Opening on Food, Fuel, and Mood

I love her expression was fuel or poison, right? Really think about what you're putting in your body. I mean, we think about, you know, we talk about databases and computers, you know, garbage in, garbage out.

It's the same thing with our body. What are we feeding our body and what are we doing to make sure that we operate at our best levels? And there's so many things you have a choice to do in your life.

And look, these things that are selling as food, as she would say, right? You know, these poisons, you know, people get addicted to them because they make them addicting, right?

So if the flavorings are addicting or the fats or the colors or whatever they're putting in there. So you got to be really careful. People say, oh, it's not that much.

But for me, it's like one's too many, a thousand's never enough. This food's very addicting, these toxins that they're getting people addicted on. And then what happens is it affects your mood, right?

She says your fuel, your food affects your mood. This is Dr. Talks. Hello, everyone, and welcome back to The Holistic Truth. We're live in Studio 109. I'm your host today, Jamie Dorley.

I am the CEO and owner of Nutritional Frontiers, and we're going to make the world healthy today with my co-host, our chief growth officer and creator of the Soul Intelligence, currently on the Soul in the City Tour up in New York City.

So welcome back and thank you for making time for us today, Christine Genovese. Thank you so much, Jamie.

Welcome Back and Tour Update

I'm having a ball. It's pretty wild to see yourself on a billboard in Times Square, I got to tell you. It was a pretty incredible experience and being able to meet people and share the book, Healing Through Soul Intelligence with everyone and just, it's been a whirlwind.

So I'm delighted to be back here. You look so happy and joyful. Is that correct? Yeah, I mean, it's pretty cool when you're able to actually share your message out to a new audience.

And, you know, you and I are both originally from New York City. So to go back to the city and have that experience and be in that energy and to share, you know, the good news with the world about how we make the world healthy physically, mentally, emotionally, energetically in all ways was pretty incredible experience.

Well, he did an incredible job. You should be proud. You should be joyful. And, you know, I was really grateful that I was able to spend time up there with you and the team and seeing you in action, as I would say.

And I tell you what, he did an incredible job at the speaking engagements and, um, you know, people really love the message. So thanks so much for out there, being out there and making the world healthy.

Well, thank you, Jane. And one of the things that we're passionate about and we have this joint mission to make the world healthy. It's incredible that we get to do that on so many levels and together.

And so I'm very grateful to have the opportunity to partner with you in this big mission. We got a really cool topic we want to talk about today. This is part of our Q4 2025 focus.

You know, we talked last time about stress and sleep and the immune system. And we really want to dive into endocrine health in America, right? You hear these TRT programs and, you know, people using all types of different peptides nowadays.

It's becoming more and more common to hear about people utilizing hormones. I mean, Florida is hormone clinics everywhere, right? Pretty much, yeah. Everybody's focused on hormone health and trying to balance the hormones and what's the right way to do it and, you know, should I be doing bioidentical hormones?

Should I be using nutraceuticals and how do they all work together? I think there's a lot of questions around it. Yeah. And we want to make it, you know, take a very complex topic and simplify it, right?

Cause when you can simplify, you can multiply it. And I think it's become so confusing for a lot of people, even athletes, but kids growing up, you know, this endocrine system is a very complex system.

Endocrine Health and the Adrenal-Thyroid Connection

And these conditions, just like everything else in America. are really rising. Things that used to hit people in their 50s, 60s, and 70s are now happening to teenagers.

But you got to realize that before we get to the fond sex hormones, we got to talk about really this trifecta, which really starts with adrenal and thyroid.

And your adrenal glands are your fight or flight. And when, you know, some people have gotten to the point, like Dr. Gutierrez's patient that was suicidal tendencies.

He was an adrenal burnout. You know, your program, Soul Intelligence, are you seeing that more and more common where people are sick, but when you start to look at what's going on, it's adrenal fatigue, adrenal burnout, people running on adrenaline, running on energy drinks.

Do you find that to be more and more common with your clients? Absolutely. I think probably one of the greatest things that I'm seeing when I'm doing my work with people is how much stress is affecting their lives.

I think between stress and toxicity, those have to be the top two, right? Then you throw in poor nutrition and you've got a heck of a storm going on. I know Prior to joining Nutritional Frontiers and really stepping into my mission of sharing the power of soul intelligence with others, I was suffering from adrenal burnout.

I was one of those corporate junkies, right? I was constantly on planes. My adrenals were fried. I was living basically on coffee, not really understanding what I was doing to my body.

And you know, when we think about the endocrine system, you know, I think people automatically go to hormones. I don't think they think about, you know, the pituitary, the hypothalamus, thyroid, like the adrenals, like all of that, you know, coming together to kind of have this perfect storm.

Yeah, and then they lead into things eventually that affect the sex hormones, right? So Dr. Verdi Al has shared our recent professional training event, Nutritional Frontiers.

Infertility affects almost 25% of all people now, right? You look at people that are suffering from mood and stress, depression, anxiety, sleep disorders, let alone things like, you know, vaginal dryness, You know, people with erectile dysfunction, she even mentioned some females were pain during sex and, you know, some of these topics are really dramatically affect people's lives.

So we want to bring, um, you know, this back down to the basics so that people can really understand and give them some hope. that they can get results, but you can't live on caffeine, nicotine, stimulants, energy drinks, alcohol, sugars, and expect to have a healthy life.

Recently we had Dr. Janelle Whitehead, and she was talking about that's probably the biggest issue that she's seen in her practice after 21 years. Yeah, I love her expression was fuel or poison, right?

Really think about what you're putting in your body. I mean, we think about, you know, we talk about databases and computers, you know, garbage in, garbage out.

It's the same thing with our body. What are we feeding our body and what are we doing to make sure that we operate at our best levels? And there's so many things you have a choice to do in your life.

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You know, she says your fuel, your food affects your mood. What are your thoughts on that? I found that to be very interesting. Find it to be fascinating.

You know, you and I talk a lot about how the importance of a shake a day. And that even when I'm on a heavy travel schedule, we always pack shakes because I need that to start my day in order to run at the level I'm trying to run at, right?

And to share, be on and share your energy with people and allow your light to shine out. That takes an awful lot of energy to be able to do that. And if I don't have the shake a day, I really feel it.

Yeah, and that's a great point. I learned recently during one of your presentations, which was fantastic, of course. But you said something that really was profound for me.

And you said, self-care is not selfish, it's sacred. So the number one thing you got to take care of in the world is yourself. Jordan Peterson, the 12 rules of living, right?

Rule number one, take care of yourself as if you were a senior or an infant that needed to be taken care of. I think sometimes people neglect that and then, you know, then have a quote unquote disease.

And now we're trying to play catch up. And I think a lot of your clients that you see, that's probably the case, correct? Absolutely. And then you add into all of the trauma that you've lived through in your lifetime and that you're carrying, you don't even realize what you've suppressed, right?

All of that has to come out at some point. And if it doesn't, it starts to affect the way your body systems function. And that is a lot of what's contributing to people's stress.

It's basically trauma that they have pressed down, pushed down, tried to avoid. Once energy is created, it can't be destroyed. It has to go somewhere.

So if you try to push it aside or ignore it, it's going to get stored in the physical body and eventually cause disease or dysfunction or dissonance in your frequency.

Yeah. When it's interesting, you mentioned frequency. I was about to say in frequency medicine or functional nutrition, you know, you got to look at the underlying causes, right?

And oftentimes what you find is a direct correlation between an organ like the pancreas and the disease diabetes, but there's an energetic component. So maybe you can share with that one a little bit.

That one hits home for me. Diabetes runs in my family. So you can talk a little bit about that and the energetic component, because that is really cool how you explain it.

Absolutely. Now, when you look at what diabetes is, it has to do with insulin and blood sugar, right?

Fuel or Poison: Nutrition, Stress, and Trauma

And when people are going through and suffering with diabetes, it's usually about not enjoying the sweetness of life, like not having enough sweetness in their life.

They try and get that through the food. They want to feel good. They want that. to come through. Sometimes we, you know, you've heard people using food to, you know, try and cover illnesses up, you know, or I don't want to deal with something so I'm going to push that down, you know, with The pancreas, it's a really busy, hard-working organ.

And of all the internal organs, it's the most masculine in the body, and it teams up with the spleen, which is a more feminine organ. And the pancreas literally means made of flesh.

So pan means the whole or the universe, the divine, God of creation. Kriya means flesh, so everything connected to the value of the soul actually takes place there.

The soul is everlasting and the relationship with yourself, which we're all part of the divine, we're all part, we all have a God spark, a divine spark within us, is really expressed there.

So when we look at the different types of diabetes, type one is about needing sweetness or attention, love and care. Sometimes it can be feeling insecure or being overly needy or reliant on other people and also being around a lot of negativity.

That's typically when type 1 comes out. Type 2 is more about the fear of fully participating in life. There's like this great need to control and to know things.

Again, seeking attention and approval or craving for love. paired with a belief that you're unworthy or undeserving. And so this constant need for sweetness is really to mask those feelings of the belief that there's not enough and you're kind of stuck in your own world of limitation and lack.

And then the third type is what we're seeing kind of Alzheimer's or dementia. It's that loss of power or the inability to deal with life. Too many suppressed emotions, being overwhelmed and maybe wanting to run away to another time, not wanting to remember it be fully present.

So feeling lost and confused. So it really depends on which one we're talking about, but it is absolutely about, you know, not embracing the sweetness of life or feeling like you deserve it.

Yeah. And look at a lot of the common endocrine diseases right now and how they're being treated medically, right? You mentioned diabetes. Well, they give them metformin for a type 2, insulin for a type 1. And a lot of type 2 diabetics who are still producing insulin are taking insulin.

They haven't addressed their diet, haven't addressed their activity, haven't addressed their nutritional deficiencies, their stress. So they're over-medicating these types of people.

And that's the one that's really the silent killer in the U. S. right now. Uh, that category is expanding rapidly. Um, and it's really scary because things that used to take years for people to have manifest in their body, you're seeing now in kids and teenagers.

So that's the part most alarming to me. Hypothyroidism. And I learned from Dr. James Weiner was that the three most common underlying causes of any condition are Candida parasites.

And number three, hypothyroidism leading to all types of endocrine. diseases and endocrine disruption, but they're often treating this with something like Synthroid and thyroid medications.

Synthroid is a type four, a T4. You got to take the T4 to convert it to T3. So, and what does that T stand for? Those are thyroid iodine isotopes. So something as simple as iodine can have to help the function of thyroid.

So people are being over-medicated and under lifestyle treatment recommendations. So there's even more chronic diseases. But, you know, hormone replacement is interesting because the years ago it was looked at wrong because they were using really powerful synthetic hormones.

But now there's a lot more research out there. There's a lot more programs available through the doctor that they're customizing these programs to give you just enough of the hormone to actually regulate your body without giving you too much.

So that's the exciting part for us. A lot of our doctors are very sophisticated, cutting edge and innovative and they can do these things. So that's the excitement part.

And there's also some nutritional components that I want to look at. So what's one thing you recommend when people coming in to do a session with you, what's one thing you recommend or right away for anyone who's having a hormone dysregulation?

Wow. Well, with hormones, um, you know, I have to ask, I have to kind of dive in like what situation's going on. So maybe sharing kind of a quick story or quick, um, you know, example, I had one client come to me and say, you know, um, I haven't had a period in three months.

I don't want my husband to touch me. I just don't feel good. I don't feel attractive and, um, my business is drying up and I'm like, wow. Everything's drying up.

Oh my goodness. Yeah. And so what I did, you know, is I looked at, I knew what it was right away, believe it or not, all three of those things are related.

And so I looked at the sacral chakra area, which is our second energy center in the body. The first one being the root at the base of the spine. The next one is between our hips and that's where our sexual organs are.

So for a woman, it's the uterus area, right? That's where we birth babies and businesses, right? For a man, it's the prostate, right? It's the same section.

And so if you think about, you know, that's the seat of womanhood or the seat of manhood, you know, that's probably one of the reasons why so many retired men experience prostate cancer, because they're not expressing their purpose any longer.

But for her, I looked and I was like, oh my gosh, your sacral chakra is only about 10% open. So that's not a lot of energy getting into that area. So I totally focused the session in that area.

I got a text the next morning. Oh my gosh, I got my period last night. I let my husband hold me and I had three new client emails. My gosh. Talk about moving the energy, right?

So it worked great. It worked great. So that would be one of the things that I would look at first from an energy perspective. But then the next step would be looking at some of our endocrine formulas to help support the body rebuild itself.

Now, once you pull that stuck energy out, then we've got to put good stuff in not only energetically, but internally, physically. Yeah, and I learned this about 10 years ago.

We had Dr. Edwin Lee. He's a functional medicine endocrinologist, the first one in the country that actually went

through the FORAM program, you know, for functional medicine.

You know, luckily, he was one of our clients. He's actually my first client in Florida for Nutritional Frontiers. He had done his residency here in Pittsburgh, so we had that connection.

He did a seminar for us on the trifecta, you know, the connection between adrenal, thyroid, and sex hormones. He says, too many people go right to the sex hormones.

But one of the things he taught us is you got to get the adrenal filled back up and working properly.

Diabetes, Thyroid, and Functional Medicine Basics

And he said, one of the best things you do is a DHEA cream because DHEA is a master hormone in the body. It builds not only the adrenals and the thyroid, but the sex hormones, and most importantly, in particular, testosterone.

But the cream form will actually help absorb really well. when it's in that delivery system. But the adrenals, I just went back on the Adrenamax as I need it.

My sleep has been interrupted, too many trips, and I went back on the Adrenamax, so I can tell already in two days. We also have the adrenal glandule, which is even stronger, so this is nice to rebuild.

It's like your cell phone has been dead, you plug it in, There's no light comes in. So what do you do? You keep plugging in and you actually get a light on your phone.

So that's your fight or flight, your adrenal system. When that is burnt out, you need to feed it with the adrenal glandular. Then you get into something like thyro complete, which works on the compete complete fat access, which we'll go into in a minute.

Testosterone and fertility all have in their role here. So let's start with thyro complete. So when we talk about the fat access, what are we talking about?

Well, isn't that the pituitary, the hypothalamus, the adrenals and thyroid? Yes, they're all connected. Again, you know, our body is not a collection of body parts.

They all work in, you know, in harmony together, right? And the synergy of all them working together is really important. And that's why Nutritional Frontiers, we utilize formulations, not single nutrients.

And we do that so that you get better compliance and better results, and it's a better value. You don't have to take seven or eight thyroid formers when you do the thyroid complete.

This is something I take every day. Why? Because it has all the cofactors in there. It has iodine, it has zinc, selenium, and copper, which are all important minerals that we need to get the thyroid working properly.

Well, tyrosine gives a nice non-caffeinated pop to the neurotransmitters in the brain. Then we use glandulars. Why do we go all the way to New Zealand?

Well, that's because that's where the best ones are. The purest sources in the world, yes, are importer of glandulars. He's been doing it since the early 1970s.

In fact, his daughter runs his company now. He's been doing it so long. But we have the right glandulars in there. Then we add the right herbs in there.

One of my favorites is ashwagandha. This is an adaptogen. And we use a PRT. You down with PRT? I love PRTs. Our patented research trademarked forms of ingredients.

You know, I think that's something that you really focus on, Jayme, as being the master formulator for the company. You make sure that we're getting the highest quality form of ingredients and the right form of the ingredients so that the body can absorb it better.

Yeah, we use sensor reel is one, one of the best forms of ashwagandha, the bioavailability, the extract potency. So you get a really nice effect with the ashwagandha.

And one we don't talk about enough is the coli for scoli. So we use something called a forciline. This is a trademark form of that. That's been used a lot for people in the fitness industry for weight loss and also support thyroid function.

But we've had so much positive feedback on this. In fact, here, a practitioner has a female patient with a 10-year history of Hashimoto's, and that's an autoimmune.

So what is that person being told when they go to the allopathic doctor? There's really nothing we can do for you. It's genetics. It's not your fault.

There's no cure. We'll see in two months. So what was the protocol here? I really liked this protocol a lot because it reminds me of what I do. I will complete two in the morning.

More is not better with thyroid complete. You don't need four or six a day. Two is usually great. The mineral support. Sometimes discredit minerals, I don't see that they're that important.

They're not so sexy as some of the other formulas, but we add in the minerals here and, um, super B four per day. Remember the B vitamins are your cofactors and the building blocks of the neurotransmitters in the brain.

Have you ever been told or a friend of yours been told they have a chemical imbalance? Yes, I may know someone resembling that remark. Did the doctor tell them that B vitamins can rebuild their chemicals in the brain?

I don't think doctors are aware of that too. No, the functional medicine doctors are. So what were the results with this person on this incredible protocol?

Well, I know they retested three months later and her TPO antibodies are now in normal range. Wow. I know, and her endocrinologist said he has never seen this before in 20 years of practice, and she no longer has Hashimoto's.

Do not confuse has not with cannot, folks. If someone tells you it can't be fixed, you need to go to someone else. Think about your body like your car.

If you took your car into the shop, the mechanic says we can't fix it. What would you do, Christine? I would either trade it in or find another dealership.

Yeah, try somebody else first. Alright, and what is this chiropractor saying in Texas? Well, he had a female patient in her early 60s with a thyroid number at 6.9, so he put her on a protocol of the two thyrocomplete capsules for three months and the thyroid number went down to 2.9. You got to remember most doctors are just testing TSH, thyroid stimulating hormone.

And the concept behind this, if that's high, that your body's trying to stimulate the thyroid more and more and more and more, which is true. However, there are 11 different tests to do for thyroid.

conversion T3, reverse T3. There's a whole panel that you can utilize if the doctor is tested in functional medicine. So TSH is just one of those. For example, if you said, Hey, describe Christine, you would say she's a person, she's a human being.

Okay. That's one description. There's probably 10 more you can use. to get a better description of who she is and what she looks like. Same with your thyroid.

One TSH test is not enough.

Adrenal and Thyroid Support Formulas

We don't just cross it out, we still use it, but the panels at the functional medicine doctor will be a lot more intense and more complex. We look at the thyroid complete for adrenal and thyroid, two caps a day.

Now we'll look at the adrenal glandular. If you need something stronger to get your adrenal glands, how would you know your adrenal glands are down if you weren't tested, Christine?

Well, I think you're going to feel pretty stressed out, right? You're probably exhausted. You might even have like wake up, your sleep is disrupted. Like you can tell something's not right that your cortisol is off in your body because it's not performing the way your body you want it to, right?

So people are often in, you know, this sense of fatigue, burnt out, loss of energy, sometimes even loss of libido. You're just pretty much shot. You feel exhausted.

Yeah, you can't handle stress as much. You're tired. You're not on top of your game. You're not in the groove. You know, whatever words you use to describe when you're doing your best.

Your sleep is off. Your energy is off. You're craving probably, you know, more sugar, alcohol. caffeine, nicotine, whatever it is, you're kind of running on adrenaline.

Your body is burnt out and you may need something stronger like the adrenal glandular. Great thing is this has B vitamins and the New Zealand adrenal glandular tissue.

This is the most bioactive glandulas in the world. Our source is fantastic. And people actually feel this one. You only need probably one, sometimes two capsules per day.

So. We want to look at thyro complete, which is adrenal thyroid. And then if you need extra support, you add on the adrenal glandular plus. So what are people saying about the adrenal glandular plus, Christine?

Well, we had one person rate at five out of five that she's been using supplements for her adrenal fatigue. And she can truly tell the difference when she started using the adrenal glandular.

It helps her have more energy, less anxiety. She noticed, especially because she ran out of it and forgot to order it. or two days of not taking it, she started having the problems with anxiety and feeling tired.

And she's tried other formulas from other companies that don't have the same glandular ingredient, and she noticed they don't work anywhere near as well.

Is that interesting? Yeah, oftentimes with nutraceuticals, it's subtle, right? Sometimes it's like a sledgehammer, sometimes it's not. Something like sleep time, calm day, probes on, you may be able to feel immediately, right?

You know, the shake, super shake or GI complete, you can taste immediately. But oftentimes when people stop taking something like the adrenal glandular, they'll notice it right away because it may be subtle.

They just start feeling a lot better. They stop taking it. And then she knew right away. So I'm glad she got back on the program and five out of five, we'll take it.

How about Mickey fan? I know, we get some really cool reviews. Well, he indicated that the supplements made a big impact in his life, in his daily life actually.

Not only does he feel like he's got steady energy throughout the day, it gives him the stamina he needs to push through hectic days and helps alleviate those energy crashes.

So it's really balanced him out. Love it. Incredible feedback. I love these testimonials. So let's call them. Yeah. I was going to say, uh-oh, here's the one that I, you know, I do use thyro complete like you do on a daily basis, but I also use, I've started to use the progesterone cream, which is where we're going next.

Yeah, I love this one because the progesterone cream, we've been asked for it for quite a long time. We always carried it in the wellness center. You know, this is really a formulation that's helped out a lot, especially with females, of course.

And a lot of companies don't carry the progesterone cream. It's a nice dose at 50 milligrams. And in fact, one of our brand ambassadors, Dr. Tracy Sharp, after just using it for about four or five days, she said her joint pain went away.

Did you read that? I did. I thought that was incredible. You know, I'm using it just, you know, because it's the happy hormone, right? And it also helps with sleep.

So I thought this might be something good for me to start taking. And when I got my hormone levels checked, it looked like, you know, progesterone might be something for me to look at to continue to help me maintain healthy stress levels.

And I know that this formula in particular also has the New Zealand glandular. Great thing about the progesterone 50, as we mentioned, Dr. Tracy gave us feedback right away that not only their joint pain go away, but she was sleeping much better and she felt like it kick-started her current weight loss program.

She's looking better than ever and feeling great. So this is where you need to lean on your functional medicine doctor. that they can help customize the program for you to meet your needs.

One of my favorite things I've been doing the nutraceuticals and wellness for so long, DHEA actually in the nineties was a class three steroid. It is the master hormone in the body.

If you look at DHEA, it feeds all the testosterone pathways and estrogen pathways. And the nice thing is that. DHEA is better absorbed in a transdermal cream.

That's why Nutritional Frontiers, we put it in a transdermal cream so you can maximize bioavailability and absorbability. How I recommend people do the creams is they absorb better through the thinnest skin on your body.

So if you squirt. the cream on your forearm, then rub your forearms together until the cream disappears. You improve the bioavailability and the absorbability of that cream.

And they don't want you to put it on the hands in case you touch a kid, they may be able to absorb it. So really easily take the bottle one pump. That's all you need.

Right on the forearms, rub them together and you're good to go. I like to recommend DHEA cream first thing in the morning. Your hormones are really being produced between three and six AM, depending on the person and your sleep cycles.

But that's really where you're getting that maximum creation of the hormones and balancing. DHEA cream first thing in the morning would be fantastic. Some people do take it at night, but you got to talk to your doc.

And if you're a healthcare professional, have to experiment with the patient, depending on that person. 20 milligrams I feel is a very good dose. Females don't need any more than that.

Some males, you can titrate the dose up if you need to. However, more is not always better for these hormones. So I like 20 milligrams. For a female, that's more than enough.

Progesterone, DHEA, and Intimacy Support

And for a male, one or two pumps per day. Well, Jamie, I know Dr. V mentioned that you could also use DHEA cream to increase intimacy and also help…

Well, who doesn't want to increase intimacy? Thank you, Christina. Thanks, Dr. V. You know, help address vaginal dryness at the same time, right? That you could actually…

Well, we don't want anyone suffering from any special vaginal dryness. So, Dr. V has a very unique delivery method. Do you want to explain that? She was saying that that could be placed down in somebody's vaginal area before intimacy, allowing it to absorb and it can also increase pleasure.

And so for women that really struggle with that, I thought that was a really great way to share how they can improve their intimacy with their partner.

Yeah, it is. We have fun with these topics. There's a lot of people don't want to talk about this. You know, she actually addressed one of our patients in the, her seminar, you know, the woman is in their sixties, vaginal dryness.

She explained that the person would have severe pain if they try to have any intimacy. And Dr. V of course says, well, that's got to change. She says you're 60, you're not dead.

And the woman had given up on sex and intimacy and love and many people do. And she says that is a mistake. So she gave the woman hope, recommended the DHEA cream, and then she reported back the results were fantastic.

She was able to connect with a partner again. pain was eliminated, the vaginal dryness was gone, and she was actually able to experience pleasure in an orgasm, which she hadn't for years, God forbid.

So we love that our Dr. Verde-Els is a OBGYN, a fertility specialist, and a naturopath, and she makes a very sensitive topic a lot of fun. What do you think?

Absolutely. She's one of our favorites. And, you know, that's one of the reasons why, um, you and she put your heads together and formulated, uh, our fertility product.

You know, the name throws it away because it will help with fertility, but she recommends it overall for female health, right? And one of her favorite ingredients is not only inositol, but myoinositol is the most bioavailable form of inositol in the market.

She likes combining that with the micro active CoQ10. There's a lot of research on ovarian health, female health with a combination of myonocytol with the CoQ10.

And of course, the ovarian glandula here, another one from New Zealand. So her original formula was ovarian bloom, and now it's been transitioned to fertility.

And then combining with the trans resveratrol, you know, from Japanese, uh, knotweed. So a really complex formulation, very comprehensive. She has in the vitamin D and she likes to use these combinations because she loves the power of synergy, right?

She said one plus one plus one is not three. It could be 30 or 300. And the other thing it does for people, Christine, is it takes a guesswork out. You're having the formula that has been proven with not only the science, but the clinical application from an MD fertility specialist.

Sometimes I forget she's a top fertility specialist in the country. People come from overseas to see her. Yeah, it's incredible. You know, we recently had a wonderful testimonial.

One of our other doctors used fertility along with another formula that Dr. V recommended, her UTR, the uterine restore, and also our women's complete.

Right, vitamin. And we have now an NF baby that was a couple that was really struggling to have a child for several months and had multiple miscarriages.

So the combination of the formulas with fertility being focused on ovarian health and UTR being focused on uterine health, and then giving the body what it needs in that women's complete vitamin, it was enough to help them conceive a baby.

And so we have a cute photo of a nutritional frontiers baby. Ah, it's beautiful to hear. That's why we do what we do. You know, people ask me all the time, why do you travel so much?

Why do you work so much? And that's why, if that doesn't fulfill you folks, nothing will. But I was really excited for the Amarose family, local doctors here in Pittsburgh.

you know, made me feel so good, gave me chills. So what are some people saying about fertility formulation? Well, I know we have, we'll keep her name secret.

One of our favorite employees actually, she's incredible. woman, her name is Kara, she's 54. And 10 years ago, she had a hysterectomy because she had a really large fibroid.

And the surgeon left both ovaries in and three years later, she had a twisted ovary that was surgically removed. And about five months ago, she could feel a downward shift in her hormones, like she was feeling lethargic, she was getting, you know, the heat flashes, trouble sleeping, and After, you know, she's only been on the protocol for about a month.

She used two of the fertility caps, two adrenal glandulars, the women's complete for a day. So two in the morning, two at night, thyroid complete, two caps a day, pretty much all the formulas we talked about today.

Yeah, perfect. And she feels 100% so much better. Like she's not having the hot flashes.

Fertility, Women's Health, and Success Stories

She feels positive and she's sleeping comfortably. And that was after a month. Can you imagine? Oh my God, I'm so happy for her and she's been doing an incredible job making the world healthy, not only inside at the corporate offices, but also out in the field in Ohio.

doing all those trips. So thanks so much, Karen. So happy to hear you're doing so well. And then we have our friend over there, Fitz from Michigan. What was he saying?

Well, he has used it successfully with lots of patients, especially those who are looking to conceive. And like you said in the beginning of this podcast, we have seen the fertility rates in this country being affected dramatically, especially in the last five years.

A lot of that has to do with, I think, people's, the clot shot, as well as people's diets, not getting the nutrition they need to support a healthy embryo, and all the hormones that have been put in foods.

I know you have a friend who's a personal trainer who was using our products successfully, and then some of this Some of the people he was training really were having struggles trying to get the weight off.

And what he found was it was all of the hormones that were in the meat that they were eating. Oh yeah, the chicken and beef and everything. So he finally got everyone.

That's part of his plan now is they got to eat organic grass-fed beef and they have to eat organic chicken and

organic eggs. He's loaded with chemicals and hormones.

He got all of his clients off of dairy products. I've been telling them that for years. They're loaded with hormones. So you got to be careful what you're ingesting or injecting.

Um, but there's an example that, you know, the more you ingest these hormones, the more they are endocrine disruptors, you know, so be careful on, um, what you eat, eats and the sourcing of your food.

Um, and that's why I do shake so much shake a day club. And, uh, I'm really proud of this orange dreamsicle as a kid, we used to hang out at the Massapequa mall in New York.

on Long Island. And you know, I love going to Orange Julius. I thought that was such a great thing. And of course, being a big fan of ice cream as a kid, the Orange Dreamsicle.

So I'll let you take this one, Christine, because this is right down your alley. This is one of your favorites to help you not only be competitive in tennis, but be a state champion down there in Florida and dealing with all the heat.

So let's hear about the Orange Dreamsicle. Well, yeah, this is one of my favorites. This is a really easy one to make, too. Just like you said, it tastes just like that dreamsicle popsicle.

It's orange as well as vanilla. So we use our vanilla super shake with our pro oranges. And sometimes, especially when I'm on the tennis court, I'll throw in a little extra orange power fuel so that it really gives me the extra energy that I need.

That's the cool thing about the shakes is that they're food, right? And I even remember during COVID, I was like, we'll be okay. We have a warehouse full of shakes and fish oil, so I bought a ton of water.

You can live on these if you have to. Why would I do a shake? Because I know exactly what's in it and more importantly, what's not in it. And shakes are a lot different than my first shake I did.

My older brother held my nose years ago. And so just drink it. You know, we're trying to follow Arnold's program in the late seventies and early eighties, but with innovation and technology, the evolution of shakes have been fantastic.

They are super clean foods, inexpensive, high quality, always easy to do and compliance is so high. So I love the Orange Dreamsicle. You can use the Super Shake Vanilla as a base, put the Pro Oranges in it.

Sometimes you may add Power Fuel. If you want fruity pebbles, you get added in the super creatine. You have some options, folks. You want to put frozen fruit in there, you can.

If not, you can mix it up in one of our shaker bottles. So I love the Shaker Day Club.

Orange Dreamsicle Shake and Closing Remarks

I did my shake today and I think I'm going to do an orange dreamsicle after our next meeting. Well, what I would encourage everybody to do, if you're interested in any of these products, visit nutritionalfrontiers.com.

If you're interested in learning more about the Soul Intelligence Method and how to shift that energy underneath all the things that are going on in the physical, you can visit soulintelligencemethod.com.

And if you loved what you heard today, I'm going to encourage you to like, comment, and share this with anyone you care about or love so that you can help make the world healthy with us.

Well, thanks, Christine. I really appreciate you making time today during your soul in the city tour. Look for Christine's book on Amazon. Where else would you find it?

You could find it on my website and also at Barnes and Noble. What is your website? soulintelligencemethod.com Pretty cool. Barnes and Noble's, Amazon, Times Square, Billboard.

She's doing the soul in the city tour. I hear she's going to be on a couple of TV shows this week. So I'll have to, you know, keep my eyes and ears open.

Can't wait to see it. Thank you so much, Jamie. And here's to making the world healthy together. Congratulations. Thanks to everyone for all your support.

Check out Christine's book. Check out these incredible formulations. If you're a healthcare professional, contact us directly and we can set you up for a healthcare professional account and connect you to all the incredible educational opportunities.

So thanks for all support, everyone. Let's have a great Q4 and God bless. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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