

Glandulars

Nutritional glandulars have a very long history of safe and effective use by healing professionals in most of the countries of the world. The conventional medical system has chosen not to utilize them, and instead went to synthetic replicas. The wonderful thing about glandulars is that they provide the body with the exact nutrients needed for a specific organ in a perfectly harmonious synergistic balance. They are not harmful when used in proper doses.

Glandular supplementation provides supplementation like no other combinations that help in toning up specific organ tissues by providing the specific glandular nutrient combinations found only in glandulars and they have the necessary enzymes for proper cellular health.

Glandulars, thyroid, adrenal, thymus gland supplement health benefit and side effects,

Many patients have the impression that if they ingest a glandular tissue or extract from an animal, the particular organ that they are thinking of improving, such as their adrenal glands, will improve if they take an adrenal glandular. In addition to herbs and plants, healers in the past (and currently) used tissue extracts as one armamentarium in the fight against disease. For instance, extract of bone marrow has been used for the treatment of anemia. Desiccated thyroid is still used by many alternative practitioners in the management of hypothyroidism. Many people take glandulars as a perceived source for natural hormones. Glandulars may also contain enzymes, vitamins, fatty acids, amino acids, minerals, neurotransmitters and a host of nutrients.

They probably have a role to play in health and disease when used as a supplement, but it just seems that this area is very difficult and complicated to research since we would not be testing a single substance or hormone, such as cortisol or thyroxine, but a number of different substances that are present within each glandular extract.

Scientists find it much easier to isolate a particular molecule and test it by itself as opposed to testing a tissue extract. But, for instance, let's take brain tissue. If brain tissue was consumed, one would expect to ingest hundreds of different components that are present within brain tissue. One of these components would be the long-chained fatty acids EPA and DHA. It is quite likely that the omega-3 oils could improve brain function.

Hence, it does make sense that eating brain tissue could improve mental function. Would the same principle apply to other glandular tissues? Thyroid glandulars could improve thyroid function in those who are hypothyroid. But, would eating heart tissue improve heart function?

There is also another factor to consider: possible contamination with prions or other infectious substances from these organs causing disease to the person consuming them.

Definition and uses

Glandulars, as promoted by those in the natural health industry, refer to raw animal glandular and non-glandular tissues or extracts of these tissues. These tissues and extracts are normally dried and powdered. Research has found that amino acids, enzymes, and other nutrients from glandular supplements are absorbed into the bloodstream. In addition, minute quantities of hormones are likely present in many glandular products. It is thought that glandular supplements work by supplying minute amounts of hormones and specific nutrition to improve the functioning of the targeted gland. Preparations are available for most glands, such as thyroid, pancreas, adrenals, thymus, and many others. Most products are derived from cow or sheep organs.

There are many tissues, organs and glands in the body of animals. Commonly, most people who buy glandulars use the following: thyroid glandular, adrenal glandular, thymus glandular, testis, and ovary. Less frequently used glandulars are from the pituitary, kidney, liver, pancreas, spleen, lung, heart, brain, uterus and prostate glandular and blood.

Glandulars can theoretically come from any animal, but most often they are derived from cow (bovine). Others come from pig (porcine) and sheep (ovine). In certain cultures frog, iguana, monkey, cat, dog and other exotic animals are also sources.

The different glandulars and glandular extracts have various activities. Thymus and spleen extracts may influence the immune system. Thyroid extracts could help with low thyroid. Adrenal extracts may have anti-inflammatory activity. Testis extracts may influence androgen levels, and ovary extracts may influence estrogen levels.

The problem with glandulars is that they have so many substances in them it is difficult to determine and measure what kind of effect they may have in the long run when ingested as a supplement.

Glandulars contain many substances including hormones. The major problem that arises is not knowing how much of these hormones or other substances are available in these extracts since they could vary from batch to batch and animal to animal. Also, since there are so many substances within these glandulars, it is difficult to know which of the substances is having a therapeutic influence and how they interact with the myriad other substances in the body.

Desiccated Thyroid Glandular

Desiccated thyroid is the dried and powdered thyroid gland. During the process of preparing this glandular, the fat and connective tissue are removed. Desiccated thyroid is often from hogs, but may also from cows and sheep. Desiccated natural thyroid is available as a prescription drug for the management of low thyroid. The pharmaceutical preparation is standardized and contains both thyroxine and triiodothyronine. There are countless over the counter thyroid extracts marketed as dietary supplements but they probably do not have any significant hormones in them.

Thymus Glandulars

Thymus extracts could have substances that influence the immune system, but it is very difficult to know what kind of short term and long term effect these glandulars have on the immune system. There are countless immune substances in the body and it is extremely difficult to predict all the potential interactions when ingesting a thymus glandular. Furthermore, there could be wide variations in response between different people.

Adrenal Glandulars

Adrenal extracts may contain some cortisol. Cortisol does have anti-inflammatory and anti-allergic activities, but the amount of cortisol in the supplements is likely to be too low to have meaningful physiological activity.

Testis and Ovary Glandulars

Testis and ovary extracts may contain testosterone and estrogen, respectively, but again, the amount of these hormones in the glandular supplements is unlikely to be significant.

Risks

Besides the standard risk associated with passed down contamination and infection and other problems the fact is that there are no standards in glandular products so it is difficult to make any statements that would apply to all products. Each glandular product has to have its own clinical testing to determine its benefits and risks, but this is impossible as it is not a regulated activity. Different manufacturers may have different potencies in their products. There are far too many variables.

A small percentage of users experience digestive upset. They are not recommended for younger children unless specifically prescribed by a knowledgeable physician.

Dosage

The typical adult dosage is 1 to 2 capsules or tablets two to three times daily between meals. Take as directed on the label, as product potencies vary.

Some products are in liquid form. Follow the product instruction as directed.