

The Endocrine-Chakra Connection: Integrating Hormonal Health and Subtle Energy in Clinical Practice

PRESENTED BY:
Dr Deanna Minich

OVERVIEW

The endocrine system plays a central role in maintaining homeodynamics, regulating metabolism, growth, mood, and reproductive health. Seemingly in contrast, the chakra system, originating from ancient Vedic philosophy and mysticism, offers a model of energy centres aligned with major physiological and psycho-emotional themes. In this webinar, nutrition scientist, author, and educator, Dr. Deanna Minich, will explore the clinical intersection between the endocrine and chakra systems, two frameworks that speak to health regulation from vastly different, yet surprisingly complementary perspectives. With Dr. Minich you will discover how each chakra represents a specific endocrine gland or axis, offering a symbolic map that can help navigate health and healing.

EXPLORE

- How these two paradigms can be thoughtfully integrated in clinical care;
- How physical symptoms may reflect deeper energetic patterns;
- How language and tools from subtle energy medicine can be introduced in a respectful, evidence-informed way;
- Real-world examples of how practitioners can utilise this framework to support patient insight, empowerment, and holistic healing.

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Webinar



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CPE POINT

LEARNING OUTCOMES

By the end of this webinar, participants will be able to:

- Identify the seven primary chakras and their corresponding endocrine glands/axis correlations.
- Explain how chakra imbalances may reflect or parallel endocrine dysfunctions at the subtle/symbolic level.
- Describe scientific evidence supporting mind-body-energy integration, including psychoneuroimmunology.
- Apply integrative concepts, tools, and language to introduce energetic concepts in a client-centred clinical context.

DATE

WEDNESDAY **July 30th 2025**

LIVE - 1pm AEST – 2:15pm AEST including Q&A

REPLAY - 6pm AEST – 7:15pm AEST including Q&A

