

# HORMONE YOGA THERAPY

## Natural balance of female sex hormones

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We, as women, often go through the symptoms of hormone imbalances, or suffer them at some time in our life; not to mention that for some of us, it is a daily battle. Nowadays, hormone imbalances are an epidemic. There is a strong synergy among them, so when one gets out of whack, others may follow.

Women suffer from mood and behavior swings resulting from, the three P's: Puberty, Premenstrual Syndrome (PMS) and Peri-menopause (the years leading up to and just after their final menstruation), and Menopause.

Here we will talk specifically about how to get back in balance our sex hormones in a natural manner and how the Hormone Yoga Therapy (HYT) is a great ally. There are many symptoms that indicate our sex hormones are out of balance, as you can relate yourself with one or several of them: premenstrual syndrome, weight gain, edema, swelling, puffiness, water retention, headaches, mood swings, tender and enlarge breast, joint or muscle pain, premenstrual food cravings, irregular cycles, heavy bleeding, infertility, uterine fibroids, low sex drive, insomnia, vaginal dryness, brain fog, anxiety, etc.

Generally feeling or looking awful is not OK, nor a side effect of aging. The suffering related to our reproductive life cycle is unnecessary; therefore, if your hormones are out of balance and in need of a total reboot, focus on fixing the underlying dysfunctions and here is where to start:

**Proper Diet.** Bad food triggers hormone imbalances. It is recommended to:

Cut back sugar and starches, because the body will produce more insulin, more belly fat, more estrogen and more testosterone that can lead to acne, grow hair on your face, hair loss; and all sugar and insulin promote imbalances in our sex hormones.

Cut dairy, as it has over 60 different hormones that cause imbalances in our sex hormones and lead to problems.

Pesticides and chemicals in our food that act like powerful hormone disruptors, so eat clean, eat organic when possible.

Cut inflammatory foods like processed, junk food and gluten as they wreak havoc the immune and endocrine system.

Reduce or eliminate alcohol, as it increases estrogen; and reduce stimulants like caffeine, energy drinks, sodas, as they interfere with the hormones that promote a restorative sleep.

On the other hand, it is recommended to increase certain foods that help balance our sex hormones: Flaxseeds as they fix the gut and improve estrogen metabolism. Cruciferous veggies as they are powerful detoxifiers and help with hormones metabolism. Unprocessed, organic non-GMO foods. Good quality healthy fats to

promote the production of hormones that boost energy, feeling of satiety and suppress cravings.

**Supplements.** Fish oil, vitamin D and B vitamins help balance estrogen metabolism.

**Cutback chemicals.** Try to switch to the least toxic, most natural household cleaners, personal-care products and cosmetics as they interfere with optimal hormone function.

**Exercise.** As we exercise the symptoms of the hormone imbalances diminish. Include the Hormone Yoga Therapy in your daily routine if it is indicated (see HYT indications).

**Reduce stress.** It triggers hormonal imbalances. Get into Meditation, Yoga or other mindfulness activities. Hormone Yoga Therapy (HYT) includes some techniques for stress management.

**Sleep Well.** As insufficient sleep can worsen PMS, menopause and other symptoms.

## Hormone Yoga Therapy by Dinah Rodrigues

The Hormone Yoga Therapy (HYT) was developed by Dina Rodrigues in the 90s. It is a natural treatment that combines energetic exercises of dynamic yoga, specific breathing and Tibetan energy techniques to reactivate hormone production to eliminate the symptoms of menopause.

HYT acts directly on the ovaries, hypophysis, thyroid and adrenal glands; and additionally, as it increases estradiol level, also helps in the prevention of osteoporosis and cardio-vascular diseases.

The efficacy has been demonstrated empirically by Dina Rodrigues. The first results are already visible after 4 weeks when practice in a regular or daily base. The exercises are easy to learn, no previous experience with yoga is required. Once learned, it will not take more than 30 minutes to do the daily series.

HYT is indicated to:

All women from 38 years old

Prevention of typical menopausal symptoms such as hot flashes, mood changes, dryness of mucous membranes, decreased libido, irritability, palpitations, insomnia, joint pain, depression, etc.

Prevention of other hormone related symptoms in younger women as Premenstrual Syndrome (PMS), menstrual irregularities, polycystic ovarian syndrome, ovarian cysts, premature menopause, and hormone related infertility.

It is contraindicated in the following cases: Hormonally related cancers (Uterus or breast cancer), Endometriosis and Severe osteoporosis.

Here are some of the exercises of the HYT to give an idea of the ease of execution thereof. The compound of HYT exercises includes:

**Warming up exercises** to prepare the body and release areas of tension while introducing the Bastrika breathing to activate the body and massage the ovaries. As an example, we can see the picture showing the *Lateral leg stretching*.



Lying on the back with the knees bent and the feet held, turn the body on one side, stretch the leg on that side and hold the position for three seconds (to relax the posterior musculature of the stretched leg), then back to the center and repeat, turning to the other side and leg.

**Exercises of the daily series** to activate the glands for hormones production, so there are exercises for activation of the ovaries, the thyroid, hypophysis and adrenal glands.

**Janushirshasana** for the activation of the ovaries. Sitting on the floor with one knee bent and putting the heel near the perineum as in the pictures. The activation of the ovaries is done by the breathing in Bastrika while moving the torso and feet of the stretched leg backward and forward. The activation is done by circulating the energy to the ovary located on the side of the stretched leg.





***Ardha Matsyendrasana***

also for the activation of the ovaries. Sitting on the floor, one leg straight, the other one with the knee bent near the thorax and embraced by the opposite arm and foot to the other side of the stretched leg. After Bastrika breathing in the position, the activation

of the gland is done by the circulation of the energy to the ovary located on the side of the bent knee.

***Dynamic Vilomasa*** for the activation of the thyroid and the benefit of the spine, kidneys and adrenals. Lying on the back with bent legs and hands holding the ankles, raise and lower the hips making waves with the vertebral column. The activation of the thyroid is done at the higher point of the wave, when the thyroid is pressed by the chest, by circulating the energy to the gland.



***Slimming exercise*** also for the activation of the thyroid. Lying on the floor with raised thorax supported by the forearms, bring the head back. Make three very ample Ujjayi breaths, feeling the stretching of the neck area. The activation is done by circulating the energy to the thyroid.



**Dynamic Viparita** for the activation of the thyroid and hypophysis. Get in to the posture as shown in the pictures. Working with one knee toward the side of the face, breathe in Bastrika and circulate the energy to the thyroid and hypophysis, then change the position of the legs and repeat.



**Pranayamas against** stress have a calming effect and bring harmony to emotional reactions.



**Exercises anti stress** to calm the mind and promote concentration. *So-Ham exercise* is as shown in the pictures. Inhale and then while exhaling sing "SO" (without moving the arms), continue singing "HAM" while changing the positions of the arms and repeat the cycle as many times as desired.

All the exercises should be practiced on a regular base to get results and improve the symptoms of the menopause. Precautions must be taken during HYT series, or proper modifications should be indicated in certain cases, so it is recommended to learn the system under the supervision of an authorized person by Dinah Rodrigues.

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