting’ of the body processes to a more optimal level.

PMS, Menopause, Andropause. Much of the symptoms of PMS, Menopause and Andropause stem from a disregulation of the hormonal system. Not all symptoms stem from heavy metals and toxic chemicals in the system, but researchers are finding that prior exposures (in childhood) can create a confused endocrine system that continues through life expressed as hormonal imbalances. Thus it is important to support the neuro-endocrine axis when addressing the thyroid, adrenal, and gonad hormonal systems.

Comprehensive programs to engage the female and male hormonal system must include hypothalamic and brain-gland (pituitary, pineal) support to be lastingly effective. This is one reason why many of the herbal formulas used for PMS and menopause only help while they are being taken. They help counter an imbalance, but they do not correct the cause. A comprehensive program that addresses the full gamut of choices featured in the Causational Guide is better able to encourage the body to do what it takes to ‘cure’ rather than ameliorate.

Chronic Fatigue Syndrome. In CFS, the neuro-endocrine system has become compromised an the immune system takes a lion’s share of the energy. The resulting hormonal confusion means that the energy glands, e.g. the thyroid and adrenals, do not perform adequately, the immune system wages unnecessary fights (precursor to auto-immune diseases), and the detoxification pathways become congested. Neuro-endocrine support is much more important than giving thyroid or adrenal supplements and the use of Hypothalamic and Pituitary/Pineal support is essential for success.

For more information on Chronic Fatigue Syndrome, there is a very informative, 41-page report stemming from a symposium of leading natural health doctors available at www.apple-a-day-press.com. It points the way on how to overcome CFS and restore health.

Thyroid Issues. Both hyper- and hypo-thyroidism can be a confusion of the neuro-endocrine regulation of body metabolism. In some cases such as Hashimoto’s Thyroiditis and Grave’s Disease, the immune system can errantly become involved in thyroid tissue destruction. [Note, the thymus is the body’s primary endocrine-immune gland.]

Oftentimes, the cause of thyroid-based symptoms comes from thyroxin (thyroid hormone) resistance at the cellular level. The primary cause of thyroxin resistance is heavy metals and chemicals in the body. Further the use of fluoride in pubic water systems suppresses thyroid function making the synthetic fluoride yet
another toxin that disrupts the neuro-endocrine balance.

The thyroid is regulated by the pituitary gland which is turn is regulated by the neuro-endocrine input from the hypothalamus. Further, the thyroid responds to circadian rhythms and the pineal gland and has feed back loops with the adrenals and gonads. Knowing this, we can readily see that to genuinely correct thyroid concerns, a comprehensive program will support the neuro-endocrine axis—Hypothalamus, Pituitary, Pineal.

And by the same principles, Adrenal Support calls for the same thought process presented in the Causational Guide.

**Weight Loss.** Much of peoples’ weight issues comes from the pancreas, adrenal, thyroid, and gonadal endocrine hormones, insulin, cortisol, thyroxin, estrogen, testosterone. Thus neuro-endocrine support is a critical factor as it oversees the thyroid, pancreas, adrenals, and gonads.

[More on this is discussed in the sequel to the Pro-Vita! Plan For Optimal Nutrition entitled, The Weight Is Over available at www.apple-a-day-press.com]

By supporting the neuro-endocrine regulatory center, e.g. the Hypothalamus, Pituitary, and Pineal, the endocrine confusion, excessive appetite, and excessive fat-storage processes can return to a more optimal level and with diet and exercise, weight can correct itself with lasting results.

**Example #1. How a hypo thyroid program might be implemented when it is a causative or contributing factor to PMS.**

2 Gf (Thyroid) + 1 Gb (Pituitary/Pineal) + 1 #1 (Activator) + 1 Fmps (Female Pre-Menses) bid.

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**Example #2. How adrenal insufficiency program might be designed.**

2 Ga (Adrenal) + 1 Gb (Pituitary/Pineal) + 1 #1 (Activator) bid.

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**Example #3. Components of a heavy metal detoxification program.**

**Liver Support:** ACCELL, L (Liver), Ls (Liver-s), ACX (Vitamin Detox)

**Heavy Metal Detox:** CLNZ (Toxin Chelator), REL (Chlorella)

**Drainage:** ACCELL, ACX (Vitamin Detox, Ks (Kidney-s)

**Neuro-Endocrine Support:** Gb (Pituitary/Pineal), #1 (Activator)

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**Summary.** Neuro-endocrine support is a key, foundational consideration, and is often a pivotal and essential facet of any curative program. Many natural health clinicians have found that the formulas Gb (Pituitary/Pineal) and #1 (Activator) are allies in helping people overcome hundreds of symptom-expressions involving the endocrine glands and their hormonal regulations.