

Monastery of Herbs

Cortin Products

Cortin M [Product 596] for **Male** endocrine support

Cortin E [Product 594] for General **endocrine** support

Cortin F [Product 595] for **Female** endocrine support

Cortin S [Product 597] for **Sympathetic nervous system** support

Cortin PM [Product 599] for Menopause and **Post Menopause** support

CORTIN INFORMATION

These Cortin products may help to balance the Hypothalamus, Pineal, Para Thyroids, Adrenal and Pituitary glands. They adjust weight balance and bone density. Stress lowers the balance of these glands and often symptoms can range from heart disease, chronic fatigue, mood swings.

CORTIN F for Females

Current clinical research has shown that Cortin products can be extremely beneficial in balancing the female sexual hormones. Our own research has shown that it can ease, and with time, actually balance premenstrual syndrome (PMS) so no symptom or discomfort is present. Abnormally high levels of estrogen have been linked to many symptoms, such as:

1. Abdominal cramping (dysmenorrhea)
2. Change in appetite
3. Edema of the lower legs with a sensation of puffiness
4. Uterine cramps
5. False angina pectoris (heart pains)
6. Mastitis with sensitivity of the breast
7. Migraine headache
8. Skin rashes, allergies, and acne

Cortin can be very helpful in relieving these symptoms, especially if taken on a regular basis. Other symptoms such as heavy bleeding, a too short menstrual cycle, and other hormone related conditions may also be addressed.

You might wonder, "How does the Cortin product do all this?" Researchers think that it works by regulating the pituitary gland, which has been called a "master gland", because it can control most of the other glands in the endocrine system.

The pituitary gland sends special chemical signals to other glands like the ovaries and tells them how much of a particular hormone to make. For example, when too much estrogen gets in the blood the pituitary detects the increased level from special sensors in the body. The pituitary then tells the ovaries to make less estrogen so that the levels drop to normal.

Cortin and Endometriosis

Reports from Germany show remarkable success treating endometriosis using the Cortin products. Mild cases appear to derive the greatest benefit from Cortin. Even advanced endometriosis with glandular cystic hyperplasia derives remarkable regulation in hormonal balance with the Immune Support sets from the Monastery of Herbs.

It is often important to clear the body of underlying infections before beginning a course of Cortin. Otherwise this will set in motion cleansing of diseased endometriosis surface tissue. Following this restoring, the client can then use Cortin on a continuing basis to balance the system.

Cortin and Pregnancy

Cortin may be used up to the end of the third month of pregnancy. It may prevent miscarriage.

Morning sickness will often respond to inhaling peppermint oil dripped onto a tissue. Use only the purest oil.

For women trying to get pregnant, Cortin helps to regulate the cycle of ovulation. It also regulates other hormones that may be preventing pregnancy from occurring.

Trying to get pregnant brings up a variety of issues mentally and emotionally. Stress in daily life can and does build a mental or emotional type of hurry/worry syndrome. Studies seem to indicate that after prolonged trying, when the couple finally gives up trying then suddenly pregnancy happens.

Using the Cortin products at the time the decision is made to get pregnant, might actually ease the whole process quickly and effortlessly.

Males: Cortin M or Cortin E

Females: Cortin F or Cortin E

Cortin "S" for Sympatric Nervous System and sex drive could be use by both sexes. Muscle testing will indicate what product is appropriate.

Cortin and Menopause

Sometimes progesterone production decreases at the time of menopause. Cortin PM, (product #599) taken with Eve's Flash Buster (product #688) often helps reduce some of the undesirable symptoms that can occur at this time, such as depression, hot flashes, dizziness, vaginal dryness, etc. Traditional doctors and lists are now recommending Cortin Products.

Using Cortin

Cortin should definitely be taken long-term for best results. Our research has shown that the effects of Cortin can be felt in as little as 30 minutes to 10 days, but for the full benefit it should to be taken six months or longer. For example, with PMS positive results will likely be felt within 3-10 days and definitely by the second menstrual period. However, to create permanent improvement it may be necessary to take Cortin for up to one year. If the imbalances have been with you a long time (over two years) you may need to take Cortin for up to one and a half years.

It is important to remember that Cortin is creating a fundamental change in the cyclic hormonal balance, and that takes time. Like most herbs, Cortin is a healing, nourishing medicine/food that slowly, gently, and assuredly helps bring about a wonderful change in the body's delicate chemistry. In the fast-paced world of today we have created a mind-set of impatience. We tend to select fast acting drugs that also carry a long list of side-effects. These drugs often shock the body or force the body to change, blocking natural processes such as pain or fever. These drugs often produce a whole new set of symptoms needing treatment. On the other hand herbs work to harmonize, nourish, and restore balance in a gentle way. They may take longer, but the results are more lasting and harmonious to the body.

Side Effects

Cortin has a wonderful track record with no significant side effects. Many drugs do. Even aspirin has a dubious track record this past 100 years. This is good news to American and European medical researchers who have warned us before about the multiple side effects of synthetic hormones like estrogen and progesterone. (Hahn et al, 1984). If you notice a side-effect, notify your practitioner for advice about use reduction or other combinations to try.

During the first part of a treatment cycle using Cortin, the length of the menstrual cycle may shorten or lengthen temporarily before it finally stabilizes.

USAGE SUGGESTIONS

Based on 47 years of MOH research, the average Usage of Cortin is usually 4 capsules per day: two in the AM and two in the PM. In some cases six a day may be needed: two with each meal (breakfast, lunch, and dinner) after an unspecific time a maintenance Usage of two caps per day is suggested.

For chronic conditions, have a trained Practitioner muscle check you from the Immune Support list. Contact a professional practitioner who is familiar with these products.

STRESS AND LIFE THREATENING ILLNESS

It has been said that lifestyle stress from daily life can add to illness. Science seems to be verifying this effect. Cancer and other pathogens play havoc in these environments. If a client has healed or is in process of healing they should consider using the Cortin products on a long term basis.

I have seen so many case studies where a client says that their life was such a Rat Race – Well, after a healing, we all have to go back to that same Rat Race. The Cortin products allow you to keep in balance when stress comes your way. Centered, clear minded, and increasing you ability to respond to daily life stress without depression is the goal of the Cortin product.

Some clients say that “*it’s like meditation in a bottle!*”

These statements and testing techniques have not been approved by the AMA or the Food and Drug Administration. This document has not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.