

HORMONES IN GENERAL

An Afternoon Workshop by Justin Morais

Your endocrine system includes eight major glands throughout your body. These glands make hormones. Hormones are chemical messengers. They travel through your bloodstream to tissues or organs. Hormones work slowly and affect body processes from head to toe. These include

- ◆ Growth and development
- ◆ Metabolism - digestion, elimination, breathing, blood circulation and maintaining body temperature
- ◆ Sexual function
- ◆ Reproduction
- ◆ Mood

If your hormone levels are too high or too low, you may have a hormone disorder. Hormone diseases also occur if your body does not respond to hormones the way it is supposed to. Stress, infection and changes in your blood's fluid and electrolyte balance can also influence hormone levels.



The most common endocrine disease is diabetes. There are many others. They are usually treated by controlling how many hormones your body makes. Hormone supplements can help if the problem is too little of a hormone.

Topics covered

- ◆ The endocrine system
- ◆ The function of the endocrine system
- ◆ The reasons for hormone imbalances
- ◆ Ways to identify hormone imbalances
- ◆ Alternative ways to test for hormone imbalances
- ◆ Ways to support hormone imbalances with
 1. Proper eating habits
 2. Dietary supplements and herbs
 3. Self-care with Acu-pressure
 4. Muscle Testing



Lecturer

Justin Morais, is one of Singapore's leading acupuncturists and a pioneer in alternative medicine. He was the former chief radiographer at the Tao Payoh Hospital and Singapore National Youth Division Soccer coach

In Alternative Medicine

Diploma in Acupuncture (Spore, China, H.K., Sri Lanka)
PhD (Alternative Medicine) Open International University, Sri Lanka

Positions held

Vice President – Society of Natural & Alternative Health Therapies (Spore)
Member of the Society of Biological Medicine (Australia, Germany, U.K., U.S.A.)
Council Member of Singapore Acupuncture Association
Member of National Sport Acupuncture Association (U.S.A.)
Member – Sports Medicine Association (Spore)

Date: Saturday 23 February 2008

Time: 2:30pm - 5.30pm

**Venue: SCWO Centre,
Georgette Chen Room, Level 2,
96 Waterloo Street**

Investment: S\$120

**Earlybird Fee S\$65 by
10 February 2008**

**Inclusive of Course Handouts &
Refreshment**

REGISTRATION FORM

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by Justin Morais**

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