

# MONTH 8 ENDOCRINE AND CHAKRAS

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**Which chakra controls the endocrine system?** Crown Chakra. The pineal gland lies deep within the brain and produces melatonin. This hormone affects the other glands in the endocrine system and mirrors the Crown Chakra's relationship with the other Chakra's. This gland and Chakra hold sway over the entire system.

**What chakra causes hormonal imbalance?** What chakra must one balance for hormones? 6th Chakra – Third eye:- Connected to the hypothalamus (the part of your brain that secretes hormones into the pituitary gland), pituitary gland (it tells the adrenal glands what to do), growth hormones and metabolism.

**What gland is in the swadhisthana chakra?** On the physical level, swadhisthana chakra is related to the adrenal glands. It looks after our liver, kidneys, and the lower abdomen. It is responsible for assimilation, procreation, lymphatic system, and menstrual secretions.

**What chakra is associated with the adrenal glands?** Root Chakra (Muladhara) & Adrenals It is our sense of security, stability and safety. Muladhara is located at the base of the spine between the anus and genital. Whilst no organ is located here, the Muladhara chakra is often related to the Adrenal Glands.

**Which chakra is related to thyroid?** The Throat chakra controls and energises the thyroid and parathyroid glands. The Heart chakra controls and energises the thymus gland.

**What emotion blocks each chakra?** For example, Seane says each chakra has a shadow emotion associated with it (first chakra is fear; second, guilt; third, shame;

fourth, grief; fifth, lies; sixth, illusion; seventh, attachment) and certain asanas can help release the energy that might be trapped in the body as a result of stored emotional pain.

**Which chakra is linked to anxiety?** Third eye chakra “As your inner eye closes, your ability to perceive the big picture diminishes,” says Konst. “This circle of ruminating thoughts could cause you to be plagued by fear, self-doubt, and anxiety.” The third eye chakra represents: imagination.

**Which chakra is related to weight gain?** The root chakra, Muladhara, meaning “base support” in Sanskrit, is located at the base of the spine, encompassing the sacrum, pelvic floor and first three spinal vertebrae. It's associated with survival, physical stability, grounding and more. Signs of a blocked root chakra include: Weight problems.

**What chakra affects hair growth?** Balancing both the root chakra, crown chakra (top of head), scalp and spine can be very helpful for getting blood flow back to the head to help with hair loss issues.

**Which chakra is blocked by guilt?** Sacral or navel chakra Its color is orange. Blocking the sacral chakra may lead to compulsive or obsessive behavior, emotional issues, and sexual guilt.

**What emotion is stored in the sacral chakra?** The sacral chakra, also known as Svadhisthana in Sanskrit, governs our emotions, creativity, pleasure, and intimacy.

**What chakra is your belly button?** The third chakra, manipura, or “solar plexus chakra” (also referred to as the “navel chakra”), acts as the body's energy powerhouse.

**What emotion is connected to the adrenal glands?** The adrenal glands are important in the body's stress response, including the fight-or-flight reaction. While some stress prepares the body to take action, too much can result in feelings of anxiety and chronic stress, which can take a serious toll on a person's physical and mental well-being.

**Which chakra is connected to fatigue?** If you have low energy all the time or feel fatigued, then that indicates your root chakra is blocked. This is because your root

chakra is responsible for the balance of your adrenal glands—and when they're overstimulated, your body produces so much cortisol (stress hormone) that it throws your body out of whack.

**Which chakra controls lymphatic system?** The sacral is located right below the belly button-- three inches below the navel to be precise. This chakra is associated with the lymphatic system and is responsible for expressing emotions.

**What emotion is tied to thyroid?** Yes, thyroid disease can affect mood. Common thyroid disease symptoms that affect mood include anxiety or depression. In general, the more severe the thyroid disease, the more severe the mood changes.

**Which chakra is related to autoimmune disease?** Unnatural changes take place in the body due to imbalance of Adnya Chakra. Unnecessary growth and movements are observed. This Chakra is primarily out of balance in case of autoimmune diseases. Similarly, the discord between the mind and the intellect is observed on the functioning of the Adnya and Anahat Chakras.

**What is the Hashimoto's throat chakra?** The fifth chakra, the throat chakra, innervates the blood vessels around the thyroid. This power center is specifically about expression through the voice. When imbalances occur in this energy center, Hashimoto's, Grave's, and voice problems may present.

**What is the rarest chakra release?**

**Which chakra makes you cry?** The 5th Chakra, "Vishuddha" Symptoms of a blocked chakra: Coughing. Feeling like you will cry.

**What chakra holds trauma?** However, all traumas are fundamentally root chakra experiences and memories, and as such, their impressions accumulate inside it.

**What controls the endocrine system?** The hypothalamus drives the endocrine system. Pituitary gland - The pituitary gland receives signals from the hypothalamus. This gland has two lobes, the posterior and anterior lobes. The posterior lobe secretes hormones that are made by the hypothalamus.

**Does the pineal gland control the endocrine system?** It's a part of your endocrine system and secretes the hormone melatonin. Your pineal gland's main job is to help

control the circadian cycle of sleep and wakefulness by secreting melatonin.

**Which chakra controls reproductive system?** The sacral chakra is believed to be located below the navel, where the perineum is. It's said to be associated with the sex organs and the kidneys, though this isn't supported by scientific research. It's also associated with the water element and portrayed as a vibrant orange color.

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**How long does it take to see results working out?** Better to focus on your progress than trying to match someone else's. You'll probably notice some initial changes in the first four to six weeks, but longer-term changes (what you're working toward) will often take around eight to 12 weeks.

**Is RWL worth it?** RWL is rated My absolute life saver throughout lockdown. I have no doubts about recommending to any level of fitness. They have great trainers and programmes for every level and a massive workout bank of so many types of workouts.

**How do I cancel my RWL membership?**

**How much is RWL membership per month?** Get Instant Access to ALL exclusive content. auto-renews at £19.99 /month after 7 days.

**How long does it take to lose 20 pounds?** That said, many healthy weight-loss guidelines say you should aim to lose one or two pounds per week (whether you have five or 50 pounds to lose), that means it could take anywhere from 10 to 20 weeks to lose 20 pounds.

**How much weight can you lose in a month?** Most experts recommend aiming for 1-2 pounds of weight loss per week, which equates to roughly 4-8 pounds in a month. Those with more excess weight may see slightly faster loss initially. The key is losing at a gradual rate through calorie deficit rather than drastic measures.

**Is RWL 34 good?** The RWL34 steel gives our new iMamba® range incomparable toughness and strength, with excellent edge retention and superior sharpness and

cutting ability. It offers durability and outstanding corrosion resistance and ensures a top-quality knife that is easy to work with and having perfect functionality, every time.

### **What is the best weight program?**

**What is RWL fitness?** RWL offers a broad range of cardio and weight-training home workouts as well as yoga, Pilates, dance, boxing and pre and post-natal exercise plans.

**What is RWL?** RWL, the Recommended Weight Limit.

**How do I cancel my gym membership while avoiding fees?** It's likely you can cancel without paying. Most gyms include a clause that allows you to cancel if they stop offering all the services listed in the contract. Did your favorite hatha yoga class get cut from the only time slot you could make? That might just be grounds for legal termination, without paying any fees.

**How do I cancel weight loss resources?** You can cancel at any time online or by phone: no further payments will be charged, and your membership will end on the day before your next payment would have been charged. Starter packs are despatched the working day following your signup, and normally arrive within 2-3 days.

**What is the most expensive gym to join?** E by Equinox is an exclusive gym with several locations, including one on Madison Avenue, New York City. For \$26,000 for one year, members have access to excellent training, nutrition, and spa treatments in New York City.

**Is gym subscription worth it?** Absolutely. The benefits—access to professional guidance, a supportive community, diverse equipment, and classes—far outweigh the costs. A gym membership at The Fitness Company is not just an expense; it's an investment in a healthier, happier you.

**What is a Personalised gym program?** Typically, a personalized fitness program is designed based on the client's initial and very specific goals. These goals can include objectives such as building strength, flexibility, endurance, mobility, injury recovery, as well as ...

**How long does it take for body to get toned?** You will need at least four to eight weeks to notice toned muscles. For this, you will also need to follow the right strategy and do exercises for toned body. Your sex, diet, and metabolism also play a vital role in your progress.

**Is working out 30 minutes a day enough to build muscle?** Spending your whole day in the gym isn't necessary to build muscle. Weight training for 20 to 30 minutes, 2 to 3 times a week is enough to see results. You should try to target all your major muscle groups at least twice throughout your weekly workouts.

**What does 3 months of gym look like?** Entering the third month, your hard work will start paying off more noticeably. You'll witness changes in muscle tone, and your cardiovascular fitness will improve. The mirror will become your friend as you admire the developing contours of your body. Remember that progress is rarely linear.

**What happens after 1 month of working out?** After a month of exercise: Most of the improvements in strength and function are from more efficient nerve connections into the muscles, so that the firing patterns of your muscles is more selective and responsive. The blood vessels into the muscles have grown and become more efficient (angiogenesis).

**What was Jesse Livermore method of trading?** While Jesse did not trade ranges, he did trade breakouts from ranging markets. He used a similar strategy as above, entering on a new high or low but using a buffer to reduce the likelihood of false breakouts. Price patterns, combined with volume analysis, were also used to determine if the trade would be kept open.

**How did Jesse Livermore lose 100 million dollars?** In the late 1920s, Livermore saw the stock market bubble for what it was. He shorted the market, making a staggering \$100 million during the 1929 crash. But the subsequent Great Depression and personal tragedies saw him lose it all.

**What is the number one trading book in the world?** by Benjamin Graham. 'The Intelligent Investor' is the key text on value investing – an investment approach developed by Benjamin Graham at Columbia Business School during the 1920s. This trading book is so revered that Warren Buffett said it was 'by far the best book

on investing ever written'.

**What is Wyckoff's trading method?** The Wyckoff Method is a technical analysis approach that can help investors decide what stocks to buy and when to buy them. The Wyckoff market cycle reflects Wyckoff's theory of what drives a stock's price movement. The four phases of the market cycle are accumulation, markup, distribution, and markdown.

**Who is the richest day trader?** George Soros is perhaps the most renowned trader in the world, famous for “breaking the Bank of England” in 1992. His audacious bet against the British pound earned his fund over \$1 billion in a single day.

**Who is the best trader in the world?**

**Why 99 percent traders lose money?** The high percentage of option traders losing money can be attributed to several key factors: Lack of Education: Many traders lack a deep understanding of options and their complexities, leading to poor decision-making.

**How did Jesse lose all his money?**

**Who is the best day trader in history?** There are a lot of successful traders but Jesse Livermore is often regarded as the most successful day trader. His success came from trading on the capital earned by himself and by trading on setups made by himself.

**What is the most famous trade secret in the world?** Coca-Cola is one of the most famous trade secrets in business history. The company has kept its formula a closely guarded secret for over 100 years. The formula is said to be locked away in a vault in Atlanta, Georgia, and only a few people know the exact ingredients.

**Which trading is most successful?** The defining feature of day trading is that traders do not hold positions overnight; instead, they seek to profit from short-term price movements occurring during the trading session. It can be considered one of the most profitable trading methods available to investors.

**Who is the king of trading?**

**What is the Livermore trading method?** Key takeaways. Livermore advised investors to buy on a rising market and sell on a down one. Livermore maintained that leading stocks would be the first to break a trading range and reach top prices.

**What is the best trading method?**

**What are the three laws of Wyckoff?** The Wyckoff Method is based on three laws: the Law of Supply and Demand, the Law of Cause and Effect, and the Law of Effort vs. Result.

**How did Jesse Livermore manipulate the market?** Livermore strategically timed his short positions to capitalize on the downward movement of the market. Short selling requires precise timing, as entering too early or too late can lead to losses. Livermore's ability to time his short positions effectively played a crucial role in his success during the 1907 crisis.

**What was the old method of trading?** A barter system is an old method of exchange. This system has been used for centuries and long before money was invented. People exchanged services and goods for other services and goods in return.

**How did Jesse Livermore make his wealth?** Cutten and engineering a short squeeze on the stock of Piggly Wiggly. In early 1929, he amassed huge short positions, using more than 100 stockbrokers to hide what he was doing. By the spring, he was down over \$6 million on paper. However, upon the Wall Street Crash of 1929, he netted approximately \$100 million.

**What is Jesse Livermore best characterized as in the world of investing?** This is the story of Jesse Livermore, one of the most famous traders of all time, known for his spectacular wins and dramatic losses. Livermore's trading style, characterized by intuition, daring, and rigorous analysis, continues to inspire traders worldwide.

**The Riddle of Malaysian Capitalism: Rent Seekers or Real Capitalists?**

Malaysia's economic history has been marked by periods of rapid growth and progress, as well as challenges and controversies. A key question that has puzzled observers is whether the country's economic success has been driven by rent-



seeking behavior or genuine capitalist innovation.

### **Rent Seekers vs. Real Capitalists**

Rent-seeking occurs when individuals or groups use political influence or regulations to generate profits without creating additional value. Real capitalists, on the other hand, create wealth through investment, innovation, and entrepreneurial activity.

### **Evidence of Rent-Seeking**

There is evidence to suggest that rent-seeking has played a significant role in Malaysia's economy. Government-linked companies (GLCs) have been awarded lucrative contracts, often without competitive bidding. Regulatory barriers have been erected to protect favored businesses, limiting competition and innovation.

### **Evidence of Genuine Capitalism**

Despite the prevalence of rent-seeking, Malaysia has also witnessed periods of genuine capitalist success. The country has developed a thriving manufacturing sector, exported goods globally, and been at the forefront of technological innovation. Small and medium-sized enterprises (SMEs) have played a crucial role in driving economic growth.

### **The Debate Continues**

The question of whether Malaysian capitalism is based on rent-seeking or genuine innovation remains a subject of debate. Some argue that the country's economic success has been built on a foundation of cronyism and rent-extraction, while others point to evidence of entrepreneurial spirit and successful private enterprises.

### **Conclusion**

The riddle of Malaysian capitalism is a complex one. While there is evidence of both rent-seeking and genuine capitalist activity, the question of which has played a more significant role in the country's economic development is still being contested. Understanding the dynamics of rent-seeking and its potential impact on economic growth is crucial for policymakers as Malaysia seeks to foster a sustainable and equitable economic future.

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