Ep 591: The Future of Achieving Optimal Health at Any Age with Dr. Jannine Krause Transcript

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Episode Intro and 2025 Reflection

Welcome to the Health Fix Podcast where health junkies get their weekly fix of tips, tools, and techniques to have limitless energy, sharp minds, fit physiques, or life.

Hey, Health Junkies, welcome to another episode of the Health Fix Podcast. I am your host, Dr. Janine Krause. In today's episode, it's all me. And I'm going to be talking about what I learned in 2025 in my practice and personally, because I think this story is gonna resonate.

So join me and let's see what you think. So honestly, I don't remember the first part of 2025. So that's hard for me to recap, but this is important component because I remember going to the Grand Caymans in February with my family where I slowed down just enough to be present.

for almost the entire trip. And yes, I checked my emails, met with a couple clients, read a book on sailing. But the truth is our internet sucked and that is the only reason that I wasn't working the whole time.

That's kind of sad. The reality is I don't know if it was the last time that my father-in-law will be able to go to the Caymans. His chemo is causing some issues with his lungs.

His liver cancer is stable, but boy, lung buildup and fluid build up in the lungs is tough because that's how my mom went out. So I hope it's not the same outcome.

But looking at it, I have to realize something. I've not been present in my life. for a long time. So being that it is this podcast is coming to you before Christmas, I hope that I can inspire you to slow down, take time to be fully present with your family and friends, and enjoy what this season's really supposed to about, getting together with people you love.

So this concept of not remembering much of 2025 or anything really, since my husband and I were last in British Columbia in 2020, makes me sad. And I discovered this in a meditation this summer when I was asked to remember a series of times where I felt joyful in my body.

Presence, Joy, and Feeling Good in the Body

And that's when I realized, like, shoot, they haven't for a very long time. You know, during this meditation they asked us to pick out certain events and watch them replay them in your head as if they were happening again to really provoke that emotion.

And gosh. You know I look back and I'm like, I have this one very HD vivid moment when we lived in Colorado. And it was a powder day. I got up there before the whole mountain got tracked out, which means everybody ran the good lines.

Then I go to this blue run, it's a blue-run of all places and then I realized no one had been down it. Of course this is in Breckenridge, where I lived.

I had an iPod at the time and John Denver's Sunshine on My Shoulders came up. And I was like, this is the epic song for going down, you know, a blue, but shoot, This blue had so much powder.

I Was floating and I could feel that joy. A blooper day, powder day. by myself practically on this run, which is unheard of in Breckenridge. And it was a beautiful day.

I've had a few like that. Skiing with my husband in British Columbia on some Christmases where, yes, there were people there, but not that many. Yes, it goes back to skiing.

You'll hear me say that a lot because mountains are so much part of my life, just as much as water. And yes, I remember my sailing adventures this summer, but what I don't remember really frustrates me.

And I realized something deeper with this, with, this entire situation. I. Don't think I've never, or not never. Let's, let's say, i don' think i've really truly felt good in my body.

for a long time, and not because of anything that happened to me. I do not have big traumas. But I think I've created a lot of my little traumass, but I found a point that I was being in my body was painful.

And I know I'm not alone because I hear this from my patients as well. Yes, I have had physical pain from a disc injury and I had sciatica that was pretty intense from it.

But years of nitpicking my body from why I have a layer of fat over all these muscles that I had to my dang chin hairs that grow like if I let them grow, I'd be a bearded lady.

It seems funny to say it out loud, but that is the truth. And on top of that social awkwardness, like I love talking on the screen. But meeting me in person, I probably may be a little shy and not say as much until I get to know you.

Because I'm constantly thinking like, am I gonna say the wrong thing? Am I, you know, gonna say what you like? I'm worried about what people think. And gosh, that takes up a lot of space in your brain, which is why I think a lotta people are tired and fatigued and no amount of supplements and exercise and any of these things work.

They just can't seem to get to feel good in their body because there's a lots of programs running in the brain that have hijacked them. You know the need for certainty, the needs for significance.

A lot of us have that need of certainty. We need to know that we're gonna be okay. And that significance is we need know we matter. There's nothing wrong with that.

But that looping in the head can really hijack you. So what compounds sometimes these situations, and I think a lot of doctors struggle with this, I know I'm not alone, is that I lived in a land, basically of constantly trying to help people seek the solutions to their problems.

But the medical system set up for us to focus on problems, we freaking give them names, ICD-10 codes in fact. And if you really want to know how twisted it is, ask any of us doctors to relay ICD-10 codes to you.

Like neck pain, M54.2. Thoracic pain M 54.6. I could go on, it's ridiculous. My medical assistant and my clinic in Wisconsin laughs because she'll just ask me an ICd- 10 code and boom, that sucker comes out of my brain.

We repeat diagnoses over and over again like that. And so what do you think's going to happen? You're going focus on your problem, not the solution. And, so compound that with rumination on why is the problem not getting better?

The mental chatter, like it's stuck in your head and can stink and hijack your entire life.

Mental Chatter, Stress, and Medical Problem-Focused Thinking

I learned another lesson this summer on that because I've spent probably most of my adult life trying to control my weight and A lot of it comes down to mental chatter in your head about, how am I going to look in this outfit?

Oh, I look fat in the outfit. I can't wear this today. Or, you know, this looks off. This looks soft. And not only that, then you start to get into the realm of macros and counting macross.

And yeah, it's a hot thing. Same thing with fasting. I've talked about all of it and had people on the podcast to talk about it, which can be incredibly helpful as an awareness tool.

But when it becomes calculating every single calorie that goes in your mouth during the day, this is a problem. This happens to me. I know it happens other folks.

Just like I can write off ICD-10 codes, I could tell you how many calories are in portions of food. It's disgusting. And this wastes a lot of space in a mind.

So if you resonate with this, and you're tired, you are not feeling good in your body, using, like, I'm gonna say wasting resources. I don't want anyone to feel bad about themselves for this, because I've done it for most of my adult life.

Dare I say, if I look back to when I first had a comment from my father about looking chubby, that was at eight years old. So, okay, 40 years at this point, really?

Yeah. So we want to look at thing and go, Okay, we're in a medical system that focuses on quick solutions. One pill solves everything. And we are looking to try to find solutions, but we focus on the problem instead of testing out solutions and treating it like an experiment.

I mean, I think they call practicing medicine practicing because we are experimenting. None of us know without a doubt that yes, this particular thing is going to help you.

We have frameworks we work in. AI, you can ask it and it'll give you a lot of frameworks within which doctors are taught to work and to figure out what's wrong.

But ask AI all your certain intricacies and tell it to get in your head. It's not going. And this is where we need to take back our own power over our health and look at it in terms of solutions.

So I alluded to, this summer, I also kind of realized something about myself. I realized that I have a lot of mental chatter when it comes to food and when comes how I manage stress.

If you've been around the podcast for a while, you probably heard me say that watch my mom do diet after diet. And yeah, sure I learned. Like, oh, if you eat, you know, extra on Christmas day, the next day just don't eat anything or go on like, a cabbage soup diet or an egg diet, or God, whatever diet was popular.

What does that do to a brain? You start running and replaying all that stuff. One of the biggest things that I've learned about myself and all the mental chatter is that I can counter it if I slow down enough to pay attention to it.

But for a lot of people, life is chaotic as it is. And to slowdown and really put in the hard work to counter the mental chatter can be tough. We need tools to help us to encounter that.

I'm going to dive into one of the tools I learned is the most amazing tool that gets a but helps with the mental chatter, especially when it comes to food, but also when to your nervous system and how your body processes stressful situations.

So back to this meditation this summer that had me looking like joy. It had really think like, what does joy even mean? When was the last time I really felt joy in my body?

What does join the body even feel like? Wait, I don't think I even know. except for, like I mentioned earlier, that Bloober day in Breckenridge. That is the most HD day, in terms of visuals, for me.

Sure, I have plenty others, but I want you guys to be thinking about like the Most HD View day. Like it is clear and clear definition. Do you have one?

Can you remember? So it got me to reflect back to why did I become a naturopath and an acupuncturist in the first place? I wanted to help people feel good.

That's what I want. It, that's it. Crap. I don't feel in my body. How am I going to other people? Feel good in their body? This is a problem I knew from an early age, like 15, when I would go to acupunture with my mom.

At the time she was getting chemo, she felt like crap. She looked like craps. You would walk in, and she's ashen. And she would come out floating. I was like, I want to do that.

And this is what happened in practice. I could do it, but I couldn't help people keep it going. Now I put a lot of weight on myself, of course, as, being the one that I'm supposed to do this.

No, the medical system teaches us that the doctors help and they're authoritative and, they are going to help you. Know you gotta help yourself. And I am a guide.

You have everything inside of you for this health journey. But not only that, you have the ability to Conjure up emotions that you can tie to like how you want to feel and keep that going.

I don't know how many times, I mean, countless, probably thousands, maybe tens of thousands. And I've been doing this almost 20 years. At times I have seen people come out of acupuncture.

They're smiling, they're floating.

Acupuncture, Nervous System Reset, and Body Awareness

i've known to call this accustoned. Sometimes they got to sit in the waiting room for a minute because they are like, what just happened to me? And they like is this good?

Is this safe? Of course it is. It's you finding you. Your buddy's like, you have just unlocked everything for me. I feel better. Thank you! But of course we get scared because we're like I'm not used to feeling this way when I might feel out of my body.

And this is why Dr. Laura at the Center for Human Restoration and I get along so well is because we're working to create a space where you can have acupuncture and you feel amazing after it and can keep it going.

You can hang out with us for longer, because that's the bummer of it. I give people feel an ackee stone and then I'm like, all right, go back into the real world.

And then what? It doesn't last. I want this feel good thing to last and how do we help you to feel in your body? You don't always have to feel joy. I mean, of course there's gonna be days where emotions aren't great, shitty things are gonna happen.

But feeling the emotion fully, letting it go, and then getting back to a baseline of feeling good. So this epiphany, of course, has really got me to be like, okay, I've got to change how I practice. I've gotta evolve here.

And definitely starting with calming the mental chatter and getting present in life and actually feeling things. Like I said, feeling emotions of anger, feelings, stress, all the things, but working back to the baseline of feeling good.

Because I feel like it's really easy to sit in a space of I'm down. Life sucks. Anger. I've lived in anger land for a long time, maybe because of this and my mom.

Maybe because I couldn't do anything about it, I don't know. But here's the thing. I've always realized that what does acupuncture do? It helps you to release endorphins.

That's what the AccuStone feeling is like, feeling good in the body. And petting your dog can release oxytocin and

endorfins too. Skiing, endolphins, moving, circulation, Endorphin.

And so I challenge you to think about, for 2026, how you can use certain tools. Now, you don't have to use acupuncture. I know it's not for everybody.

Tuning forks, these are for to hit, they vibrate. They have a vibrational, like it vibrates to your body and it connects to the hertz of 517. It's like 532 to 570 in terms of the different force I have and so sulfasio, but also sulfase frequencies, also vitamin C.

Hey, that's probably some subliminal stuff coming through there. It's a vibration, the note of C. Maybe it upregulates vitamin C, who knows? But essential oils, you know, some of these basic things where you're getting involved with actually connecting to your body.

So I don't think everybody actually needs needles. In fact, in Wisconsin, since this epiphany happened, I've been working in a lot of folks with teaching them how to do their own self myofascial release.

How to use acupressure points, like the jaw is an amazing one. Same with the inside of the ear. If you go just above your ear hole and press on that ridge there and pressed backwards.

So good, so good. And both of those are tied into regulation and calming of nervous system. So I've been having folks play with this and in the visits we'll do acupressure together.

Maybe we will combine it with the sensuals if they feel like that sounds like a good idea. But what we're also doing is nervous system resetting. So when we feel an emotion and we want to feel it out, we go express it, feel out and then we work on certain points to help bring the nervous back into balance.

Behind your ears, there's a bone there, it's called the mastoid process. You can press on that, you can tap on it. It is an amazing point. For calming the nervous system, this is where your vagus nerve, your fight or flight nerve comes out, briefly.

You can tap into it, literally, right there, in your jaw, middle of your forehead, where the pineal gland is right behind there. This is circadian rhythms.

If you tap on that guy, if you need help to sleep, you can help him wake up. Same thing with the temples. These are great for headaches, but also if your just really feeling worn down, then you could wake yourself up a little bit there There's so many points that you can tap into.

And the beauty of it is it's touch with your own body, because you're connecting in. If you slow down enough to connect in by touching the body. The body knows, okay, I'm safe, cause you are slowing down to do this.

Now I've talked about different nervous system resets where you take your tongue and then… It's called tongue cleaning. You're putting your tongue and you're literally just running it in circles over the front of your teeth.

He's going to also do this with the lip gloss application, pretending you are putting lip glass on or put lipgloss on. Just try to get your finger to actually touch the body a little bit.

So the old school Carmex, kind of thought that stuff was gross because usually you don't wash your hands before you dip your fingers in there and then put on your lips.

I don't know. Anyway, it's definitely something that will calm the nervous system down six times. It's a nervous system reset. Now all of these different things are getting you to connect back to your body.

Cause I remember at the beginning of this podcast I said, I hadn't felt joy. Like I haven't even felt anything. I was completely disconnected. And I know that a lot of people are.

They're up here in their head, talking, with themselves, arguing, belittling, who knows, trying to boost themselves up at same time. The mental chatter's crazy.

And this is where I said I fit basically to the volatility of the peptide industry and started teaching people about peptides. Again, because I've used them for over a decade and I don't talk about them a lot because coincidentally enough, we're in another stage where the research peptids.

So these are peptates that you can find online. You see the website, it says research, peptidies only for research purposes, which is scary, right? Cause we were thinking like, I dunno what to do about this.

It's research. Do I want to research on my body? In certain ways, yes, in certain parameters, that's what big pharma doesn't want you to do. Now, of course, there's safety involved in things, and I'm not saying just find random websites.

But because of these research peptides and sites and some of them being a little sketch, the FDA is shutting them down. Supposedly the end of this year, end 2025, which, okay, if that happens, it happens.

There are ways around it. there are things we can do. There are supplements that mimic some of the peptides. Standard process in particular has something called protomorphogens.

We'll double down on those. They are solutions, so know that. But I started teaching people about peptide this year because they have an incredible ability to do many things faster than the long route of supplements.

And you know, Yes, I can say we got to put in the hard work, we gotta go the long route. And yes, that comes into play here. But when your mental chatter is just constant, when it comes to food, When it come to stress, did I do this right?

Did I that right, so many things. Your brain's clouded because of the mental chatter, really. If you look at it, brain fog is often because a lot of mental charter.

Not always, but a lot of the time. And I was caught on the fence about this whole GLP-1 thing, right? And we have GLp-3s now in terms of different effects that they have on their body and the different receptors, et cetera, that the interact with.

But I had had enough this year with my mental chatter when it came to food. I got to a point where I'm like, this is ridiculous. Every time I go out to eat, I think about calculating how many calories that I this going to be, thinking about what my next workout is going be to try to counter it.

Insane. One could say level of eating disorder, which I wouldn't argue that. But what terzepatide in particular does really well is calm some mental chatter.

It also helps with reducing inflammation, helping with brain fog.

Peptides, GLP-1s, and Weight Loss Insights

How does it help with Brain Fog? I think because it calms the mental Chatter. So the summer after A whole year of working with a coach to work on my macros and things of that nature, and ending up gaining weight, which happens to some people.

And you're not alone. Because I think what happens is all that mental chatter of being like, I have to eat this particular amount of macras and I need to do this and this, it stresses you the heck out.

And the weight stays on because your body's like, I'm not safe here because I am counting all these things and calculating and constantly scheming to figure out, am I in my macros range?

For some folks in the fitness industry, this works well. It works. Well, and I think it can work well if you have the tools to get the mental chatter down.

Because once you can bring the mental chatter down to calm you and get you back in your body in a space that you feel okay with, things will move forward.

And here's where I'm going with this, when I say you will feel OK with. I have so many women, myself included, that when weight does not come off, we get disappointed.

When I've tried to help folks with macros and supplements and different things and their weight doesn't come up, I feel it deeply because I know what it's like.

It's freaking annoying when the weight And like I've had people saying to me, doc, I just need to win. I need something. And I used to be like, don't we all?

But I wouldn't say it out loud. Of course it's in my head, but at the same time I'm like they do need a win, we do all need win! That's where terzepatide, retratatid, chagrinotide.

Those guys come in, and I don' find some aglutide to as good. Can I help some people? Absolutely. Have I seen it help people. Yes. I divert to trisapatite often first, and then we move from there if we need to switch it.

But here's the thing. It can calm the mental chatter to teach you exactly where you need focus your efforts. And this? is why I'm like, you know what, everyone can have the Trisapatides or whatever, because if we microdose it and we go into it as this is a learning tool, we are going to use it to teach us.

Trasapatide taught me where I didn't see my blind spots. I was counting my calories and counting macros, but what I doing was heavy loading them towards the end of the day.

It wasn't breaking them out and I wasn' paying attention to the portions. as much as I thought I was. I knew how many tortilla chips it would take for how much ounces and all the different things, right?

And I know how rice and this and that. But I'm was bucking the system a little bit and I put in a bit more than I supposed to. And it snuck up. And so it's not that the macros didn't work.

I was fighting the system and not really paying attention to it. Or putting out larger portions because I need a little more because this and this, and that happened and blah, blah.

It was also teaching me where I stress eating and throwing in food that was part of my macross, but in a timeframe in which I incredibly stressed. And we all know that if you're stressed and you eat and your cortisol goes higher, your blood sugar goes high and well, now we got another problem.

So it was timing, it's foods, I mean, crazy. And I know I'm not alone here. so many women and men that I've given the Terse Epitide have felt better. They've noticed changes in their body.

and this is back to feeling good in your body, getting a win. That's important. So for all of the folks out there that are like, GOP ones are gonna kill you, they're awful, or this or that, okay?

Yes, there's side effects. But you can manage the side-effects pretty well if you keep the dosages low. I'm not jumping people up to 12.5 milligrams. Do I have a couple of people that that high?

Yeah, but they have lot of weight to lose and there is a lot going on there with their blood sugar. That's indicated. Though if we're trying to get 10, 15, no, 50 pounds off someone, You know, I debated in my head is this the real way to go?

Should I go this way with folks? But the truth is, is I've seen such drastic transformations more than the weight.

Like, yes, the way it happened, but the mind, The weight comes off instantly.

The mental chatters down. Now we're talking people through new things in life, different things, working on other things. Not even on health. Nevertheless, that's one aspect.

The other aspect of peptides is using certain ones like the nasal sprays like Salink and CMAX to help with boosting the mind and helping with concentration and focus.

Peptides can help people get a win when supplements take too long. And that is a hundred percent where I come from in that department. We can boost my mitochondrial function with MOTC.

We can work on aches and pains and BPC 157 and TB 500 transformed my practice back in 20, I would say it was probably 2016, 2017 when it really transformed.

I stopped using platelet-rich plasma. So drawing blood, spinning it down and injecting it back and I started to stop using it. It gradually phased it out completely because I like the peptides much better.

And I use them today with my aches and pains in my back and hips. So I can feel good in body. And this is where I see peptides and bioregulators. Small protein fragments that signal our body to do certain things.

Heal tendons and ligaments. Work on the gut and feeling full. Because this such a huge thing as we get older. We have so much going on. Hormone replacement therapy is just as important as peptide replacement.

as we get older. And even along those lines, as I say, hormone replacement therapy is just important. I don't think everybody actually needs hormones, to be honest with you.

Peptides can reboot hormone production naturally. Because I have some patients in my practice in their 70s and 80s, and they have levels of hormones that are better than a lot of folks in the 40s.

In their 40's. Now, explain that one. They're not taking bioidenticals? So what we want to be thinking about is what can we be doing to help boost our natural abilities to make hormones?

And maybe we can microdose along the way. But my goal is to not have high dosages of anything. We're just supplementing the body with what it needs that it depletes on as we get older.

And I truly believe that some of the food stuff that shows up as we get older is because of wear and tear on the body. That's where peptides come in. It's for wear-and-tear.

Your kidneys are starting to repetitively show that they're in a lowered state of function. You can use pilot tax to peptide. It's a bioregulator in particular.

So the difference between peptides and biaregulated peptide, I better tell you. Peptides are larger fragments in some cases, and then the bi oregulators are even smaller types, but they signal specifically to tell the body to do something.

And they come from, so they're synthesized from organs. So, pilotex is like a small fragment taken from actual kidneys to be put back into your body to tell your kidneys work better, basically.

All of this really has come down to me realizing that we can double down on peptides and use them much like the Chinese would have used organs. So it's hot right now to like eat heart, animal heart tissue, lungs, you know, liver, the company forces of nature has like ground up organ meme.

And the chinese would tell you if your kidneys are depleted, eat some animal kidney. If your liver is blood, which means like anemia, if you're deficient, eats some liver.

Now what we're doing is we've taken it to the next level. and taken little fragments out of these organs. So if we can't use peptides and bioregulators, great.

We use some Chinese formulas. we use the actual organs, organ supplementation is very popular right now. It's just a little more broad instead of honed in like the bi oregulator.

Now we could also use, like I mentioned, the protomorphogens from standard process two in this department. So I'm going to start working on that, too, to see if we have everything else banned, then we will find a way.

But I know that there is a huge secret in all of this to help us to replace what we've depleted as we got older. Now, I also, because of the epiphany about the joy and not feeling joyful in my body, have doubled down on having the awkward conversations about power of mind and how much the nervous system impacts your ability to heal and your Ability to find solutions as you get older and how much the nervous system plays into your symptoms of aging too Nobody wants to hear.

Oh, you just got to manage your stress better. Like that's like what I don't know how like I went to the spa I'm chillin. I'll get neck. It's it's so much more than that.

So much deeper than That it how you think really? And it's rewiring your thoughts and it is re-wired stuff that is deeply seeded within you about how you believe about life, how do you belief about health, about aging, and about your current situation.

Bioregulators, Organ Support, and Aging Well

And if you were in a state like I was, I would be completely disconnected and not even think about anything. into work, because that would distract me from everything.

The more I'm worried about other people's problems, the less I have to worry about mine. So I challenge you to think about that for a minute. If you're someone that likes to take care of everybody else but yourself.

Hmm. That's a big one. But it comes back to, if we are the one that takes care everyone else, we're looking for significance. We're meeting our need for significant, and that's okay.

Just calling it out and knowing that is what it is. Okay, great. Now we know. And then how do we help you be one of the ones that need to be significant to in there, right?

Because we're meeting our need for significance, but we are not actually giving ourselves the significance through the need. We have to tweak how that needs gets met.

You become significant yourself. Create your own significance versus looking for it from others. So, you know, with this whole epiphany, I am changing how my practice works because I've seen so much change in folks in such little time since we tied in this concept of using peptides, looking at rewiring how we think about health and slowing down, and of course, Chinese medicine.

Because I can't practice without it. It is something that has happened over and over again. I've tried to be like, do I really need this? How does this work in?

But the wisdom of Chinese medicine just has so much to offer. And it's very similar to Ayurveda. and the ancient Indian practices as well. We're looking at organ balance.

One of the biggest things that happens to us as we get older is that our kidney energy depletes because kidneys are your batteries. And why can we say the batteries?

Well, think about it this way. Your kidneys they're filtering and filtering things for you. If your liver filters toxins, the kidneys also have a little bit to do there.

It's also filtering fluids. As we age, our kidneys start to decline in function. And as we're pressed harder with chemo and different types of meds, out kidneys have to work harder.

This is why sometimes fluids do build up in the body. We become puffy. Same thing with the liver. Part of it. It flow, it's back flow. They all have vessels running through them.

The liver and the kidneys are heavily tied together. But what sits on top of the kidney? The adrenal glands. And those adrenal glands have everything to do with the nervous system and how we process life in general.

And how he process that chatter in our brain. That by the way, you can change all the chatter. You can rewire it all. Is it that you're never gonna have these thoughts come in?

No. But you rewire how you process what comes in your brain and if you change that, The negative stuff, the things that really claw at your core and create the nervous system issues.

Because if you're one of those people that says, I have no stress, my life is great. Okay, what's going on in your head? What are you saying to yourself?

There may be the issue. And how do you view the world? Your context of the word and how things work in the work will stress you out too, and tax your nervous systems.

So back to this kidney cheat thing, your kidneys and your adrenal glands are considered kidney energy in the Chinese world. As we get older, it depletes naturally.

Your batteries deplete. Well, kidney goes along with water, the element of water. The element a fire goes on with your heart. So if you deplete yourself with all kinds of thoughts, things of that nature, you're going to deplet your kidney energy over time because of the nervous system.

The other crazy part about this, if we look at the Chinese medicine system, the heart energetically is connected to joy, is connect to fire the element.

We need enough water to put out fires. That's why women have hot flashes. There's not enough, water, to, put, out, the, fire. there's, not, enough kin- kidney energy to, put, out, the, heart, fires." It's really crazy though, as I was starting to say, is that the heart is connected to something called Shen, which is more or less your, how your personality is.

If we, if we dial it in to more of a American way of kind of thinking about it. and our personality can get clouded, right? We can cloud ourselves. Especially when we're going through perimenopause and amenopausal, the hormone regulation, The moods were up and down.

Sometimes we were nice and sweet. The other times the claws are out. We're not so nice. You can be anxious, those kinds of things. And what's interesting is there are actual diagnoses of like literally like phlegm misting the heart, phlem mist the mind.

Heart and mind are very connected. That's what Shen is in Chinese medicine like I had mentioned in the energetics there. And so phlemm mist in heart like what?

So brain fog right there, emotionally connected brainfog. What is that? The thoughts in the head. So I've discovered that this, this is something, it's a huge topic.

And for a lot of folks, we need to share on these things. We need set have dialogue with others. It's not like you can just go to your doc and like talk it through and be like, okay, cool.

I get it. Because there's going to be things that'll show up in a moment when you're at home, when your dealing with stressful situations. Dr. Laura at the Center for Human Restoration and I have had lots of talks about this and

how to help with this.

And the solution is we need a community. We need to community to helps folks to share the day to day and what they're going through. Not like one of those communities where we're just talking problems all the time.

I'm not going to let that happen. I want a space of people sharing real situations and trouble, like we're helping them to troubleshoot it. I wanna people feel good in their bodies at any age.

And I know it's possible. And I know that so many people are trying different supplements and herbs and vitamins and hormones and even peptides. And sometimes they're like, I'm not feeling anything.

You're experimenting so much and you're, like gosh, why is nothing sticking? I want to give a space that you can help have support for your experiments and not be afraid to experiment.

on what progress you could have with your body in the mind and in supplements and peptides, if they're going to be still available and everything. And by the way, I am not saying that trisepatide or any of the GLP ones are not going be available.

What I'm saying is it's the research peptide sites. So the pilot attacks, like the kidneys and that kind of stuff, some of more dialed in stuff. Just keep that in mind.

If you have questions, by all means, just reach out. I'd be happy to explain. This is why I want the community. We can help you. get access to things that can help you and bounce ideas off of each other.

I want people to have support. And I feel like within the practice where you see me one-on-one and then off you go, sure, you can email me, but we're coming to a point where the emails, it could be a lot of emails in a day and I wanna have a community because I know that a lotta people are asking the same questions.

So think of it as woo for the logical thinker. So there's experiment, you know, looking at your health much like a scientific experiment on the logical scientific aspect, but also thinking about the woo, the brain.

The energy, the energetics. So the community we're creating is definitely going to be about experimenting to help you find your own solutions for your health.

Because I'm not an authority here. I am a guide. And you have everything, absolutely everything inside of you to heal. Yes, everything. You have the ability to discern.

what you may need to supplement along the way, and what doesn't work for you. And the biggest questions I get are the ones along way of like, what do I do now?

What do do next? How do tweak this? This is where community is incredible. You're a powerful creature. Every single one of us are incredibly powerful.

And Big Pharma doesn't want you to know that. That's why we have this whole society of the magic pill. It may look like some of these peptides are magic pills, but the truth is there are things that need to happen in sequence to help you get the best out of those.

Community, Masterclass, and 2026 Podcast Changes

The community I'm creating is really there to support you in the tools to find that power in yourself. And I'm going to be talking more about this on December 29th.

I have a free masterclass where we're going dive into restoring your energy and your metabolism to age well in 2026 and beyond. And that's December, 29 to Monday, 4 PM Pacific, 6 PM Central.

Of course, there'll be replays. Because I know some folks just, it's a tricky times. You can sign up in the show notes below or on Instagram, if you go over to my bio at drjanninekrause.

I really want 2026 to be the year that you learn how to feel good in your body. That you see the teachings from your buddy, you the lesson. And you learned how keep that going at any age.

I know it's possible, I've seen it, and now I'm seeing it in myself. and I wanna be able to support folks. So, it has been a year. And I really thank you all who have been listening to the podcast all year and hopefully you're gleaning great information from it.

I know that you are. Um, and I just want to say thank. Because as much as this epiphany came to me through a meditation, that wasn't the only thing that's come to you over time.

My patients are my greatest teachers and I've learned so much from just watching everybody's health evolve over the years. My folks in Washington, over a decade of working with them.

So much information, seeing folks grow up with me and getting older. I'm blessed to have that. And in Wisconsin, I am looking to develop that as well.

So in 2026, the Health Fix podcast is going to take a little turn to help you really learn what it takes to get that feeling of joy and good feeling in your body and keep it going.

And I'm going kick off January with some travel podcasts where I show you how some friends of mine, one in particular, will kick it off in January, Dr.

Breanne Grogan, what she's up to in Oregon. I invite you to come along on our travel journeys and a little bit of the twist to the Health Fix podcast.

There'll be more of me talking, there'll more folks talking about rewiring your brain and things of that nature as time comes on. Like I always say, you have survived another episode of the Health Fix Podcast.

I look forward to all the best for you in 2026 and really showing you how you can get joy in your body. You can feel good in you body at any age and you keep it going, especially if you've tried acupuncture.

And you know what that AccuStone feeling is like. That's what I'm talking about. All right, you all have a great day, whatever you're doing.

Sponsor and Product Recommendations

And if you are celebrating the holidays this year, celebrate them. Make sure you present with your family and have wonderful time. Hey health junkies, I'm asked all the time about what brands from supplements to toothpaste to clothing that I use.

90% of the items that are sent to me to test out do not pass my standards. You might be wondering, what are your standards? Well, like companies that small companies, they're still family owned or at least owned by the original owners or someone from that group to maintain the standards, Now I also love a company with a great story of how the business came to be.

I like things that are high quality, non-toxic, as well as transparency. Major big deals. Now, above all, I love things at work. Made in the US is definitely a major bonus.

But while I have worked with a couple of different clothing companies over the years, I realized that these companies sometimes need support in other countries to get off the ground.

And it's really important about how they treat their companies, sometimes more than being 100% made in US.

Nevertheless, I'm working on putting together a list of companies that I like their products and what they stand for along with discounts for you to try them out.

Full disclosure, i do make a little commission if you buy any of the items on the page and this money goes back to helping me keep producing this podcast.

If you're curious about a few of my favorite apparel companies for life's adventures, check out the website, thehealthpodcast.co-d-e-a-t-x.me. That's the health fix podcast dot co-de-adx dot me.

And if you decide to buy anything, tell them I sent you by entering the code healthfix. All together, one word. All right. Thank you so much for watching the podcast.

You have a great day, whatever you're doing.