Introduction to Lichen Sclerosis

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 on this episode of the health fix podcast, I'm interviewing Autumn McLeese. If that name sounds familiar to you, you're correct. She was on the podcast about probably almost two years ago, but here's the thing.

Autumn was speaking about all of different health conditions that she has overcome or is overcoming. And I realized that she has a special insight in something called lichen sclerosis, and in particular of the vaginal tissue.

Now, if you've ever heard of this or have it, this is going to be a great podcast for you to listen to what Autumn did to help rejuvenate her tissue and not have any pain and really just be able to manage any flare ups that may show up.

And of course, she's going to talk about what kind of things she did to prevent and also to work with the initial diagnosis and how she helped to basically get rid of it.

So here's the thing, lichen sclerosis is an autoimmune condition. It can affect the vaginal tissue. it can effect the mouth as well. Its a wild thing and I have a lot of patients that actually have this and come to me looking for solutions.

Now, I have used a type of cream and I'll put that in the podcast notes at DrJCrossND.com so that you can see what cream I've used as well, which has some medications in it.

But the idea is Autumn is a holistic health expert. She is trying to help women break free from using conventional medicines, conventional norms, and she wants folks to reclaim their health through root cause types of solutions.

And so she actually did this all with diet and lifestyle changes. So that's pretty impressive. But I get it because lichen can be a type of condition that feels like there are razor blades in the tissue that is affected.

You can imagine if that was vaginal tissue how painful that would be. There's tears and there's a lot of inflammation down below. Nevertheless, if you've never heard of this condition, you're like, I have no idea what this is all about.

This podcast is still relevant because Autumn's going to be talking about any type of autoimmune condition. What we would do in that case to help to reverse the symptoms.

And what she describes in terms of the diet, she described a little bit of a candida diet. She talks a bit about an anti-inflammatory diet and these are the things that I want folks to really hear about how just changing how you eat can make a huge difference.

You do not have to go towards all the fancy supplements, medications, biohacking tools, etc., etc. So I brought Autumn McLeese back on so that she could talk all about her experience with lichen sclerosis and how she overcame it and she's pretty much preventing it now.

And the things that trigger and clings that it could come back and what she does to get things back in balance. All right, so let's reintroduce you to Autumn McCleese.

Autumn McLeese, welcome back to the Health Fix Podcast. Well, I had to because I have had so many folks talking to me about lichen and just really being like I need some help.

Symptoms and Diagnosis Story

I want to hear a story of someone that has been through it, can give us some insights in terms of lifestyle and what kind of things we might not be thinking about, you know, beyond me being, like, well, that I read that this cream works really well.

So, you know, it's just having some support for the ladies out there. I'm so excited today to talk about what went down and all the things. So first and foremost, I think the biggest is sharing symptoms because a lot of people who are listening may or may not know.

What happens to the skin when we get lichen sclerosis? Yeah, lichens sclorosis. So some of my first symptoms were a bit of itchiness and then vaginal tearing.

Now, I was married about seven years into marriage at the time when all of a sudden during our intimacy, what the heck was that? Like what's going on down there?

You literally feel like there's paper cuts and you're just getting like all these micro tears. You can also sit on the toilet and just the sheer fact of sitting there and gravity and everything kind of settling, you can experience what feels like some micro-tears or just like these shooting very tender pains that take place in the vaginal area.

It can be in depends upon the woman. So my story was, this is taking place, right? I, mind you, I had come off of a cruise, so I wasn't super health minded at the time.

I am the type of person that can splurge and eat whatever I want and I don't gain weight. Well, splurged a lot on sugar. Come to find out we did tests, didn't have a yeast infection.

This tearing sensation continued. So I went to the OBGYN and I never bothered to look down there to see what was going on. Obviously he did. And he spotted some white patches, which seems to be classic for this type of condition.

He wanted to do a punch biopsy, where they essentially take a little sample of the skin and send it in. go from there. I got the results back. He said you have lichen sclerosis, which by the way, my mom had it as well.

Hers somehow ended up going away on its own. That was obviously many, many years ago. But he gave me a cream, a steroid cream and said, okay, here you go.

Have a nice life. The steroide cream when I'm looking at the side effects so conveniently says that it can thin you out and your skin out. There's no way in heck that I am using this cream because I'm already thin enough to the point where I m tearing and having these problems.

I' m not going to take this steroid cream and there was these other side effects, et cetera. So I decided that, uh, that i was going t seek out other holistic alternatives to see what could be done.

Oh my goodness. You know, one of the things that I hear from women a lot is like, yeah, I didn't want to look down there. I was like you know we're not taught to inspect ourselves much.

And then we have all kinds of other things depending on our upbringing and whatnot. Now I check. now I know. and I've also become a birth duelist since and you've gotten a little bit more comfortable with that whole concept.

But I would suggest that if anybody thinks they're having any sort of symptoms, you take a look out there because it might clue you into what's going on.

And if your partner is open helping you out, you know, if you have a partner, but you trust in having them help you outlook and see what's going on in there.

Oh my gosh. You know just thinking through the pain and just, I almost can feel it from you and feel that when my patients talk about it too, it's just my incredible.

And then when you think about steroid creams, and I think this is an incredibly important point that you brought up that a lot of people don't know that steroide creams will thin any skin.

not just vaginal skin in general. And so that being the only solution, and I'm guessing like he didn't bring up anything else, just steroid cream. No, steroide cream, here's a cream have a nice life.

We don't know why you have this. we don' know what you can do about it, but expect to have it for the rest of your life and part of my story goes that I wanted to, I just come off from having my son via c-section, i wanted a vaginol birth with my second child And I'm thinking, there's no way this is going to happen if I can't even be intimate with my husband, let alone push a baby out.

Spoiler alert, I had my vaginal birth and I didn't And that's exactly what I wanted to bring up today, too, because I think a lot of people get to this situation, and maybe they might look on, you know, ChatTPT now or GROC or Reddit and see the horror stories of what people say or look into, I call them forums, but they're Facebook groups or whatnot, to see what they are saying.

And you don't tend to hear the stories on the positive side and taking back control of your health. Exactly. I know that is a big theme for you within your practice as well.

Now, when you were like, all right, I've got this functional medicine doc. She's not super familiar, but she's got an idea. Where did you guys start? What did she start diving into?

Okay. And I want to say just one thing before I delve into that is you're so right on the groups, like the Facebook groups.

Candida Diet and Early Healing

Because I randomly decided to join a Facebook group for Lichen Sclerosis to be able to try and share my story. It's almost like people are totally skeptical.

like I've got like a horn coming out of my head or something. They like don't believe me and I get it. Like that's the narrative that I was shared in allopathic medicine of like, well, this is not curable.

Oh, have a nice life, you know. So I just want to state that, I understand that those listening, that that's a hard thing to struggle with of like, you know, we're told this, but in the holistic realm of things where we address things that more of the root cause, I and I'm sure you have seen so much healing take place, so progress that can be made when it comes to our health and some of these conditions.

So to answer your question, and so ran a bunch of blood work, found that my ANA levels were apparently equal to someone with lupus. However, I didn't have all the other markers and I did have the all other symptoms.

So clearly, my body was not doing great. And I was tending to it well and was eating well. I wasn't being a good steward. When she got that back, then we evaluated and she put me on a diet that, well, the first part of the diet was a candida diet.

Are you familiar with a Candida Diet? But share for the folks that may not be. So she went ahead and evaluated me vaginally and felt like based on what she experienced, I had a bit of Candida present.

And Candita is a fungus that can come in and take over and overgrow. It has a lot of symptoms associated with it and it can be a little bit a pain in the butt.

and typically comes from eating too much sugar and flour. and you know antibiotics and that kind of thing can also

play a role when you disrupt your gut bacteria and there's not a healthy balance anymore.

The bad guys can kind start to take over and they have a purpose there but you we're not doing our part in helping balance that out and so she recognized that I had a bit of that going on and the Candida diet is a really strict diet.

That's something everybody can go look up. I think it's probably on Pinterest and, you know, it out there, right? It's basically no sugar for coconut based or something.

It was something unique to her, but we were doing some douches. And then was doing the Candida diet for those six weeks. At the month mark, I stopped tearing.

That was huge. So up until that point it was like, eh, don't know. Sure enough, put it to the test. For lack of a better word and stop tearing. And I was like, Whoa, wait a minute.

This is, this is crazy. Because that means that what I put in my mouth actually correlates with Down South. That was a true epiphany, a mind blowing concept.

that I don't think we really think much about. How much it matters what we eat and consume can actually correlate with the most random places. So that was the first successful point for me.

Hallelujah, the tearing has stopped. So then I was able to move into sugar, natural sugars like fruits and things, but still no dairy, no gluten. And I continued that for about another three months.

I stuck to it because I knew. That if I had already seen what my body was capable of, which it had stopped tearing, that maybe there would be actual like further progress.

So long story short, at the end of the four months, I went and got blood work done. She did another evaluation physically and my ANA levels were just, just like points away from normal.

Nice. And that's it in a nutshell, but yeah, I'll open it up to your questions. For sure. Well, of course, people are always gonna be like, okay, do I have to be that strict?

Because of, course that is always the question I get. And my answer is, always yes. The more strict you are, the more it was really gonna make a difference.

It sounds like you were really adhering big time. You were like I'm not messing around with this. I am gonna do it hardcore. Yeah, yes. And I knew because, you know, I tell people a lot of the times when they want to go the more holistic route, You know you're paying out of pocket usually for this with such practitioners.

Don't spend the money if you are not going to do what they say to. Do and that's going be hard things. You know, you're not going to go to your regular doctor in the white coat and he's not gonna tell you to do these things that I was told to.

You're never gonna hear that. I mean, if I, I don't even think I ever went back to him, he'd probably be flabbergasted to see the changes, the physical changes and to hear my story.

They don' hear all that often. Experience, she did throw in some supplements. I remember taking some basic things like magnesium and some vitamin D and some basic supportive nutritional supplements.

But diet was just everything. And she did suggest that I be mindful of my stress. that I tend to my emotional health. And so I implemented that, you know.

But I think it's the combination of being able to remove the interference of all the crap and other stuff I was eating that was not conducive, not helping my body.

Certainly I wasn't coming up out of it. When you completely shift all of that and you watch the terrain of your body shift and change, then you watched healing take place.

That's awesome. To just give folks a little bit of a idea of what kind of things were you eating? Cause I think a lot of people always are like, well, what did you eat?

You know, What did, you, did what were doing? Like, why were eating big time before, like giving a perspective of like what kinds of were like your jam before.

And then what kinda things did.

Diet, Supplements, and Maintenance

You kind start making like on the regular while you were through the diet. Is that no matter what we're diagnosed with, whether it be like in sclerosis or something else, something needs to change because the way we're doing things is not working.

Our body is able to stay in a healthy state. Candida diet was obviously the most strict. I remember eating come to think of it now, eating scrambled eggs.

And I think I could have, can't remember if it was during the Candida diet or after, but scrambled egg and avocado and salsa on my scrambled. I remember eating, she let me have rice.

So I was able to get some of those rice cakes and almond butter. And like have those as a snack. And then when I'd go out to dinner, I mean, there's the whole farm raised salmon, right?

But I would eat, was probably at restaurants that, you know, it was farm raise, but my body was still able to heal on it. You know? So I pick steak. She didn't want me to have a whole lot of meat.

She said like, I think one to three times a week, not too much. But I remember getting salmon and some rice and maybe some sweet potatoes. I don't think I could have baked potatoes, so anyway, things like that, that I just stuck to.

And it was not fun. At times I felt like I would end up maybe like fasting through a meal, which I've heard some wonderful things when it comes to fasting and like in sclerosis.

So that might be something to consider as well. but just being willing to sacrifice the joy of eating so that my body had a chance to change and heal.

And that's not the concept that we're all that familiar with in today's day and age, you know, to actually set our taste buds aside. and, you know, for the sake of allowing our body to heal.

But I've seen great and amazing stories and testimonies of people that have overcome all sorts of conditions when they live not to serve the god of their taste buds.

I like that. So obviously I kind of put you on the spot with it being a while ago, but obviously we've come quite a few years forward from there. And it sounds like you didn't do anything topical, just the douches.

That was it. No creams, no nothing, which is impressive because that is where I've went with some of my folks. Now, in terms of maintenance going forward and moving into perimenopause and having a baby, did you notice any flares after having your baby?

And give us kind of like the years since what's happened and how do you maintain, like what your routine? And that was that holistic functional medicine doctor had recommended opening up part of a probiotic and putting it in your underwear.

So if you're struggling with lichen sclerosis vaginally, that helped immensely with the itching. It's a brilliant concept. So you can put as much or as little as you want.

And I mean, it was magical how much it took away the itching. So, and it also kind of helps get some of that good bacteria into the places that it needs to be to help balance out what is clearly very imbalanced.

After having my daughter, so yes, I went the four months. I got pregnant a couple months after that. She said, you know, your couple points from normal.

you know, stay eating clean. And you have my thumbs up on getting pregnant. So, conceived my baby, had a beautiful home birth actually here at my house, and it did not even tear.

That's what's truly remarkable about this whole journey. It really built my belief. in what is possible with a body, how the body is made to heal, if you can address the things that it needs or the lack thereof.

It loses its flexibility. And to know that my body was actually able to revert back and to actually push a baby out is pretty miraculous. I'm more like, okay, so no tearing whatsoever.

Did you do any pelvic floor work, breath work? Anything leading up to that? Not for me. I'm not saying that it wouldn't be helpful. It probably would, but not personally for my.

After I saw the power of what this whole experience was, this journey, that my body healed, I couldn't help but stay eating and learning to live as healthy and as clean as I possibly could.

I didn't want this to come back. I woke up to a lot of things. You know, I ended up reading a book called Natural Cures. They don't Want You to Know About It.

It was like on this infomercial and totally funny because I like never even watch infomersals. And I never buy anything from infromersal, but I bought this book. I wokeup to all the things in our food supply, you know.

MSG and obviously all of the dyes and things and thanks to social media now, because back when I was struggling with this, it wasn't as prominent. You know, we have more awareness to this, but people need to actually implement it.

You have to be mindful and consider what you're purchasing at the grocery store and maybe learn to look and identify some very toxic ingredients that you should not be consuming.

So have I stayed perfect all these years? No, I have not. And there has been a time or two where I felt like maybe something was starting back up, but usually for me, it ended up correlating back with, I might be having too much sugar, even though it's organic sugar or organic this or that, or maybe some dairy.

Dairy can be very inflaming for some people, you know, and some would argue all people. Apparently, it seems to be a thing for me. Anytime I get too far, too comfortable with the dairy or too much sugar, I see that.

It's never gotten to the point where it's full-fledged tearing and all the symptoms again like what it was before. But yeah, noticed it kind of start to creep in and I just switched my diet.

Add some coconut oil down there, down south, do the probiotic trick. And for the most part, know what to do. I like the probiotic trick. I never would have thought about that.

That it would come out of the underwear and it wouldn't get to where it needed to be. But I guess we do have some moisture down there where could stick.

Was there a particular, I mean, you guys, because I'm asking her to go back that far. Or if you feel things coming back now and you have, what probiotics do you use?

I think it's a pink and white bottle. It escapes me. It is a good brand. This is not helpful at all because I don't know the name, but anyway, it's a pink and white bottle and it got good spores of probiotics in it.

Pregnancy, Birth, and Preventing Flare-Ups

It's not a cheap brand, I probably wouldn't go recommend to just buy a Cheepo Depot. Buy a decent quality probiotic. And yeah, try a little bit in your underwear and you know, you can kind of pad it, pad up in there, help it get up and it works amazing.

It's, it's great. I like it. Like it? I'm wondering if it was mega spore, like mega-spore biotic. That's what it is. Yep. Okay. Cause that one's been around a long time and it's one of my, like, I love that.

I loved that probiotic, especially when we need to reseed. And I know we have the seed probiotics these days, but the Magosporbiotic was one that I always thought about for reseeding.

So, all right, noted guys. We'll make sure we put this in the podcast notes. Don't worry. Now, when it comes to, you know, mindset and taking back control.

And this is something we talked a lot about, you know, in our previous podcast when we were talking about your health as a whole, and we're talking all of the different things that you've experienced.

With Lykan, what was one of big things you kind of kept in your mind all along? Like, did you believe, like, okay, I can do this, I will tell you, obviously the desperation to have a vaginal birth with my second child was a big motivator, you know?

And I was ready and it had been three years and I'm like, okay, like I want to do this, I need to this. So obviously that was the big motivated because I did not want another C-section.

I really wanted to that vaginial birth. a healthy, realistic mindset, going into such discipline, changing your life like that. I got a grocery list, I pre-planned some of my food and snacks.

So it's like, okay, this is what I can have. And she was a big advocate for fresh herbs. for a salad every day, making smoothies with herbs, like she's just like herbs herbs.

She was big on herbs and I didn't always get that many herbs into me, but I got snuck them in when I could. But you know, to take on Such a life adjustment like that is really, you need to plan ahead.

And so that's where figuring out my grocery list, my snacks, My go-tos, whatever would be a treat. I mean, they have like, when I was on the Candida diet, They actually have Candidadiet desserts.

So I would find something that I could make so that you can kind of feel normal, you know, and even though it's not the typical. I get it. It's hard. But it is also worth it, he got stronger and just, it was such an empowering experience.

to see that, okay, all I did was feed my body these things and take tabs on my stress and make sure I'm drinking enough water and, you know, some of these basic principles, but it's worth it.

And I came out of this experience realizing wow, like my body really is powerful and wonderfully made. It's God's design to be a self-healing organism, but not if we don't give it what it needs.

And so part of that is I had to look at reality, what I wasn't doing, and that's hard to do sometimes. But I have a good practitioner and she kind of lovingly walked me over the head a little bit and be like, Hey, we can do this, but you know, you gotta be willing to change.

Cause when you, that I wanted to take on more than, You know having these, this ball and chain and the struggle. Absolutely. Well, it's so important to have a why, right?

So you had the why and you have multiple whys. One, not to haven't come back because I think for a lot of women they'll get desperate, but it is the hardest thing is to change, of course, the diet and what to do there.

But gosh, so incredible. Now, of course, you know, folks haven't listened to our previous podcasts. I want to give them a little bit of sense of, You've been through more things since the lichen and you've overcome them as well.

And so give us a bit background again, help us refresh our minds in terms of the other things you have overcome since lichens. Well, I am overcoming, we will say currently, because this is another big giant that has come my way that I actually got off a podcast earlier today, sharing with a doctor on this whole narrative.

Yeah, the lichen sclerosis experience was my first experience with holistic functional medicine or diet and supplements. and lifestyle play a role in how you overcome.

Whole new concept, right? You don't just go and take the drug like you actually do the hard work. Well, that set me up for the giant of the diagnosis that came my way back four and a half years ago, which is this completely obscure, radical, absolutely insane diagnosis known as hepatitis C.

Are you familiar with that? Oh, yeah. So imagine, Janine, like you getting diagnosed with this, you know, disease that is associated with those that do drugs, that have a lifestyle of drugs.

Yet you've never done a drug in your life. You've ever even been drunk in life, so it's obviously going to feel very, very curious as to how in the world something like this could take place.

Well, I am the alternative rebel. Now, because of this experience and I've started a podcast and, you know, further just continued in growing my knowledge in this holistic world of health and have seen what's possible and seen so many people heal from different things.

I have come to a place where I'm like, You know what? I will always start in the holistic realm of things And if medication is needed at some point, that's the last option for me personally.

This is my, what it's taught me is more ownership, more in further refining my life, you know, leading up to that diagnosis. Guess what Autumn was doing?

Autumn, was sitting for hours every day at a computer working way too hard. striving way too hard at a job and a goal, and it was not conducive to health.

Mindset, Lifestyle, and Broader Health Lessons

So even though like I got my pantry figured out now and I've got cleaner options, there's still other components to help that we need to be mindful of.

Was not exercising, was sitting there. And what I realized when I worked, Janine, is that I like, I work so intensely that ended up sitting and like holding my breath while I works.

Low oxygenation, a nightmare, right? Like setting up for disease for sure. So, you know, once again, another chance to take ownership. So now what do I do?

I get up every morning and I run. I'm not a runner. up and overcome that. And I learned eventually over like a year's time, I can finally like run around the block.

It's kind of funny because I'd like have horrible cardio. But anyway, doing that, during the sauna, i've experienced all sorts of incredible holistic modalities, one in which I'm seeing an osteopath right now.

The most incredible experience of my life and it is having a beautiful, appears to be healing effect. on my liver. And so yeah, so that story, there is more to come on that as I am currently overcoming this.

But I appreciate you asking about that because, you know, just because we clean up. Nice, nice. I'm curious, of course, because you're like, I m working with an osteopath.

Can you give us a little hint? And then of, course we'll make sure we link to your podcast because I' m sure you' re going to share there as things are going on.

Yeah, what specifically? What is an osteopath? Is that what you're asking? No, no. What's he doing? Because I'm thinking osteopathy and I think rib adjustments.

I am thinking body work. Bodywork, so this is a very traditional osteopath. So first of all, I'm not talking about an allopathic osteopath. I am talking very traditionally, like over 40 years in this and he's like the second or third person off that's been trained from the original osteo path back from many, many years ago.

skill that somebody has. But, you know, he was telling me a story of like when he first experienced osteopathy, the practitioner put his hand on his head on, his skull, and the practitioners identified that he had a rib out from just touching his head and his skull.

Mind-blowing work. And he tells me all the time, Tiger Woods, he's like, if Tiger woods would just see an osteopath, I know exactly what's going on with him.

I guess he is on his eighth surgery. Everything is from the knee down. If he would see just an We could adjust this because this is what his profession does.

He does the same thing over and over again. And so the body gets out of alignment and stress and other things take place. You know, he can also work on scar tissue.

That was another thing that I wondered about with my lichen sclerosis is because I had a C-section, your body is supposed to flow like a river, right?

And any scars, it puts a dam. And so I've had some neural therapy to try and break up some of that scar tissue, working with this osteopath, you know, but it's incredible work.

He balances the body. He can manually manipulate and adjust things. He kind of like energetically. I love the traditional osteopath training. Unfortunately, not a lot of them keep with that, which is so sad because it's incredible all of the tools and definitely the craniosacral part of it.

And I've seen so much just incredible stuff happen just in that. So I'm hoping that some of folks that are still going to osteopathy school, I don't even know how much they've been trained.

on all the old-school techniques, but I hope that they still do some of them, because it's so good. And kids are… I mean, that, the fascial tissue, like all of it is just fascinating to me in terms of how they play in, and like you were saying, you know, sitting hunched forward, diaphragm's not moving, liver's getting blood flow to it.

All these things are- You got it! Yeah. Yeah, there are things to think about. And like you said, with the C-section scar, as an acupuncturist, we constantly are working on opening up scar tissue, neural therapy.

Autumn's Current Healing Work and Closing

For those of you guys that heard her say that and you're like, what is that? I mean, just neural-therapy in and of itself is something unique that we don't have a lot of people talking about it.

We should, for sure. Absolutely. Oh my goodness, such good stuff here. I really appreciate you taking the time to come back in, share your story with us.

And I hope that folks who are listening, you know, even if you're not experiencing like insularity yourself, but you

someone who is, or you anyone that may mention it, send them our way to this podcast.

But also let's tell everybody about your podcast, how they can find you, and that way they get a sense of where they follow you and get more. From you.

Yeah. Podcast is Know Better, Do Better. And there's actually a line in between the Know better, do better straight up and down. I don't know what that line is called, but if you just type in Know, Better do Better I think there are a couple other podcasts that you'll see my face.

It's a teal cover. Instagram is autumn.mccleese website, autumnmcleese.com. and I also do just about getting the right guide, doing the things to support it and believing that it's possible.

Thank you so much Autumn for coming back on. Thank you so much for having me, Janine. I love your mission. In 2026, to have some folks join me with this, if you've been thinking about getting out on adventures, traveling, doing some awesome things while you're traveling or maybe you are wondering how you can stay in your sport or hobby or even try something new at any age, but maybe your thinking, am I up for this physically?

Can I handle it? What about mentally? can I still push? Hard things? Well, my next workshop has you covered. It's called the art of staying in your sport or hobby and being adventure ready at any age so that you don't question if you can do something, it's when you do it.

So that's the theme of my March 18th workshop. In the workshop, we'll be talking about how blending the principles of Chinese medicine, self-body work, and the power of peptides and hormone balancing, whether it's herbal or bioidenticals.

These can all help you to have all-day energy, a sharp mind, and a pain-free, lean body without handfuls of supplements, strict diets, and all day in the gym.

So if this sounds like you and where you're at in life, come join me. And if you can't make it, there's always replays available when you register. The link to register is in my podcast notes.

If you are watching on YouTube, it's below. I hope to see you there. Have a great day, whatever you doing. Hey fellow health junkie, thanks for listening to the health fix podcast.

If you enjoyed tuning in, please help support me to get the word out about the podcast, subscribe, rate and review and just get that word. Thanks again for