Ep 145. Beyond 'Normal' Labs: What Your Doctor Isn't Telling You About Fertility Transcript

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Introduction and health before conception

Hey everybody, it's Dr. Laura Hanson with Connecting the Dots Truth Bombs. This is a five-minute broadcast just to bring you a nugget of truth that should impact some decisions that you may make.

And this week starting us off, we are going to focus on the state of health that we're in when we conceive our babies. State of Health means do you really know how healthy you are when you get pregnant.

So many women will tell me I felt great, but feeling great is not a truth of what is actually going on inside of your body.

Why maternal health affects baby development

Now I may throw in a couple of things that sound very serious and not to become alarming, but we have to understand more about how the body works so that we can make better decisions.

From the number of years going all the way back to 1980s, we've seen such an increase in children not being able to develop as they should. And we understand more today than we ever have.

We need to take that information and apply it. So it does matter what your state of health is when you get pregnant. We will plan a trip, we will planned to run a marathon, but many times babies are not planned and therefore you do not know what's actually going on inside of your body and how it is going to influence the development of you baby's brain inside the womb.

So it's important to take these truths and begin to apply it. Now some of you will be in a place where you can take this information, use it now before you ever get pregnant.

Others may hear this information and go, oh my gosh, I had no idea.

Functional labs and the limits of traditional testing

And now I've already had my baby and my child isn't going in the right direction. But good news, you can always work on their chemistry too. So we are not without hope.

We always have hope, but we have to be able to. Transparent, we to get real about the information, and we. To be willing to roll up our sleeves and do the work.

So when a woman conceives a baby or gets prepared to conceive a Baby, looking at functional labs is critical in understanding what's actually going on inside.

Lots of times people go and they'll ask their provider for a test. One of the common ones is women feeling like something is wrong with their thyroid.

They may be tired, they may losing their hair, and then they walk in and say, can you check me? I think my thyroid is off. The results come back and everything says within normal limits.

That's a traditional lab test. Here is a truth bomb. Today, what is happening with traditional labs, and this has been going on for a while, it's nothing new, but they are changing the within normal limits.

And they look at who took the test, the age, gender, and they adjust it accordingly. So you're actually being compared to averages. And so if the tests results come back and say it's normal, but you still don't feel good.

Planning ahead and taking action for better outcomes

That can't be accurate. Another one, a woman that's gone through lots of stress. that has impacted the blood flow in her body, it could have raised cortisol levels, and her gut health could be completely off.

We have to realize that our state of health is the first role model that are baby is going to have as they are developing. And dads, it matters for you too.

So I suggest that if you want to have a baby, you give yourself a year and a half to two years, find out what's going on in your body, make the changes, conceive your baby and you have a great opportunity to have child that develops as they are expected.

Now again, if you've already had your baby, come on, let's take a look. We can look at your chemistry, we can your babies chemistry and we begin to understand the changes that need to be made so that we bring health back on track.

Thanks for tuning in. Check out our podcast, it's called Connect My Brain. Checkout our website, connectmybrain.com, and if you have a question, send it to me directly through the website.

See you next time.