Introduction to Dr. Doni and Stress Recovery

Hey, everybody. Great to be with you. I'm with Doctor Doni Wilson, and she's a nature path doctor. Very experienced. And we're going to have her expertise today in women's health.

And if you want to learn more about her work, I'm sure you will. And go to our website at doctordoni.com. That's doctor spelt out. Doctor Doni doni.com and lots of great information on gut health, women's health, all the chronic and common health conditions.

Also, I really like her book, I read it, it's been a few years. It's been out now. I know it's very popular stress recovery protocol, right? Tell us more about your stress recovery protocol and your books as well.

Doni. Oh, thank you so much, Mark. I'm so glad to be here and share with your audience. The most recent book is called The Master Stress Reset Your Health.

And yes, that's where I talk about the stress recovery protocol. And the thing is that I saw so much over the years of practicing. I've been seeing thousands of patients over the past 23 years, and I really saw that so many health issues, it came back to looking at the effects of stress.

A lot of times we want to we're taught to think about our genetics, right. What are we going to based on genetics? And it turns out that genetics play much less of an effect on our health than we would think.

Sometimes less than 10% of our health is determined by our genetics, whereas 90% is determined by our stress exposure. And I would say the degree of stress recovery.

And the problem is that most all of us are not doing enough stress recovery. We're getting all kinds of stress exposures from emotional stress, physical stress, infections, toxins.

And we're not getting this dress recovery.

How Stress Affects Health and Genetics

And so then the stress is turning on our genetic susceptibilities, and we're becoming more and more susceptible to various different health issues, including, as you mentioned, related to God House and what we think of as women's health related issues.

And a lot of doctors don't address this very important connection with women's health and gut health. Maybe walk us through so people can understand. Why would your gut function affect hormone balance in women's health conditions?

Give us kind of an overview of that. Absolutely. That's the thing. We go to one doctor for women's health, a gynecologist, and we go to a gastroenterologist for our gut health.

And so there's there like we think of it as two different parts of the body. And so what the research is really clearly showing that they're completely interconnected.

And I see this in practice because I help patients both with their digestive health and their vaginal health or their women's health. I end up seeing that connection right in front of me all the time.

And so I was drawing these conclusions way before the research was even demonstrating it. But now that research is out to show. Yes, definitely. There are interconnections, for example, even if we think about the microbiome,

right, we think of the gut microbiome, which is our gut bacteria that we really depend on for so many things, including nutrient protective nutrient production, neurotransmitter production, and our immune system.

It turns out that the balance of bacteria in our digestion is influencing the balance of bacteria and the microbiome vaginal. And if the vagina biome is disrupted, if that just same thing, if the vagina biome is not optimal and it's different, by the way, the healthy bacteria and the vagina is different than the healthy bacteria in the digestion, but they still influence each other.

And so if there's a disruption in the gut, it throws off the vaginal biome. And that makes women more susceptible to all different women's health issues from even from vaginal infections, whether we're talking East or BV or even HPV infections, and also other even fatality issues to PML and endometriosis.

And so we're really learning that, yes, we can go ahead and address the vaginal biome, but what works best is when we also address the gut biome.

Gut Health, Vaginal Microbiome, and Women's Conditions

Because if we only address the vaginal biome, then the gut biome keeps throwing things off. This is maybe listeners are like, oh yeah, I've had multiple Vaginal East infections or BV over and over and over.

Well, it's because maybe you're only addressing the vaginal biome, and we really need to address your gut biome in order to break that vicious cycle. And so that's one of the key connections is it just shows us the gut and the vagina are talking to each other, that literally the microbiome in both locations are talking to each other and they influence each other.

But that is very true. Yes. Right. I see it in the literature. You're absolutely right. I've seen it actually publish, nurture and course you see it with patients throughout the years.

So so that's absolutely correct. So when you have patients, let's say women getting chronic vaginal infections and yeast infections and stuff, there's different ways you could help them.

But obviously in part when it becomes reoccurring you're addressing the gut health. Yeah absolutely. To me any really any women's health related issue, whether you were talking about menstrual irregularities to Perry and postmenopausal symptoms to cervical dysplasia, when women are getting abnormal pap smears and HPV positive to all of these.

I'm going to be thinking, how's their gut health doing? Because it's not just about the biome. It's actually, when you think about it, our digestive health, that's where we absorb our nutrients.

So if we're not absorbing our nutrients well and we become nutrient depleted, for example, of B vitamins, iron, that's going to influence our menstrual cycle, our immune system, our our women's health.

And so we need to be thinking, hey, are there nutrient deficiencies? And if so, is there something where the digestion is not optimally absorbing nutrients?

How do we solve that, including something called leaky gut. Leaky gut is when the intestinal cells are not as healthy as they should be. The intestinal cells have a really important job, mark.

They those intestinal cells, they need to first of all, make sure our food is all the way digested and then get our nutrients into our body. Our nutrients have to go through the intestinal cells to get into our body, into our cells.

But if those intestinal cells are not healthy, they're allowing undigested food to leak through. And then that undigested food is triggering the immune system, which means it's triggering inflammation and that inflammation is in the digestion, but that inflammation could go anywhere in the body, including to the pelvic area.

So now there's more inflammation in women's bodies. And that inflammation from leaky gut can make women more susceptible to HPV and abnormal pap smears.

It can make them more susceptible, susceptible to menstrual cramps, endometriosis, PCOS, irregular cycles, even menopausal symptoms. And so if we're if women are struggling with symptoms and this is a thing, as so many women struggle with symptoms related to their menstrual cycle or perimenopause or post-menopausal, and they are struggling in silence, they're thinking, what can I do?

And who can help me? Because when you go to a standard gynecologist, they might only just recommend a birth control pill or, you know, they have very few options.

And so women are struggling on their own. And when it comes down to it, it's when we finally figure out, wow, we need to be looking at gut health and understanding how well your digesting your food.

Heal the leaky gut, get the microbiome back on track again, then you can have such a positive influence on the on your women's health and on ovary function, uterus function.

Preventing infections, preventing inflammation. Yes. And so so many women get abnormal paps.

Healing Leaky Gut and HPV Support

So many women have cervical dysplasia. You have an extra in this area helping women with natural treatments to resolve these issues. Tell us a bit more about that.

And, you know, intertwine it with gut health as well. Absolutely. And I'm so glad you're asking about this, because millions of women are struggling with HPV and abnormal pap smears.

And again, they're struggling oftentimes in silence, because in the conventional medical approach, all they can do really is remove abnormal cells when they happen.

So that means that women are left in this waiting zone waiting to find out is this virus going to cause abnormal cells. And it's really turns out to be worrying, right, because women are constantly in the back of their mind thinking, oh my gosh, I have a virus that could cause cancer.

What? What if that happens? What what am I going to do? And so it's a constant worry. And so they start searching the internet. What can I do about this.

And there's you know, they might come across information, various information, but it may not actually be effective information. And so it really disturbs me that so many women around the world are dealing with this without enough help.

And so that's why I feel so motivated to really be getting the help out there and information out there to women, because I've been helping women for more than 23 years to know that they can actually use some of these tools, like healing the gut and getting their nutrient deficiencies addressed, even helping with stress recovery in general, and really making sure that women have their bodies, have this ability to protect them from HPV virus.

We have that as humans. We know that because the research shows most all of us as humans are exposed to this virus at some point in our lives, but not all of us end up at risk of cancer.

So we have to ask ourselves, why is it that some women are more likely to have HPV virus causing abnormal cells? And we want our. When we ask ourselves that question, we realize that there's certain factors that are making those women susceptible to the virus, and so it becomes less about someone else's fault or blaming it on something, or shame and embarrassment.

It's more about how do we help women to understand what's making them susceptible. Analysis tend to be things

like nutrient deficiencies, hormone imbalances, gut health issues, microbiome imbalances.

As we saw those things, their bodies actually can protect them from this virus in it's the most beautiful, one of the most beautiful things I see in practice, Mark, is when women start to see their bodies work better again, they start to see this HPV virus go to negative and the abnormal cells go away and they start living their lives not in fear of HPV and cancer where they can feel empowered about it.

And it's really I feel so strongly that this this needs to change in women's health care in the near future. We need to be where women know that they can.

There's steps they can take to protect themselves from this virus. Yes, and viewers have to realize the things you're talking about. This isn't a type of protocol that works occasionally.

It works very, very consistently for women. I've seen it, and I know you've seen even more. So that's something women need to be aware of. Now let's move on to PMS.

Premenstrual tension syndrome very, very common two. Now the liver is really a part of the digestive system, right? It's involved in digestion and the liver helps to metabolize hormones.

That could be one aspect of why women could be susceptible to PMS. The microbiome helps to break down hormones too. But yeah. Tell us how you help women naturally with PMS working through gut health and other natural therapies.

PMS, Hormones, and Nutrient Deficiencies

Yeah, that's a great question. The thing about when PMS is when we it's premenstrual syndrome, right? So it's what women are experiencing right before the period, usually within about a week or ten days.

And some women, it's more than that that they are feeling fatigue, mood changes maybe anxiety or depression, water retention, breast tenderness. There's so many there's different symptoms that can go and it can be different for each person.

And so when we think about it we go, okay, well one of the main things that can make it more likely women are going to experience these symptoms is if there's a hormone imbalance, if, if especially if estrogens higher than progesterone, and when that happens, when estrogens higher than progesterone is often an effect of stress where the the brain is experiencing stress.

And when our brain experiences stress, it decreases the communication to the ovaries. So the ovaries are less able to ovulate, less able to make progesterone.

And so then the progesterone is lower than estrogen. And women are more likely to have these symptoms. But so one factor is how do we address the stress.

How do we change that. So that you're sending anti stress signals so that the ovaries can ovulate and can make progesterone. So that we get these hormones in a better balance.

But the other factors that influence this certainly can come from the gut to well the gut can be a source of stress. If there's a lot of disruption in the gut, it creates more of a stress signal that throws off to ovaries.

We also know that disruption in blood sugar levels, which can happen, yes, like from the gut as well, if we're especially if we're over consuming sugar and carbs and or when there's leaky gut or there's imbalances of cortisol, it throws off the blood sugar that disrupts ovary function.

Also, when there's got issues, as we mentioned before, if there's not digesting well and having leaky gut, we become deficient in certain nutrients, especially the B vitamins, for example, B6, B9, B12.

These nutrients are all important for the liver, detoxification of estrogen, and so much more in terms of helping us to because a lot again, a lot of the PMS can be even high estrogen.

So we need to make sure the liver can metabolize it. And so we need to be vitamins. We also need plenty of magnesium to metabolize estrogen. And so again it's like this connection.

If we become nutrient depleted from not digesting well or because we're under stress and we become nutrient depleted, then it's going to be harder for our bodies to manage the estrogen and we become depleted in progesterone.

And that's a complete setup for PMS. But you know what, Mark? That's also the complete setup for for issues and miscarriages. And so I really want to make that connection as well and say, hey, if we the more we can when I help women with getting pregnant and preventing miscarriages, it comes back to these same things. Yeah. Very good point.

What do you see with the metropolitan women, women going through the menopausal phase? What do you see in terms of digestion, in terms of maybe symptoms?

It could be fatigue. It could be mood issues, hormonal issues. Tell us more about that connection and how you help these women. Oh my gosh. And a lot of times it feels like it comes out of nowhere for women.

They're like, what the heck is going on? Because they can really come at you in different ways. A lot of times we hear about hot flashes and night sweats, and those certainly can happen.

But a lot of women are surprised that they might feel anxious sleep issues, waking up in the night, not only waking up with night sweats, but now waking up just out of nowhere, sometimes just with anxiety.

Also, women experience a lot more joint pain. They really describe to me how much they are just achy. They can get migraines. And then along with that, they're getting irregular menstrual cycles.

Perimenopause, Menopause, and Digestive Changes

So they might be getting their period more often or less often, or heavy bleeding, more or less cramping PMS. So these all this whole grouping of symptoms can go together.

Yes. As you mentioned, fatigue and sometimes digestive issues. And so women are like, oh my gosh, what the heck is going on with me? And it's because one thing is, I don't think we realize how much estrogen and progesterone don't just influence our menstrual cycle.

Estragon and progesterone have an influence throughout our whole body. And what's happening with Perry and post-menopausal is that the estrogen and progesterone are decreasing, but they might not be decreasing smoothly.

It's more I call it turbulence like an on an airplane. Right. The estrogen is mounting up now and it's all unpredictable. And so when those hormones are turbulent and jumping up and down like that, and also if they drop quickly, your whole body is going to notice it and you start to realize, wow, my, that estrogen and progesterone was communicating to my nervous system.

It was communicating to my immune system, to my gut. And so we need to help everything get into balance. Now, some women might have had imbalances that they were just dealing with for many years.

But then when the estrogen and progesterone start changing, then it becomes really clear. It's like it amplifies. You know, they go, oh yeah, I was having a little bit of digestive issues, but now it just amplified or I was having a little bit of anxiety, but now it just went ten times.

And it's because when the estrogen and progesterone starts shifting, it becomes more pronounced, the imbalances that may have already been there. And lastly, maybe talk a bit about microbiome health again, just in general and hormone balance.

We know that the microbiome and that plays a role in, like you said, metabolizing high levels of estrogen or bad estrogens. Tell the viewers about that and what they can do to balance that microbiome out.

So we'll see. That's the thing is estrogen, because sometimes it's surprising that estrogen has to get detoxified in the liver. And then it goes out through the digestive tract.

Right? It goes into the, the the bile and the bio goes down to the stool. And this is another thing is if we're not having regular bowel movements, if we're not having a bell movement every day, then those toxic estrogens are not going out. They can get reabsorbed.

And then the gut bacteria also play a role because they're helping to metabolize. They're also helping to metabolize toxins and and make nutrients and neurotransmitters.

And so when we have there's this close communication between the hormone and the liver and detoxification along with the gut biome. And so it's really yeah it's like so so amazing the research.

Because now we go into such detail with the research about the microbiome. And we really see that when there's an imbalance of the microbiome, what we mean is, you know, there's trillions of bacteria and we want them to be in a healthy balance.

And if there's too much of certain bacteria or too little of others again, now where things are out of balance and those over growing bacteria can produce toxins, so now it's more toxin production in the gut.

That is more work for the liver, more disruption to the hormones. And even if there's two low bacteria now, we don't have enough of the good guys doing the good stuff we need.

And so the key, I think, is to know that all of this can be addressed. Everything. Because I know now I've kind of shown you all where all the problems can happen.

But I want women to know that there's so much we can do to address all of this. We can get the gut bacteria back on track, we can heal leaky gut. We can get the bowels moving.

We can get the liver processing. We can get the toxins out very safely and effectively. We can get the hormones back in balance. There's so much we can do to either.

If your ovaries are still functioning, help them make more optimal progesterone levels and estrogen levels, or we can use bio hormones to replace if we need to.

And there's herbs and nutrients we can use. Really. Right.

Microbiome, Estrogen Detox, and Rebalancing Hormones

Mark, we have so many tools available to us as nature doctors to help rebalance all the things that can go out of balance. So I want really want your listeners to know that don't ever feel like you're stuck the way it is.

There's so much we can do to systematically resolve all, identify the issues and then resolve them. Actually, it's interesting when you follow hormone balancing protocols for men and women, how long their digestive symptoms clear up, maybe comment a little bit on that.

Absolutely. Because of course the hormones are influencing the digestion as well. And so I always say I want to come at it from both sides. They cause some people will say, oh, should I just focus on my hormones or should I

just focus on my gut?

Or should I just focus on my nervous system? And I feel like it's that how we used to say chicken and the egg. If you only focus on the chicken, you're not going to really solve things.

We need to focus on both. So yes, the more we get the hormones back in balance, it's like things start, the signaling starts to come on track, and then it's sending out the positive signals to the whole rest of your body, including your digestion.

So it's like we get the hormones balance. Now the nervous system is imbalanced. Now the guts imbalance. Same thing. We want to come from the angle of the gut and say, hey, let's help you digest your food, get your gut bacteria back on track.

So then now you have a positive signal happening over here too. And it has a positive influence on the hormones. So then they can actually be communicating with each other in a house your way versus when things are out of sync.

That's when we really feel it. Yeah, I'm kind of like you. I'll dressed a gut and then the hormones simultaneously. The women just get better, faster.

We want people to feel good and feel well in a nontoxic way, so they just get better faster. So I'm similar a similar approach to what you do. Totally.

It really makes a difference. It's like and sometimes people feel like, okay, I mean, of course we always have to do it in a way where where patients don't feel overwhelmed, you know, like sometimes it can feel like, oh my gosh, how can I do all of this?

But what I find is if we that's why I like to use my stress recovery protocol, because it helps guide us down a path. And we go, okay, let's first step one is let's what I say get out of stress mode.

Let's calm things. Let's start helping you digest your food and start balancing what's true. If hormones are too low, get them up. If things are too high, bring them down.

It's all about rebalancing. And this way then, once we know things are, we're getting out of stress mode. Then we can continue down that path. Okay, what's the next things that we need to rebalance.

And so it's you can if you take it in that way, then it's things that patients can implement and start seeing improvements with less likelihood of backfiring or, or backsliding along the way.

Yeah. That's great. Well, thank you for all your great information again for the viewers. And get more information@doctor.com. Remember that spelt out doctor doctor Doni doni.com.

So Doni thank you so much for the time you've given me and the viewers. Oh you're welcome. I'm so glad. I'm so glad for you to be sharing this with everyone and I.

I'm so glad for anyone who needs more information to reach out to me. Be happy to help.