

**Holy Hormones:**  
Online Workshop Outline

- 1) Subluxations interfere with your \_\_\_\_\_ system.
- 2) Your nervous system controls your \_\_\_\_\_.
- 3) Hot flashes, night sweats, mood swings, and insomnia are all signs of female \_\_\_\_\_ imbalance.
- 4) \_\_\_\_\_ resistance is a sign of male hormone imbalance.
- 5) True or False. Many Americans take medications for high blood pressure, heart disease, and diabetes.
- 6) \_\_\_\_\_ is the number one cause of estrogen dominance.
- 7) True or False. The number one deficiency is decreased nerve flow due to subluxation.
- 8) Using glass or ceramic to store food, eating organic produce, and avoiding reheating food in plastic are all ways to limit \_\_\_\_\_ exposure.
- 9) \_\_\_\_\_ pain and pain inside the \_\_\_\_\_ are signs for men to check their prostate.
- 10) \_\_\_\_\_ interval training can increase the growth hormone.
- 11) Metabolic syndrome can cause an increased risk for:
  - a. Stroke
  - b. Diabetes
  - c. Heart disease
  - d. All of the above
- 12) The majority of people think they are healthy because they have no \_\_\_\_\_.
- 13) All sickness and disease is caused by \_\_\_\_\_ and \_\_\_\_\_.
- 14) The number one deficiency is decreased \_\_\_\_\_ flow.
- 15) You must have \_\_\_\_\_ compression to feel a pinched nerve.
- 16) Forward head posture and taking medications are the two most common ways people adapt to \_\_\_\_\_.
- 17) True or False. We must get adjustments weekly until our x-rays are corrected.

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