Introduction and Dr. Karlfeldtu2019s Background

I’m so happy to have you here with me for this interview with Dr. Michael Karlfeldt. And you are in for a treat because we're going to be talking about something that isn't talked about anywhere else.

Dr. Michael is a board certified naturopath. Dr. Michael, you devoted your career to practicing and promoting Natural Health, and you provide personalized naturopathic health care at your busy, multidisciplinary, integrative medical center, The Karlfeldt Center, in Boise, Idaho.

And you treat the root causes of disease and strengthen the body's ability to heal, which we know is so important in the realm of fertility. And you've been practicing medicine for over 30 years, and you're one of the leading experts in treating cancer, which is very exciting for our purposes, because we don't talk enough about the role of cancers or certain types of cancers in fertility, and also vice versa, how fertility challenges can be related to cancer. So that's those are some of the things that we're going to be talking about today.

And you were the host of the shows “Dr. Michael Show” and “True Health: Body, Mind, Spirit” and the radio show “HealthMade Radio”, where you connected with international leaders in the integrative health arena.

And you're also the host of the internationally recognized podcasts “Integrative Cancer Solutions with Dr. Karlfeldt”, where you feature cancer survivors and experts in the field showing how they beat cancer, as well as “Integrative Lyme Solutions with Dr. Karlfeldt” where you feature people who have successfully conquered Lyme disease, another really important topic for fertility and pregnancy.

It's an honor to have you here today with us, Dr. Michael, welcome. Well thank you. This is going to be so fun and I really look forward to our discussion.

I'm so, so glad you're doing this summit because it's such needed information. So thank you. Thank you so much. And I agree I'm really excited for this conversation and for that mamas dadas parents of all genders, to have the opportunity to learn from you.

You specialize in cancer and in Lyme disease, both of those are incredibly important topics for fertility, pregnancy, and the intergenerational transmission of health.

And yet they are overlooked in most discussion of fertility and quote unquote, in fertility. We don't use that term at the Fertility and Pregnancy Institute because we know there are very few people in the world who are truly infertile or truly sterile.

So I would love for you, Dr. Michael, to start with us today by thinking to the end of this interview, what's the one thing that you hope that those listening to our voices right now will be able to take away from them when we complete this conversation today?

Well, I think because I think fertility is such an important aspect and for a parent, for parents to be able to have a child, it brings so much joy and so much hope into their lives.

So I think it's important for people to know that there's always, there's always hope and there's always a solution. And the body is amazing. It's the best doctor there is.

And if we support it appropriately, it it can do wonders for us. And so I'm yeah, there's so many amazing tools out there that may not have been considered.

And to really if you're kind of running into challenges then to make sure that you really investigate to see what's

available and also just the, the component of preparing yourself prior to the pregnancy.

so, you know, we're going to be talking a little bit about, you know, people that have dealt with cancer in the past and gone through maybe treatments, you know, for that, you know, what do they need to do, in preparation for pregnancy?

Because obviously, you know, a child grows, you know, within the mother and also the sperm of the father, you know, the quality of that impacts the child as well.

So we want to make sure that that soil is as strong and healthy as possible.

Hope, Preparation, and Fertility After Cancer

I love that so much. You said the body is amazing. It's the best doctor out there and there. There's always hope and there are always allusions. So that's really the through line that I'm excited for us to carry with us today, because I think that that's so meaningful and so important.

You also said something that I love saying all the time, which is this Chinese proverb that the best time to plant a garden was 20 years ago, and the next best time is right now, today.

And making sure that that soil is as healthy and fertile as humanly possible, particularly when somebody or their partner has had a history of cancer or Lyme disease or other, health challenge.

But for everybody who wants to provide the best soil for the growth of future generations. And I know that all of us here, if we're taking the time to be here, it's because we're committed to that.

And our world really needs that, because our world is in a in a crisis when it comes to both childhood health and adulthood health. So thank you so much for this.

I'm really excited. So I have so many things that I want to ask you. One of the things that we were talking about before we started recording today, Dr. Michael, is that we have started to have more and more mamas coming to us after cancer treatment for help with their fertility.

And I don't in any way feel that I specialize in being able to help people following cancer treatment. But what I do know is that in prime mastering and in the Primemester Protocol, we are the very best pathway to natural ovarian rejuvenation, which is incredibly relevant for sperm rejuvenation, which is incredibly relevant if you have had cancer treatment.

So can you talk to us a little bit about how cancer treatment can affect future fertility in males? Females across genders, and then what people should do if they have had cancer treatment and they know they want to be a parent in the future.

So there are different factors to consider. I mean, one is, is the cancer in itself, you know, what type of cancer did you deal with and also recognize signs that that cancer doesn't just show up in a vacuum.

There's always a reason for it. And and that same reason can then impact, you know, the the child as it's developing the fetus as it's developing. So it doesn't mean that the cancer in itself is going to impact the the child.

It's more the driver of it, such as, you know, if you are exposed to a lot of chemicals, a lot of heavy metals, there may be a lot of fungal or parasite mites or whatever it may be.

That initially could be a factor that that drove that. and then also looking at the emotional, mental aspect, you know, are there certain traumas that I'm holding or that took place in my life, stressors that also could have initiated the cancer?

So you have these driving factors and then you go through treatment to then, you know, become come to a state of no evidence disease. And it doesn't mean that these factors are then gone.

You still have to deal with them. And, whether they are, you know, factors to kind of impact your immune system, they will still be a factor in the development of the fetus.

So there's several different specialized tests out there. You know, that, people like myself can run down to identify and see what, what are these factors.

So that that's one component that's really important to look at the second component is, you know, what type of therapies that I receive, you know, did I did I receive platinum drugs.

did I do radiation. Did I do surgery? You know, what type of therapies I have did I receive and what impact did that have on my body? So if you're dealing then with, you know, for instance, you know, certain platinum drugs or certain nutrients, they tend to deplete, in addition to then you have the aspect of heavy metals, you know, that are then introduced in the system.

And you want to make sure you clear that out, because that is something that will easily pass through the placenta and then will impact the baby and will also impact your, your endocrine system and how, how everything is communicated, your HPA axis, your you know, how the hypothalamus pituitary is communicating thyroid and impacting.

Then also your, your own race or your testes. So so you want to kind of assess that whole terrain as well. and, and then as a next step, you know, we want to kind of support, the tissue integrity in itself, you know, so that, you know, because if you have gone through therapy, it is going to then weaken, your, your tissue and itself, you know, how muscles are built, bones are built, nerves are built and all that becomes really important, obviously, as the fetus is developing, you know, because here you're building you're rapidly building down a child, you know, that's developing, you know, neural development.

You have the bones, the muscles, the heart and all these at the different stages that's taking place. So you want to then take an account and kind of look for all of that.

And, so there's a lot to consider. And then you always start on one to optimize. And one, one gland that gets hit quite a bit during any kind of therapy is the thyroid.

And you, you always want to make sure that the thyroid is optimized. It has the nutrients that it need. and it also then remove the stressor. So so these are just some things to consider.

as you are then stepping into that, that phase of, wanting to have a child and and by clearing these factors out, you also increasing the likelihood of your ability to be able to become pregnant.

That's right. And also the programing of the health of your future child. And you talked about the HPA axis, the hypothalamic pituitary adrenal cortical axis, the body stress response system and the gonads are on that axis as well.

Trauma, Relationships, and Cancer Drivers

And so is the thyroid. And so this is all very interrelated. One thing I want to underscore is when you are talking about the drivers of cancer, the underlying drivers.

So you said just because you have treatment and get to a position or a place of no detectable disease, doesn't mean that the underlying drivers have been addressed and still need to be addressed, because those underlying drivers that resulted in cancer can also result in fertility challenges, pregnancy complications, perhaps greater risk of neurocognitive deficits or disorder, and other types of health problems in future.

The child, grandchildren, future generations. And so one thing that you said was emotional trauma. And I think that that's a really revolutionary idea for a lot of people that emotional experiences can be and and stored traumas can be underlying drivers of cancer and other types of disease.

Can you talk a little bit about that for people who are hearing this idea for the first time and are really surprised by this idea? Well, and and this has been, the correlated many, many times where you see actually a traumatic event or stressful event and then, you know, lo and behold, kind of right after then, you know, an individual may develop in cancer, especially, you know, things like breast, breast tumors, you know, we know that breast obviously is very nurturing glands.

And they see then that when there's a disconnect, you know, between, you know, parent and then the individual or the individual and their children that, you know, for the, the mother sort of say, or the, you know, that is getting the breast cancer, you see, that disconnect can then drive, you know, the cancer from taking place.

we know that, you know, traumas are very inflammatory in itself. You know, it does put an individual in that sympathetic state. You know, where, you are not likely to be able to detoxify as well, to regenerate tissue as well.

your heightened level of cortisol. And you're not able then to regulate your blood sugar. You're not. So there's a lot of dysfunction that takes place, you know, within when you're holding on to trauma and especially trauma, that you're not able to express that you're holding in.

and this can be it doesn't necessarily have to take place right before the cancer diagnosis. It can be something that took place, you know, when you're a little young child and you've been holding that energy and as you that have been exposed to other factors like chemicals, heavy metals, then that kind of weak area of your body where you're holding that trauma is the one that is, more likely to, to exhibit than cancer type of behavior.

So it becomes really important to go through, you know, for any individual. And I think this, this is whether you have had cancer or not, cancer, is to kind of go through your timeline and look at traumatic events and make sure that you have addressed them and express them and, and not looking at them as well.

They happened so long ago. I'm not even thinking about it. Well, the body keeps the score, you know, the body holds on to the memory. And so it is important that they get processed in some way.

This is very, very important. It makes me think of a message we received just in the last couple of weeks from one of our mommas who's 45 years old, and she came to Prime minister in advance of attempting IVF.

And when she went to she prime minister and she went to her IVF clinic that she wanted to use, and because of her age, they were not optimistic that they were going to take her for IVF.

But they said, let us look at your and follicle count in your AMH level, anti-malaria and hormone level, which are correlated with one another. And if you if it's not too low, we'll, we'll take you and we'll, we'll put you through more extensive testing to see what needs to be done.

And because she had prime mastered her AMH and Antrel follicle count had increased so much, she was in 95th or 99th percentile for follicles for her age and AMH level for her age.

And so they took her for IVF and put her through more extensive testing. And when they did that, they found that she had breast cancer. So she wrote us and she said, doctor, see you and your work.

And the Prime Minister saved my life, because if my AMH and andro follicle count hadn't been high enough, they would have turned me away. I never would have gotten this testing.

We wouldn't have been detected. And now they detected it so early and took care of it. And one thing that I think about is what our. So first of all, thank God for that.

Right? So beautiful. And now what are the next steps when you've had treatment before conceiving naturally or going into IVF. And also this and I know this is a big question with a lot of parts, vice versa, because we get a lot of mommas asking us how do I detox from the IVF process?

Well, if you've already had an embryo transfer and you're pregnant, there's no detoxing. But if you are freezing embryos for later and you're not pregnant yet, then then detoxing is okay.

So can you talk to us a little bit about the the the bidirectional relationship that I was just mentioning? And it is bidirectional. And I think that's really important to emphasize.

Yeah. And you made a very important point is that while you're pregnant, you don't want to do a lot of detoxification, you know, so you don't want to be pushing the liver to detoxify.

You don't want to be doing things that, you know, cleared toxins out of the the cells, you know, because the the fetus is exposed to anything that you are moving into the bloodstream, you know, from storage.

So so you want to be very, very aware of that. And that's why it's so important in preparation to do these things. so one of the, the, the liver obviously it's a, it's a hugely important organ and it regulates a majority of your endocrine function.

Know, as some people say, like for instance, the thyroid that the the liver regulates about 80% of thyroid function. So if you have issues there and frequently with infertility, you know, thyroid plays a huge, huge role.

you know, because it's and, and it's funny for a lot of women, they have, you know, thyroid emotionally, you know, you have you know, you're you're not being heard.

You know, your voice is not recognized. And so you're kind of you're don't feel powerful in your voice. And all of that impacts kind of this, this throat area and your thyroid.

And so so I think that plays a huge role in kind of that, that power of becoming a mother. So the key is to as you're then receiving, you know, you kind of receive hormonal treatment, and you're, you're freezing your egg, you know, let's have that scenario that gives you the opportunity to then to support the liver, to clear out these unwanted, hormones.

You know, because we, we, we have the way the body functions as. Is. That it it likes to, it likes to recycle hormones. And so if we build up to an excessive amount, then all of a sudden that creates an a dysregulation in how the endocrine systems, because you have a high thalamus, you know, in your brain and continually checks and see how much hormones that are out there.

Then it sends the signal to the pituitary. It tells the pituitary, you know, what it should tell to the other glands and how much it should produce. So it's like a negative feedback that takes place.

So we have a lot of, kind of strong hormones in the system or toxic hormones or xeno estrogens from plastics and from heavy metals and things. So it will then interfere with that, that, negative feedback loop.

And it will then also then interfere with your ability to then when you're implanting the embryo to, have the proper signaling, you know, for the, for the uterus, for the development, then of, of the child, you know, so you want to kind of clean all of that up and, and simple things, you know, that you can use, you know, you have all the sulforaphane, type of, of foods, you know, which includes, all the, the cruciferous, you know, the broccoli, cabbage, cauliflower, Brussels sprouts.

You know, those become really important. And if you can get those in a, in a sprouted form, like broccoli sprouts, you know, it's a very powerful source of the sulforaphane and also its risk.

and then also you have calcium. They look great. There's another one that helps to kind of clear things out. And

you want to do that in combination with some kind of a fiber, like an apple pectin type of fiber.

because what happens when you are clearing it out of the liver, it then enters into the intestinal tract. And because the body is so, wanting to spare the hormones because it takes a lot of effort for the body to produce it, so then it tends to get reabsorbed and goes up in the liver again.

IVF, Detox, and Hormone Support

So if you can use some kind of a fiber, that helps a lot on to the hormones and kind of move that out rather than it recycling. That way you can start to clear out some of these unwanted hormones.

And that that just kind of cleans up the the communication between all that and within the whole endocrine system so that you can have proper signaling because, I mean, you hear you get trillions, 30 plus trillions of of cells and they all need to interact.

And each cell has, at least a million, activities, you know, actions within every second. So there's a lot of orchestration that takes place throughout the whole body.

And then now you're going to bring in a an additional individual. And you so you kind of recognize that this communication needs to be optimized. So you want to clear out all the noise that's there.

So that it can function appropriately. And then not so much. This communication needs to be optimized so that you can clear out all the noise. And I think what's really important about that is that this is relevant.

Even if you feel like you're in perfect health and you eat clean and you do all the things, it's worth taking the time to prepare or as we say, Prime master, for your healthiest, fertility or healthiest pregnancy and your your healthiest baby.

Your super baby, as we call them. And I love that so much. clearing out all the noise. You know, one thing that keeps coming to my mind as I'm listening to you, Doctor Michael, is the role of relationship.

And we are the only place in the world that uses a psycho bio neuro sociocultural approach to fertility. And that's a mouthful. But really, looking at the interactions of these different levels of us and the world around us and the role of our our social relationships in social environment, our, our social identities, aspects of our lineage, intergenerational stressors, etc..

And one thing that keeps coming to mind for me is, you know, relationships are the the soul and the beauty of life, and they are also the source of pain in life.

Right? And it's such a it's such a fascinating thing to me. because if you, if you think about the that most of the traumas that people have experienced in their lives have to do with other people, but also the very best and most important things in life are relationships with other people or in some, some cases with your higher power.

And I think a lot about this as you're talking about the role of, of cancer and fertility and vice versa. You even talked about the, you know, the the role of the thyroid in overall health and fertility, but also maybe thyroid cancers and susceptibility to thyroid cancers.

And we teach about the the relationship of the voice to the reproductive organs and the birth canal. And being in your power as you step into your fertile power and your identity of mother.

And this this interesting thing that I've observed over now, almost 28 years of doing this work where when women are in partnerships, let's say they have a male partner.

Not every woman has a male partner, but let's say she has a male partner, and she gets treated a little bit like a child. In her partnership and, and her and feels a little bit or maybe very stripped of her voice.

We see that coming up a lot in the relationships that are coming through to seek help. And so it was really interesting to me, when you talked about The Voice, but can you talk a little bit about what you observe in your work in terms of relationships and, and cancer risk and also cancer healing?

Yeah. And relationship. You're absolutely right. I mean, we we are pack animals. I mean, we we we don't do well just being by ourselves. And they see that loneliness, you know, they've done studies on just the emotion of being lonely, that it puts you more at risk for, these degenerative diseases and cancer than, than smoking wood or drinking alcohol.

But yeah. So, how we interact within our family, how we interact with, with, you know, our, our social groups becomes so important. and that network becomes so important.

And we're looking at, you know, the different blues zones, for instance, you know, why are they living so long and why are they doing so well? And we try to figure out what are they eating, what are they, you know, what are they doing.

And and we see that, well, these people, they eat this and these people over here eat something different over there. But the common thread seems to be that it's a strong community, and they all feel a place within that community, and they are needed and they have the ability to, you know, where, where people are, they're supporting you when, when they need help.

And so and that plays a role, I think, in, in anything. And cancer obviously is a it's a huge, huge component in that, and in my book, you know, a better way to treat cancer that, that I came out, just last year. there's a huge section that talks about the, the emotional, the psycho emotional.

what is fascinating is, you know, just looking at the immune system, you of you use the word, you know, psycho neuro, you know, so you have this psychic, neuro immunology, you have psycho neuro endocrinology.

I mean, they you can bring them all together, you know, because they we see that in the immune system, the white blood cells, they have specific receptor sites.

And for the neurochemicals, you know, the different chemicals that are produced in the brain that relates to your emotions. So if you are, if you are sad, you're going to send sad signals to your immune system.

If you are happy, it's going to be happy. If you feel empowered, you know you're going to have an empowered immune system. So, you know, you you mentioned, you know, a husband treating the wife as a child.

So now the signals are going to become that I'm powerless. And then obviously that puts you more at risk for, diseases because you're not able to defend yourself because you don't have that power.

And and then the child, if that the that mother is pregnant, then those signals are going to be sent to the child. So the child is going to also feel that, you know, I feel, you know, I don't feel, you know, that powerful.

And so when that child then is born and lived through life, that becomes like a set point for that child, and for the rest of their life that they, this is what feels normal to them.

And they get anxious, if they don't fall back to that set point where they don't feel powerful, so emotions become so important and relationship is so important, through this whole process, whether, you know, whether it's cancer or whether it's heart disease or, you know, wanting to become pregnant so that that's why it is so, I, I can highlight this enough to really, do an inventory of, you know, where am I in the world?

You know, where is my relationship, you know, of forgiveness, gratitude. You know, all these different things are so important to address. prior to. And we do every one of those and so much more in the Prime Minister protocol.

And so, it's just so powerful, so powerful to hear you speak about this from, from this lens of your work in cancer

and other types of disease. I would like to switch gears a little bit, because this is another part of the link between cancer and fertility that is not talked about enough.

Then I want to make sure we cover. So more and more we understand the role of viruses in producing cancers. And one of one type of cancer that is created by virus by a virus is cervical cancer.

And it's that the HPV virus that underlies that cancer or can can lead to that cancer. Now, most people's bodies can clear HPV. And I always say to our mamas at the Fertility and Pregnancy Institute, HPV is the common cold of sexual activity.

Viral Cancers, HPV, and Cervical Health

Almost everybody who is having sexual intercourse is going to be exposed to HPV at some point in time. And usually, just like with the cold, the body can clear it.

But sometimes that doesn't happen. And when it results in cervical cancer, that can be catastrophic for fertility. Can you talk a little bit about the, viral cancers and cervical cancer specifically, which is is increasingly common.

Yeah. And and and you're absolutely right. Infectious agents are, you know, looked at more and more us as factors, you know, viruses. You have, talked about HPV and cervical and you have glioblastoma and cytomegalovirus.

but then also you have, you know, different herpes type of viruses that can also drive things. So it becomes really important to, to address those. And obviously once you have a virus that's going to be there, you know, it's not like you can kind of kill it off and it's all gone.

so now you need to look at what can I do to support my immune system, what can I do to support my, my tissue in itself? And so one that we talked a lot about relationship and stressors, you know, that is one that really suppress the immune system.

So you need to kind of be at a place where you feel that peace, where you're not living in a, you know, where your cortisol, your stress hormones are elevated all the time.

You need to be able to sleep appropriately. So good sleep hygiene, because that is when the whole system reboots. you also, you know, the the issue of electro smog, is as a big issue because, see, the electric smog impacts of pathogens inside of you and make them more violent and also suppress the immune system.

So you want to kind of consider, you know, what am I exposed in my bedroom? one of my exposed on a daily basis. And how can I control that in the best possible way?

And there's a lot of information out there, in regards to HPV specific, HCC, which is a, you know, is from a kind of a mushroom extract. it's really powerful tool.

And to have that on board, anytime. Also, you deal with any kind of, mucosal membrane, which the, the cervix is, you know, you want to look at vitamin A, make sure that you have appropriate amount of that.

and zinc becomes important. Vitamin C and vitamin D becomes really important. So those are our strong agents to really help you. then you can also bring in things like a can Asia, beta glucans, you know, golden seal and a gravis.

And so there are a lot of powerful tools that you can bring that you can kind of hit things harder if you're then diagnosed with HPV, and you're maybe dealing with cervical or you're concerned with circle or your post cervical cancer and you want to then have have a baby.

So to bring these tools on board to really kind of check the activity of the HPV to make sure that it is not, being active, it's just going to lay dormant and, and not express itself.

That's right. Thank you so much. This is incredibly helpful. And I think that that's right. I think people understand that. But I also think it's important to underscore that once you come into contact with a virus, it's it's never gone completely.

It's just it's just lying dormant. And that's what you want to achieve so that you're asymptomatic as much as possible, which is a sign that your immune system is managing the the virus and the viral load.

So thank you so much for that. This has been such an incredible conversation. I feel like I want to have a whole separate conversation with you on Lyme disease, because that's such a big issue with fertility and pregnancy, but this has been so beautiful.

Before we close for today, Doctor Michael. And to be continued, I would love to keep talking to you. I would love to hear you say if there were just one thing that some somebody could do or would do to take care of their fertility and the health of their future, super babies, in your mind, what's that one thing?

Well, I yeah, it's hard to do one thing, but I mean, it is hard. Yeah, yeah. We we talk so much, so much about relationships and I, and I feel that that is if there's one thing, that trumps any kind of nutrition that trumps any kind of detoxification strategies, it trumps.

It trumps pretty much everything. Yeah. So so that is that one thing. If an individual is going to bring in one supplement. Yeah. Anytime. The supplement that I love the most pre during and post is chlorella I love chlorella.

And you want to make sure you get a good quality. we, we carry a brand here that I know, as is really, really high quality because, it will then it's, it's like a vacuum cleaner of heavy metals and chemicals and it's nutritive and and it just does so many amazing things.

and that is safe to take, you know, pre, during and post, because if you do it while you're pregnant, it, it will then move heavy metals away from the fetus.

If you do it while you're breastfeeding, it will then move heavy metals and chemicals away from, from the breast milk. And so, it that is probably one of my favorite, supplements.

Anytime anyone is pregnant or thinking of pregnancy. We we recommend it in the Primemester Protocol as well. And we bio pure is the brand. I don't know if that's the one that that you love as well.

And I also give it to my super babies in their smoothies. And so it's just really, really important. I absolutely agree, but I love that you said relationships that trumps any anything about nutrition detoxification because it is in everything and it is constant everywhere.

And so I just want to say, as a woman who has spent her life walking beside women and their partners or, women who don't yet have partners but really want to have their super babies, that it's scary to choose to walk away from a relationship when you've reached an age where you feel like you're running out of time, and it's too easy to run into a relationship that isn't going to be in your highest good long term because you feel like you're running out of time.

Relationships, Chlorella, and Super Fertility

But I can say from my vantage point that that is how it is to be stuck with somebody for the rest of your life who is not good for you and not good for your super babies, and that you would be much better served taking a different pathway, choosing to to mother on your own.

So I just want to say that because I don't think anyone says that directly either. And yet I've had a front row seat to the pain of many families who have been in those shoes. So.

And you really said it to Dr. Michael. So thank you so much. Last question. What is Super Fertile mean to you? What what does it feel like? What does it look like? What does it evoke in you?

So Super Fertile as as when, when a mother's in that place where they, they just it's is that joyous, expressive or they love life and and they feel that I'm, I'm just ready to bring another individual into this, this beautiful world that I'm in that's, that's filled with, with, with health and and purpose and intention and gratitude and and.

Yeah, so it's just feeling that you want to have somebody else to be able to grow up in that environment alongside with you. I love that so much. When the mother is in that joyous expressiveness where she loves life so much that she's ready to bring another human into the beautiful world that she inhabits.

I love that so much. And I think that is such a beautiful feeling for us to hold. And our intention for for each mama, each dada, each human of every gender listening who's ready for their super baby.

So on that. I just want to thank you for this beautiful, magnificent conversation where we got to talk about really important things that aren't talked about in the world and that have critical scientific evidence behind them, but also and also tremendous practical importance in everyday life.

Thank you so much, Dr. Michael, for being here today. Absolutely. My pleasure, Dr. Cleopatra. So I've thoroughly enjoyed it. Same. And to you listening, I, I hope you did also.

I hope you took away some really important things. Thank you so much for being here with us at The Super Fertility Summit. I do not take your time for granted.

It's the most important resource we have available to us. So thank you for being here. And come with me over to our next interview. Now.