3 Gut Mistakes That Are Wrecking Your Hormones Transcript

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Introduction to the Gut-Hormone Connection

Hey there. I'm so glad you're here for this training. We are going to talk all about the gut hormone connection. Now, you might be here because you are having a slump in the middle of the day like that 3 p.m.

fatigue or you feeling bloated even if your diet is perfect. You might even be feeling a change in skin and headaches or just general energy level and brain fog.

This all comes back to hormones. So today we're going to dive into all of it. Now I have a pop quiz for you. And I know you have access to the internet right now because you're watching this, so no cheating.

But I'm curious if you were to guess how many hormones do you think there are in the human body? There are over 50 hormones in the human body. And a lot of people think of the reproductive hormones, the estrogen, testosterone.

Some people will think about thyroid hormones too. Those, yes, are hormones. But there are so many more and these all affect energy level, brain function, metabolism, skin and gut.

So we're gonna talk about all of that today. So I'm very excited you're here because we're gonna dive into a lot of details. And by the end, I want you to have a roadmap for what works well for your body.

So you can start to tease this apart on your own and implement some of these things into your life. So the fact that you're here tells me you want to regain control over your health and wellbeing.

Maybe you don't feel as good as you know that should or think that could feel. You might even think you've got to do things differently, but you just don' know how.

And it can be so overwhelming and exhausting with all the information out there about health, so I can understand if you are just looking for some answers.

So just to make sure that you're not wasting any of your time, there are two people that this is not for. If you are looking for a quick fix with medications, you have not come to the right place, so don't waste any more of time watching.

This is a completely natural approach because I like to get to root cause using natural non-invasive means. So if you look for medication, find another video.

meaning a pill bottle, a supplement bottle or a cookie cutter way of thinking of your health, this is not the place. I'm not here to just recommend a supplemental to you, I really want you to have the blueprint and the scaffolding and structure to fall back on so that you understand what's going on with your house.

So if all of that sounds good, let's dive right in. Now there's three big things I want you to take away from this, three secrets about hormone imbalances.

And the idea with this is I wanna you start uncovering what is really going on, cut through some of the misinformation. So we'll talk about how hormone and balances show up in the body and some complete solutions and incomplete solutions, and why some this happens in first place.

So I want you to feel comfortable and confident in your body again. And if you stay until the end, now some of you might just scroll forward, that's all good.

Personal Story and Practitioner Background

If you stand till the and I'm gonna give you a customized tailored solution for you, to get long-term results and a plan of action for the next six months with a complete wellness evaluation at the.

So if your staying till end you'll see all the details for that. Regardless, I want you to have access to our vagus nerve strengtheners and gut health checklist because health begins in the gut and so many hormone building blocks are made in that gut.

So we'll talk about all of that as well and that'll be the extra bonus for you staying until then. So let's get into it. I love to share information through stories, including my own.

So I'll share some stories with you today. And one of them is Rue. She is a gem of a human, and I actually don't get to see her anymore because she's feeling so good, which is the best case scenario.

But when we first started working together, she felt very unheard by the conventional medical system. She was having symptoms of not feeling well. It she actually wasn't able to gain a ton of weight.

And she was worried that she's not going to feel like herself again. So we looked at the whole picture here. We looked how the body was functioning and how that got the hormones were interrelated.

And once we got to the root cause, just getting her nutrition in and absorbability back, she was able to feel good and manage things on her own. For those of you that I haven't met yet, my name is Dr.

Emily Wolbers. I'm a naturopathic doctor and I love helping people get to the root cause as to why their symptoms are happening in the first place. Because I want you to feel good now, but I also want things to not come back in future too.

So I have a lot of training in gastrointestinal world, so digestive health, and have done some extra training for the mind-body connection. And I am a yoga teacher as well.

The way that the body and mind interrelate is very important and very profound. My mission overall is to eliminate unnecessary suffering. I want you to get to the root of your health issues.

Now I have a question for you. Who here thinks we have life purpose? Do you think we a life-purpose? I think so. Second question, a little bit harder.

Do think that you can fulfill your life purposes if you don't have your Health is everything. And this is my purpose. My purpose is to help people get healthy and to feel good in their body again.

It wasn't always like this though I had some dark days. Notice I said was, I don't run anymore because I've noticed it hasn't been the best thing for my body.

But I ran a cross country track in college and I decided going into those years, those to be the healthiest years of my life. I wanted to the be best runner I could be.

And to me, that meant also taking control of diet and being a vegetarian. So I decide to go vegetarian for these years because that was the picture of health for me.

and I did not feel very good. I would go to the cafeteria, get my healthy breakfast of eggs and veggies, maybe some tofu for extra protein, and then I'd go back up to my dorm room, lie on my bed, put textbooks on because I was so bloated.

And that was my norm. I felt so uncomfortable in my body. My skin was breaking out a ton. It was also very tired, was running slower than I did in years prior.

And I was getting sick all the time. And so I remember distinctly like looking back at pictures of that time and not not liking what I saw. I felt puffy and inflamed.

It was just not a happy time, unfortunately, it's not very happy for me to look back on. But I wanted to get this figured out. So I went to see a naturopath.

And a natural path in my hometown, she's passed away now, but she was wonderful. I want to understand why this is going on. She did a food intolerance test on me.

Turns out I have two food tolerances, eggs and soy. Oh, guess what I was eating all the time when I as a vegetarian? Tons of eggs and tons of soy. And it turns out those foods are not good food choices for me.

So I made some diet changes that worked out from the whole body system and I started to feel better. And finally, I mean, this was the end of my college years.

So it didn't affect me being the best runner that I could be at that time. But I'm happy to share that now I feel lighter and happier. I have more energy.

My skin is clear. And I don't have bloating. Feeling great in my body. and I felt control of body and control my health, which is so important. That's what I want to show with others.

This is our amazing provider team. This is April, our nurse on the far right, she is a wizard in metabolic health and helping people to gain control of their own energy and metabolism.

Hormone Imbalance Symptoms and Root Causes

And then Monica is our health coach and she has our Swiss army knife. She is so knowledgeable in nutrition, fitness, and has a special care for perimenopause and also prenatal hormone health.

So this is the dream team. So, so glad that we get to share this work and help people feel their best. So one more story and then we'll get into the meat of it.

This is David Tracy, and they are just wonderful people. They came to see us about a year ago. And they didn't want to lose weight necessarily they just wanted to feel better.

Dave had arthritis, lots of pain. He was also right on the cusp of 300 pounds. And that was his line in the sand of, no, I'm not gonna be weighing any more than 300 lbs.

Tracy had brain fog, fatigue, just wasn't feeling great. She was like, "I'm only 50. This isn't how I should feel." And after three months, they were already starting to feel better, both of them, by getting to the root and getting this figured out at the heart of the issue.

And then after a few more months, people started noticing a difference and they were asking them, what are you doing? And after one year, this is them just a couple of months ago.

They are like a model couple. And they, I mean, they look like completely different people. Oh, Dave, he played football in college. So he's, He's a big person.

He is tall and he has broad shoulders and I don't care about BMI because Bmi for for people with with like athletic body types, it's always going to be different than what the, you know, the insurance models say he's lost 50 pounds.

He feels amazing. he doesn't have pain anymore. It's so much less inflammation. Both of them have increased energy and Tracy, she's like brain fog is gone.

Energy is back up. Even her coworkers were noticing that things are different. She's got so much more of spunk and so many more mental capacity than she used to.

And they feel good, which makes me so happy. They're like, they're saying they wish that they felt this way in their 30s. The piece that I love what they said is they say this was easy.

This was a lifestyle adjustment and they can still have fun with their friends and still go on date nights and enjoy family time and it was an easy switch.

That's what I want for you. So you might already be thinking, Well, I've, i've cut out these foods already i'm already tried a little fun map i'll already worked with someone on this and nothing has helped or this if you're thinking this I really want you to keep stay keep listening because you think it's too late for me i will never get better my hormones have changed too much.

No, it is never too late. So I can guarantee you that if you've thought all these things, you only need three things to succeed. You only three to get to the bottom of this.

It needs to be willing to take action. Need to to focus on progress, not perfection. And be able to like get the root cause and never let self doubt get in the way of letting you have what you want.

So if you have these three things, even if if tried all the diets and tried out these treatments, we can do this. Your body has the immense capacity to heal.

So I'd love for you to take a moment and then we'll get into the meat of this, take moment to close down the eyes if your comfortable, you're in your own space, nobody's looking and visualize your brighter future.

Visualize what you want things to look like when everything's optimal. And then see it, like see what look you like, how your clothes feel, How your close fit, what your smile looks like.

How you interact with the world and your family, your loved ones, and day to day. And then don't just see it, but feel it. How does it feel to have your energy back, to feel comfortable and confident in your body?

Good. So as we're going through this training, have that as your guiding light. and let the eyes flutter open. We'll come back to our shared space. But that's our North Star.

That's what we're looking for as we start to get into this information so that you can get to optimal. I don't just want you to feel normal. So some of these secrets about hormone health.

Now, there's a big problem when it comes to hormone. And the problem is that these types of things are being said all too often. Oh, that's just a normal part of getting older.

Yeah, aches and pains, low energy. That just happens. No. Or if you go to the lab and you don't feel normal, but everything comes back normal. The doctor says, oh, you're fine.

Your labs look good. There's more, there's deeper answers here. Or like what people said to Rue. Well, nothing's really wrong with you. Why are you here?

Or here's a prescription for that. You have a symptom, here is a script. We have another symptom because of the side effect of that prescription, Here's another script or something I see more recently, try this hack from TikTok.

TikTok's great. It's a ton of information, but it's not individualized to you. You're an individual human with individual needs and individual history.

So that's important to take into consideration when it comes to your health. A hormone imbalance can be a great masquerader, because it can look like a ton of different things.

It can like bowel difficulty like I had, or tired and sluggish, feeling just not energized as much as you used to. You can even show up with mood pieces like depression or anxiety, insomnia, that can a big one.

Just generally feeling emotional or out of control with your emotions. Weight gain, back all ties back to hormones. And conventional medicine tells you that, oh, this thyroid medication should fix your fatigue.

But the truth is that optimal thyroid function and optimal hormone function at large requires addressing the roots, the gut health, nutrient deficiencies, and stress, because your hormones don't just work in isolation.

They work together as a symphony. So there are risk factors that cause hormone imbalances. These things don' just come up. And they can be broken down into three major categories with some subcategories in there.

So the three main categories are toxicities, deficiencies, and environment. Now, toxicity is could look like something that you're exposed to, like a heavy metal or a mold.

This can predispose hormone imbalance, but it can also be a toxicity in the gut. With so many building blocks of hormones being made in a gut, a toxic gut can cause hormone balance.

Deficiencies, same thing. This could be nutrient deficiencies or something that you're not able to fully absorb and that causes the hormone imbalance and gut imbalance.

Environment as a couple different components and I'd even put stress under the environment umbrella, because environment could be something that you're being exposed to like a mold or heavy metal or something like this.

But it's also, what is your environment like in terms of how that affects your gut like your microbiome. How many people are you having living in your house?

What are stress levels like? Do you have pets? do you work at a toxic environment or a toxical building? This component is very important. Some of it is modifiable.

Most of its modifiable. some of that we need to take into consideration when we're thinking about your risk factors. Then I put genetics on here, but with the highlight that this is only about 25% of how our health shows up.

That means 75% is things that we can change, things are modifiable. So yes, genetics are an important piece, And then inflammation, now inflammation kind of encompasses all of these categories, but it can show up in ways that affects our health at large.

And inflammation shows up a lot of different ways we'll dive into here. Now there's inflammation that's on the physical side, which is on this left hand side.

Patterns, Testing, and Inflammation

And this is if you get bumped or if, you know, hit your elbow on the side of the wall, it hurts. That's inflammation. And that's actually good inflammation, that when things get red, swollen, there's pain, but that all of those symptoms are when the body is mobilizing the healing and immune cells to that site of injury.

that is exactly what we want to happen. What we don't want is something called chronic inflammation where the inflammation gets stuck. Chronic inflammation is inflammation that's there for more than three months.

And this can happen if the body is not mobilizing the healing cells correctly. It can also look like inflammation, that just keeps happening like the ones in the middle of chemical inflammation.

So this is food, our environment, pollution. There's also emotional inflammation like stress and anger. These all affect the body's ability to heal. And if inflammation gets stuck like this, it can dampen the healing cascade.

So thinking about hormones in general and how this can affect hormones, for simplicity sake, these are in two camps. There are these fat burning hormones and fat storing hormones.

Now, fat burning hormones, I wanna be really clear that these are not the good guys and the bad guys. There's the fat-burning hormones which are thyroid hormone, testosterone, even growth hormone.

And then there's fat storing hormones like insulin and estrogen, cortisol. Now we want all of these. We just want them to be in good balance with each other.

And if things start to go out of balance, they can show up as patterns. Now, these patterns can tend to look something like this. These are just broad examples, and they're different things that can happen in the physical body when some of these hormones are out-of-balance.

So estrogen, if estrogen is too high, that contends to cause a weight gain pattern around the outsides of the hips. Adrenals, the adrenales are, they live in the back and they make the hormone cortisol.

Now cortisol is our stress hormone. So we actually need it to wake up in a morning. But if we have high amounts of stress, that means we've got high amount of cortisol, and if you have higher amounts cortisol that can lead to something called cortisol belly, which looks like weight gain right around the inner tube, like the front of the belly sides and the neck.

Now, like I mentioned earlier, I don't care what the BMI is. We are a health at every size clinic. However, if there's weight gain patterns that are telling a story, that can give us information about what should we look for?

Where should start to do some testing to figure out what's at the root? A thyroid tends to have a whole body experience. It affects body temperature regulation, metabolism, hair, skin, nails, and also bowels.

Thyroid, if we're looking at this same pattern, it can cause weight fluctuations throughout the whole body. And somebody that we've helped in the past, she came in, and she had brain fog, fatigue, And she was like, oh, I'd love to lose a little bit of weight.

But we noticed she has a thyroid imbalance pattern. So we helped the body get back into balance and she came in, she was feeling so much less brain fog, energy was coming back.

She said, I've gone down half a shoe size because I'm just deflating everywhere. So it's so interesting to see how this can happen. And then the liver, this is more of a beer belly type pattern where it just weight gain in front.

So these kinds of patterns can give us clues as to what kind of testing and further investigation we need to do. Now, like we talked about with testing in the beginning, a lot of times you'll go to a lab and you get your blood drawn and they say, oh, everything looks great.

Everything looks normal. You're good to go. Go back next year. The reference ranges at the lab are canned, reference range. They are not unique to you, your age, gender, ethnicity, or what chapter in your life you're at, because guess what?

Post-menopause hormones are way different than pre- menopausal hormones and are different from pregnancy hormones. So that's just an example of looking at the different chapters.

we have to look at you through a unique lens. So we take this information and we can put it into more specifics of where you're at and what kinds of categories we need to Look at.

But then there's also deeper functional testing, but which doesn't just look At the bird's eye view, it dives deep into what's going on with some of these systems.

Let's look at hormones. Let' s look a thyroid a bit more detailed. Look at adrenals. And really get some answers as

to what's happening at the heart of the issue.

Thinking about this whole picture, this has become one of my favorite quotes lately. When a flower doesn't bloom, you fix the environment, not the flower.

So you're a flower, we're all flowers. We're trying to bloom and be our vibrant selves. And if that's not happening, what's the body needing? What's this flower needing to blossom?

Is it needing more fertilizer? Does it need more water? Do they have too much water, does it needs more sunlight? They need to be moved in the garden space to have these more available nutrients to it.

So as we were thinking about these things, I want you to think about that broader scope of when the flower doesn't bloom, what can I do to help this nourishment from the environmental standpoint?

So let's talk about some treatments. And I wanna start with something that I like to call incomplete solutions, where some of these things might be good, but they're not the whole picture.

So you might've done some these thing, restrictive dieting. Like, okay, I'm gonna count my calories, so I gonna not eat breakfast, So I not gonna eat dinner, just fast.

That might a solution for a short term, that's not very sustainable. Or even if you've some bigger diets that cut out a ton of food groups, Okay, you might have had solutions for a little bit, but what happens when you go off of that diet?

If the problem is still there, then the program really hasn't been fixed. And people don't fail on diets. Diets fail people because they're just not the right solution.

They're an incomplete solution, Hit workouts. Now, this might be great for some people, but think about if you're under high amounts of stress and your body's making high amount of cortisol, and maybe you were even showing with this adrenal fatigue or cortisol belly, a hit workout is not gonna be the best thing because that is a high intensity, high cortisol producing activity.

So we have to think this. And this is where, like I said, I used to be a runner because I found out that that's not the the exercise for my body type or my constitution at this chapter in my life.

So we make it individualized. So noted that for some people, HIIT workouts are going to be great. For others, it's not going be the move right now. Cleanses like master cleanses, parasite cleansers, and I'm a gut doc.

So of course I was thinking about parasites at times, but if you're doing a parasite cleanse and you don't have a parasite, that's like putting a weed killer on the garden that doesn't any weeds.

It's, like, wait a second.

Incomplete vs Complete Solutions

Let's think about this from a whole perspective of individualized care. What is the body really asking for? Robotics alone, drinking more water. Of course, these are wonderful things, but I don't think it's the end all be all.

You wouldn't be here on this training if you just needed to drink more. And then infrared light therapy and a whole laundry list of other things in that category like ozone therapy, hyperbaric oxygen chambers.

These are. Things you could spend thousands of dollars on these wonderful. But if the root cause hasn't been gotten addressed, then those expensive protocols are not going to hold the candle to getting to the root and unraveling from the heart of the issue.

Then weight loss medications, we could do a whole other training on this too, where they're helpful, but they are helpful when you take them, and then if you don't take the problems come back.

So let's talk about more complete solutions. Now this is our blueprint that we use at the clinic. I want you to have this so that you can put some of your individuality into these pillars.

So our five pillars are a gut health reset. nutrition, hormones, stress reduction, and mentoring. And we blend all five of these together because if we were to cut out one of this, it wouldn't be a complete solution.

So health begins in the gut that we always start with the guy. Then nutrition pairs nicely with that. Once the guys starting to absorb the nutrients appropriately, then we can begin to see a shift in hormones already.

But if the hormones are needing extra nudging, that's when we go there. Stress reduction, always about that mind-body piece. If we were to just ignore that part, that would be foolish.

And then the mentoring, because I don't want you to have to do this alone. So effective solutions, more looking at all five of these pieces put together, be root cause testing.

getting to the root of what's really happening here so that you can feel good now, but also prevent, knowing your risk factors for why these imbalances might've began, whether it's a hormone imbalance or a gut imbalance, and then thinking about where is this coming from?

Health always begins in the gut. So let's remove toxicities, deficiencies, anything that could be causing imbalance in a microbiome and support the nervous system being this gut-brain connection.

The building blocks for hormone production are there. They're there in the gut and they're in there and the body. The body knows exactly what to do. We just need to nourish them appropriately.

So I want to share one other story with you and we'll dive into a little bit more about next steps. This is Michelle. She is a gem of a human as well and I'll let her share in her words.

What were things like before? Basically, terrible. If I'm being honest, it was a lot of a struggle. I had some cancer. A lot other things that were going on in my life.

And then COVID did, and I was at a loss. Well, one thing helped me, I have, although I couldn't swallow. It just came randomly over like I could swallow, And I thought it's normal to wake up with something.

Well, I can't do any of those things. So it was because before that, you just kind of feel like you're at the mercy of everything else. That's the biggest thing is the education of the things that you taught me.

It's not it wasn't you didn't Tell me things. That's true. So what's it like now? A million percent better. But again, I can't explain it. The only way I could explain this is everywhere I go, conversation from God, and I'm recommending you inferred me to take control of my health.

I am not at anyone's mercy. You never make me feel bad. tell me to forgive myself and move forward. That's right now. The only thing that is probably more difficult now is to see people that I love making their choices.

And that's why I recommend you to everyone because I feel like it is a slight change, life affirming. So I understand that. I was like, should I write something?

And I'm like no, it's going straight from the heart because I think that's probably best. So thinking about you, if any of these stories are resonating, I want you to come back to that and really picture what is it like for you have control of your health?

If it's comfortable, you can close the eyes. But I want you to again, feel it. I wanted to see it, visualize it but feel

what is it like to not be at the mercy of your symptoms.

To be in the driver's seat. So if something goes awry, You are able to help steer To feel optimal, to feel alive in your body, good, aligned.

Client Success Stories and Mindset Shift

Picture, feel it. Think about how much easier it would be to put energy into the things that are important for you. If you're not having to have this mental space and physical space, and energetic space of thinking about your health all the time.

Having to worry and plan differently. One more breath in here. Let the eyes flutter open. Back to our shared space. One more piece of advice. this type of medicine, this way of going through your health is different than conventional.

It's a bit of against the grain and that can be scary. So something that's very important, like having that North Star and having the guiding light is to make it even bigger than you and to think about your why.

Think about why is important to you. If you wanna lose 15 pounds, that great. Why do you want to lose 50 pounds? Think about what else benefits, who else, benefits from you feeling your best.

Now, this is my why. This is a small snippet of my lovely family. My mom, my sister, I want to show up for them. I wanted to be around for the and to feel my best so that I can share this more with the world.

So they're my why. They're like constant why and my constant reminder of why I wanna feel so good so I could continue to help more people. What's yours?

My second favorite quote lately has been, tell me, I may remember, Show me, I will remember. Involve me and I'll understand. I want you to be involved in the process.

And it's time to take action. I love this fat cat, but I know that there's more to life than sitting on the couch and feeling sad and just sitting around.

So if you're wanting to really get to the bottom of this, let's do it. Let's come up with a plan of action for you to uncover your root cause and come with the long-term solution.

So the opportunity for that is using one of our programs that puts all five of these pieces together. So I don't know for sure if I can help you with this, but I'd love to find out.

We would look at all of five these piece, your gut health, nutrition, hormones, stress and mentoring and put them all together and we do this through something called the complete wellness evaluation.

This is an hour together on Zoom, just one-on-one, you and me. There's some paperwork to fill out beforehand, but we start to dig. We start figure out what's really at the root cause for you, your unique risk factors, and then we come up with a six-month plan of what the six month plan for, what is going to be your next steps to really get to the heart of this so that your gut can be healthy, hormones can healthy.

Stress management and nutrition can all be on point. Now, normally these are 375, the complete wellness evaluations, but just for coming to this training, I wanna give you a discount.

So it'd be at 175, $200 off and include your gut health checklist and those vagus nerve strengtheners because health begins in the gut. I want you to have those right away so that when we have our complete violence evaluation, we can already start to layer on a great foundation because the health starts in your guts.

If your got health is already starting to heal, that we can layer on and these next pieces, these six month pieces can

grab more quickly and be more effective.

Next Steps and Wellness Evaluation Offer

So those will be in your inbox tomorrow with a complete wellness evaluation. There's some paperwork to fill out beforehand and it will take you a little bit of time.

But I want you to know that as you're coming into this, if you are like, oh, I don't know, maybe I should do it, there's zero risk. If we have this phone call or the Zoom call and you decide, that wasn't really worth my time, we'll give you your money back.

This is my purpose. I want you to have the blueprint and the answers to feeling good again. So no worries about that. What it will look like is there's a QR code here.

You can scan it on your phone, but some of you might be watching on the phone. If you're on you phone there is a link in the comments below. It will show up here with the booking.

My schedule gets quite full. So I've scheduled just a few of these for watching the training. You'll book here, find a day and time that worked best for you.

It's an hour on Zoom. And then you'll get this paperwork. I'll give yourself 25, 30 minutes to fill it out. There's some questions on there that maybe you've never been asked before, but should have been.

As we're starting to dig and we are starting uncover the root of what's going on for And then we'll have our one-on-one. I'm gonna look at your paperwork beforehand, so please put anything that feels important in there.

We'll our our One-On-One on Zoom, and I'll be with you each step of the way, because I want to get this figured out for good. So you could continue as you have been doing, take the information from this webinar and add it into your life, or it can get you to your brighter future.

And that's what I want for you. I you to feel so good and to look back on this past year, past six months and say, yes, wow. And if you're looking for a solution or you wanna feel good again and you want an individualized approach, then sign up.

The special pricing is just for you coming to this training. So I appreciate your time and I want to honor that. Here's the QR code again. the link is in the comments.

This is a one hour session with you and me. We'll go over your detailed health history, start to get to the root cause and then create your plan of action for moving forward.

Again, it's no risk. I want you to feel like this is, yes, a slam dunk. So excited. There are some common questions that I'll go over here, but, and then I will put the QR code on the next slide just so that you've got access to that.

Can we help everybody? No. And I like to be really transparent about that, especially in the wellness evaluation. If as we're chatting, seems like, oh, this isn't going to a great fit, I tell you straight and I give you your money back.

No worries. If we can help you, then yes, we're gonna come up with that plan right there. Do we only work with women? No, but we mostly work women. We love working with woman, But we do see that people who have support at home do even better than just coming in alone.

So you're welcome to bring a sweetheart, our partner, the spouse to your wellness evaluation. And if they wanna be evaluated too, great, let us know and we'll add an extra 30 minute time chunk on there, that we are open to anybody Does it matter where you live?

No. So this is the great part about virtual care, is you can do this from wherever you are. Just note the time zone as

you're choosing your wellness evaluation time.

We don't work with insurance because we want you to get healthy for the long-term. we don' want to just focus on pills and procedures, but you could of course use your HSA.

If you have other questions, please don't hesitate to reach out. The link to book is here. QR code is there. But then feel free to call us on the clinic website.

We're open to your questions and super happy to help you. And I can't wait to talk with you more one-on-one very soon. Take good care of you, see you!