Introduction and Mistyu2019s Background

Hey, it's Nathan Crane, director of the Health and Healing Club and host of the Conquering Cancers Summit. And today, I am honored and excited to welcome you to a very special interview.

So Misty Williams spent years struggling with her own health challenges. She's spent years struggling to reclaim her health and vitality after life threatening complications from surgery to remove an ovarian cyst.

At 35 years old. Missy started fighting for the quality of her life, enduring many more challenges on her road to healing, including an unexplained 45 pound weight gain, debilitating brain fog, fatigue, hypothyroidism, and premature ovarian failure.

She founded the website Healing rosie.com to provide high performing women, and really all women, with the resources and community to successfully confront the unexpected, unexpected chronic health issues that women often experience as they age.

Misty, thank you for being here. Thanks for having me. I'm so excited to be here. Yeah, we've had a great, back and forth over the past year or so of, you know, I've been getting to know you, your work, the great work you do, all the summits you've produced, you know, specifically on sleep.

I mean, you've been interviewing, you know, dozens and dozens, maybe hundreds of experts finding now. Right? And sleep and health and healing and hormonal balance and all the great work you do. And I love it.

And I think you have a lot to contribute, not only through your own personal healing story and where you came from and where you are now, but also all of the great information you've gleaned from all of these interviews.

I mean, you know, as as I know firsthand when you're interviewing the top experts in any field again and again and again and again, you start to recognize principles and foundations and strategies that could take decades of research and experimentation to figure out.

And you're able to consolidate that into real practical solutions for people. So, you know, I want people to know you have a lot of value and helpful information that's going to really help everyone today.

And, you know, you know what you're talking about. So I appreciate the work you do. And I think we're going to, have some really great information for everybody today.

Yeah. Well, I love talking about the practical application. I have, as you said, and lots and lots of interviews, and you can learn all about the science.

And I really enjoyed geeking out on the science, too. And like, I think I have more internal leverage on myself when I understand why something works the way it does.

You know, it really motivates me. But at the end of the day, we need to practically apply this stuff, you know? And so we'll talk a little bit about the science of things, but I'm excited to get into what practically to do, because I think that's really where we move the needle.

And like you said, I've, I've tried a lot of things and kind of cut through and figured out, some of the most effective things that we can all do to get better sleep.

And my gosh, when you're sleeping, everything in life is better. The birds chirp in the morning. You wake up ready for the day. You have discipline about, you know, what you're eating and how you're moving your body and all the

things because you're well rested.

And of course, in situations where God forbid, you're ever dealing with something really serious like cancer. Sleep gives your body the opportunity to heal.

And I think that's the thing that makes me most passionate about this topic is I have worked with lots and lots of doctors and kissed quite a few frogs along the way, and tried to spend a lot of money trying different protocols and using different supplements.

And the fact of the matter is, if you're not sleeping, you're not healing, and there's no supplement or protocol that is going to outdo the, the, the body's, you know, need for deep restorative sleep.

So this topic is near and dear to my heart, and I'm looking forward to us cracking it open. It's so true. You know, and oftentimes we think we're sleeping.

And the reality is like we think we're getting plenty of sleep. And the reality is we start tracking your sleep. You find out, whoa, I'm getting way less sleep than actually I really need.

And so we can talk about want to talk about that in a little bit as well. But tell us, tell us, you know, what it was like for you going through your own health challenges, dealing with, you know, variances.

And how did sleep play a role in your own healing journey? Well, you know, my journey started over ten years ago, when I got that diagnosis, of an ovarian cyst.

Sleep Struggles During Recovery

They found out once they opened me up that I had endometriosis cysts. So during that surgery, they removed my ovary and the ovarian cyst, three polyps from my uterus.

And they spent 2.5 hours removing scar tissue from my abdomen from endometriosis. I was covered. So the surgery that was supposed to be like a 20 minute surgery was, you know, almost three hours long.

And on their way out, they stitched up part of my small intestine. And that's that's what made it really tricky. That's not supposed to happen. They obviously didn't know that it happened and it was outpatient.

So I went home that night with the list that said, if any of these things happen, here's what you do. And when I started vomiting a few hours later, I went to the list and it wasn't on there.

So it was a really freaky thing. Like, you know, when it first started happening, I remember feeling like, is this, is this related? You know? But I, I didn't stop, I just kept throwing up.

I couldn't keep down food or water. I started calling the doctor's office on Friday. The surgery was on a Thursday, and I left a message after message.

I could not get Ahold of my doctor the next week, Monday, we were supposed to have a follow up appointment to discuss the surgery. She didn't show. I called her office and she'd gone home sick that day.

And you know, I'm feeling like I have left all these messages that they didn't even call me to tell me that the doctor wasn't. It just made me feel like I had dropped off the map.

And so Tuesday I went and sat in the doctor's office at 9 a.m.. Told the receptionist I was waiting for the doctor and she said, well, she's not going to be here until 1230.

And I said, I will wait. And so I plopped down on the couch, and about 1030 I got a call from the doctors, told me to go to the emergency room where they did, did an MRI and discovered what had happened.

And I got wheeled back for a follow up surgery, and they admitted me this time. And after the surgery, the nurse came in and gave me Ambien to sleep. And I remember feeling like that was a really curious thing for her to do, because I had never had a problem falling asleep, and I, I didn't know I I'll, we'll talk a little bit about what I found out about my sleep, but consciously, I didn't know I was having any challenges with my sleep, so I took the Ambien.

I can't remember if it was every night that I was in, I was in. They admitted me for three days. This time I was really scared to go. So when I did go home, though, I went over 144 hours without sleep.

Wow. Not a wink. And I just put together that I was, I had the the small intestine stitched up and I was throwing up for six days, and then I was awake for six days.

And, you know, as best we can tell, it was likely just this buildup of cortisol in my system that just kept me from being able to convert, you know, my, my hormones into sleep, hormones.

I was really flooded. That was very scary. Night after night, laying in bed, begging God for sleep, please let me sleep. And and I would go the entire night and not sleep.

And the next day it was like wet. And after the second night and the third night and the fourth night, I mean, it was it was terrifying. And I had had this experience with reaching out to my doctor and not reaching her.

So I felt very alone. You know, I'm going through this and I'm by myself and, I went back to her office for a follow up visit a couple weeks later, and she told me I did Dimitrios this and I told her why you've diagnosed the disease.

What does this mean? What do I need to do to take care of myself? Do I need to make some lifestyle changes? And she said, you know, we don't know what causes endometriosis.

You can Google it. I can put you on birth control or we can do surgery again if it comes back. And like immediately it was just like bells started going off in my head.

Like I just knew I'd had this terrible patient experience where I didn't feel like she and her office, her clinic, cared about me. But when I asked what to do to take care of myself, her only solution is surgery and birth control pills.

Like I just knew this was not a safe place and that I wasn't going to get this figured out with this doctor. So I went home and started developing a whole host of other symptoms.

I started having crazy fatigue, brain fog. I remember sitting at my desk trying to work, and it was like my brain was stuffed with cotton balls and my thoughts like, couldn't get.

I was trying so hard to think something, it was a really scary time. In six months later, I went back to my primary care doctor, and, And I filled her, and it was the first time I'd seen her.

And, you know, I started thinking, maybe it's just that doctor. You know, maybe this is just about me finding going back to a doctor that actually really cares.

I believe she cared about me, too. And she probably did in her own way. But when I told her what I was experiencing, she just kept saying to me, Mr.. Your labs are normal.

Things are fine. There's it's like there's nothing here. Like, you're you're you're a hypochondriac. You're making this all up in your head, you know?

So it was a really challenging road for me for a long time. But I left her office knowing for sure that I needed to find a different kind of doctor. And of course, I start thinking alternative health.

And I had a chiropractor friend who, who I reached out to, and he told me that he would help me. In the first question he asked me is, how's your sleep?

And so, you know, I, I he's still my friend to this day. We're great friends. But his way of caring for me and supporting me in getting through this really challenging time was to go back to the most foundational elements of health and making sure that I had those things dialed in.

Now, what I didn't know was that I had been experiencing terrible sleep for pretty much my entire adult life. And the way, you know, if you don't have all the sleep trackers, the way, you know, if you're getting good deep, restorative sleep is you wake up in the morning feeling refreshed.

It's a pretty easy tell. You know, you wake up in the morning and you, you feel alive, awake, ready to start your day. You know you've got energy. That's to tell if you're getting, if you're getting the sleep that you need.

So I was a chronic night owl. I never went to sleep before 2 a.m.. And so, I was sleeping typically about seven hours a night, two to about nine, and I would wake up feeling like I'd been hit by a mack truck.

Just like I am climbing out of a 20ft hole in the ground. I know exactly what that feels like. Yes, yes. And so he started at that moment. Okay. All right. We're getting we're getting somewhere.

Mister, you have got to get in bed. I want you in bed by 9:00 at night. And I remember thinking 9:00. That was five hours earlier.

Why Sleep Matters for Healing

Then I was used to going to sleep, you know, but, but I, I committed, I wanted to get my life back, and I didn't want to see you know, more things happen as a result of this disease.

So, you know, it's been a long road for me. And sleep. I have a lot of stories of sleep struggles, you know, but I think the important thing about this topic is, number one, it's the most foundational part of our entire healing journey.

I don't care what you're healing from, and if you aren't experiencing great sleep. The good news is there's a lot that you can do to improve your sleep.

And you know, I'm fortunate I don't take anything for sleep. I am on every hormone supplement imaginable because of some of the that experience. And then they improperly drilled mercury from my teeth.

And so it crashed my entire HPA axis. And oh, wow. So I'm, I'm kind of damaged on that front. And certainly I do detoxing and stuff, but I don't have to take anything for sleep.

And I my melatonin levels are really high. You know, I'm, I'm, I'm lucky but I there's things that I do and I think that's where we can kind of start unpacking here together.

And I would say outside of of Doctor Andrew telling me, mister, you need to start going to bed at nine. And I remember when I started that, by the way, I would sleep for 10 or 11 hours and still be exhausted in the morning, and I just kept at it. It took six months.

And I started doing cold baths, sitting in cold water, but at 60 degrees for 45 minutes at night. And I started waking up like, not not so far into that pit, you know.

And now I'm really fortunate. I start waking up usually around six, 630 every day without an alarm clock. And, you know, I don't always get out of bed immediately.

But I, I have a wonderful experience with sleep. I have deep, very refreshing, restorative sleep. Now, I probably had a sleep deficit there that I had to make up.

I'm not sure I will ever fully make it up. Actually, sleep deficits are really bad news for all of us. But, I the thing that

really started helping me to actually be able to go go to sleep earlier was, learning from Ben Greenfield and Dave Astbury about our circadian rhythms and circadian biology, and they're big proponents of the amber glasses.

And I started wearing those amber glasses almost immediately. And it helped. It helped me reset everything. I have been a very consistent wearer of amber glasses for ten years, and I, I really do think that's a big part of the reason why, my sleep is so great because it's the cumulative effect of an important habit done consistently over time, you know?

But I the reason that I really got intrigued by this, not only because I knew I needed to get better sleep, but I started coming across a lot of research tying, blue light to breast cancer.

And I had an aunt that got breast cancer. And so, you know, it really drove home to me as a woman that, that this, this sleep thing and this circadian thing is super significant.

I mean, there's just so much research out there connecting these two things together. In fact, there are some who postulate that the rise in breast cancer has mirrored the rise in wiring up our homes and our cities with light.

So, you know, we can talk a little bit more about, you know, some of the circadian stuff. But it's a very easy hack. I mean, these glasses, they used to look like safety goggles.

I had I had a friend call them birth control when I first because they looked ridiculous. You're not going to get a date if you're wearing. No don't go wearing that out, you know, to a party.

But well, when we I want to get into these strategies here in a second and some of the science because I've looked at a lot of the science as well, correlating sleep or lack of sleep and circadian rhythm to cancer specifically.

And there is a very direct causative correlation that you can find, right. In regards to, to sleep and cancer and sleep in just about every chronic health condition.

But, before we do, I want to I want to unpack or kind of reference something you said a little while ago that I think is so important for everybody tuning in, the experience you had with, you know, your conventional medical doctor experience, right, of, look, you've got all these symptoms, you got this condition, and here's what we can do and do surgery.

We can give you drugs or, you know, we'll watch it or we'll watch it and see what want you. Then when it gets really bad then we'll do that. And the drug.

But the truth is that so many people dealing with cancer had the exact same experience. And that's often how they find, symposium or a interview like this.

Right. Because something inside of them tells them, well, no, that's not all I can do. And I'm going to research and learn everything else I can do, or they have some background or experience in natural health and they say, no, I'm going to keep researching and learning.

Right. And so it leads them to information like this, which is so critical. But I want people out there to know that they're not alone. Thousands and thousands and thousands, millions of people go through the exact same experience.

Unfortunately, most people don't know what they don't know. They don't know there are other options. The doctor does not give them true informed consent, because the doctor doesn't know that there are other options themselves.

They're trained in chemotherapy, radiation, and surgery. It's about all they know. Unless you meet a holistic medical doctor like Doctor Lahti or an integrative medical doctor like Doctor Keneally, who this is what they've been studying for decades now, because they also saw that the work they were doing in conventional medicine wasn't

actually helping people heal from chronic diseases.

And they said, there's got to be a better way, right. And so those are few and far between, but there's more and more of them that are, that are coming up.

In the field who get trained as a conventional medical doctor. They recognize there's got to be better solutions. And then they open a practice space in integrative medicine.

Right. And so people who are tuning in, you're not alone. So many people go through that same experience. And yet you're here because you're looking for strategies.

You're looking for solutions, you're looking for like, yeah, I know I need better sleep or I know I should improve my sleep. I know that sleep is so fundamental to my healing, right in my own life.

Blue Light, Circadian Rhythm, and Cancer

Same experience. Teenager. Growing up, I was addicted to drugs and alcohol, though. That's different experience. Not the same what you just said, but my own experience.

The same experience. Night out right up, partying all night long. Didn't go to sleep until 2 or 3 in the morning, and then I'd sleep all day and then do it again.

And I was by 18 years old. I was literally almost dead. I was a walking zombie, you know, in addition to the chemicals and the bad food and the fast food and the stressful life and the homelessness and all that, then add on top of it really bad sleep.

I literally I there's a picture of me when I was like 17. I have somewhere in like a little scrapbook that I made. I literally look like a, a dead I look like a zombie, like the zombies you see on the movies that are like walking dead.

Like I look like that, you know? And that's the unfortunate reality is that so many people are not getting the benefits of sleep that they should be getting, because sleep is your why.

It should be one of your top healing strategies. As I said, it's free and you can improve it exponentially by implementing these strategies that I want you to share with us.

Because you know, a lot, about the strategies and solutions. And so let's say if you were to put together like a top ten list, right, started number one, what you think is number one, maybe work your way down that what what would that be?

What would that look like? Well, number one would be absolutely the blue light stuff. We have at my house, we have amber bulbs in our lamps. If you talk to someone like Ryan Stern.

Nicole, he's got red, which is even better. Red bulbs. You can get red glasses, too. But you want to get the blue light filtered out, so, you know, we don't.

I am not as hardcore as I probably could be about no lights on in the house, but we have no overhead light. We only do lamps. And and then as the night wears on, I start turning everything off.

So I just, I think that that's an easier thing to control your own home environment. Like if, if you're going to watch television, make sure you're wearing the amber glasses.

But it's even better to just cut off the screens like after 7 p.m. at night. Just quit. Quit doing screens, find other things to help you unwind, you know, where are the amber glasses?

When the sun goes down, I put them on. It's just second nature and habit for me now. But if it's not second nature

and have it for you, then set an alarm on your phone to go off every single day right around dusk and wear the amber glasses.

That's been such a huge needle mover for me. Plus, I've shared that hack with so many people, and 100% of the people who have tried it have reported improvements from it.

So this is one of those things that it's not like a 5050. Maybe this will help you. Like pretty much everyone feels a difference. That's noticeable when they start wearing the amber glasses at night.

So that's my number one is is watching the blue light. You know, Amber. Amber bulbs. Amber glasses add mindful of light after dark. But you know, outside of that, there's a whole lot of things that we can do.

I think about you, about the science behind that, how it affects the circadian rhythm. And yeah, I that to cancer because it's a really important point.

I think people yeah. So I think that the thing that makes this concept easy for me. So I'm a I'm a lay person. Right. Obviously this is a passion of mine.

And I have immersed myself in this all the time. It's become my my world. But my real passion is supporting people and being able to navigate their own journey.

And the thing that drove this home for me is this idea that at the cellular level in nature, there are two forces, so to speak, that actually govern timing, cellular timing.

So someone gave me the example of, the UPS plant or the Fedex plant. You know, you have they had this intricate system of packages coming in, getting sorted, going out, getting in trucks and going to the person.

Well, if the packages aren't coming in and those first steps of the process happening, happening properly, what you're going to have is packages that end up getting dumped in the floor because the belts aren't on at the time, because the package didn't come in at the right time, or packages to get sorted to the wrong place, right?

Or maybe they get to the end of the conveyor belt and there's now a pile of packages, and that the end result of this package arrives at its destination within 24 hours or 48 hours, is not happening just because of the timing issue that's created by that package.

Not being where it's supposed to be at the right time at the very beginning of the process. So in our bodies, the two forces that govern those processes are light and magnetism, light and magnetism.

So when we are exposed to blue light after dark, we are we are allowing signaling to go into our body that's not supposed to be there, that hijacks what the body does to move into our parasympathetic nervous system and to get ready to unwind and go to sleep.

It's just this hijacking that happens. So it is just crucial that we start aligning with how nature intended for, for health and healing to work in our bodies like we are meant to have light hit our retinas first thing in the morning, sending a signal to our brain that it's daylight, which causes cortisol to surge, which helps us get up, you know, and feel refreshed in the morning and start our day.

And then over time, the sun goes down and our cortisol starts going down so that our body can actually start making sleep hormone. And we can go to sleep when we're supposed to sleep.

So that's why this light thing is so significant. Because essentially what we're doing is we're allowing this chaotic signaling to keep our body from being able to do the things it needs to do in order to restore, repair and heal at night.

The other force magnetism, you probably have heard if you've participated in some, it's like this. And Nathan, I

don't know if you have anyone talking about Emfs, but oh, you know, that's the big concern with Wi-Fi is that we have all this magnetic signaling, not just Wi-Fi.

We've got our cell towers and so much stuff. This signaling is actually getting picked up at the cellular level by our bodies, and it's creating a lot of chaos in the signaling governed by magnetism.

Ultimately, the Earth's magnetic field. We learned as humans resonance in school. That field actually governs a lot of the functions that happen in our cells.

So, you know, we've got these signals from our external environment that are very disruptive. And that's what's creating the chaos inside and keeping our body from doing the thing it needs to do to heal or keep us in good health.

So it's so it's so important. So blue light comes in through the retina, hits the and signals to the brain the pituitary gland. You know all these other processes happen.

But it's important to know that blue light also is picked up by your red blood cells that are coursing through your veins. So in all the capillaries in your skin.

And when those blood cells are picking up blue light, they actually start signaling for the body to reduce melatonin production. So you don't it's not the signaling isn't only going through the eyes, but your skin.

The body's largest organ, and your blood cells in your skin are also picking up this signaling. And it's influencing, your entire system. So I hope that's helpful and kind of gives people, you know, an impression or idea of why this is so important.

You can't skip this. You can't like ignore the light thing and just think melatonin is going to do it for you. People have to take increasingly more melatonin all the time.

And, you know, what we ultimately want is for our body to produce this, to keep us in the very best health that we can. Well, and if you're taking melatonin, supplement, what happens is you're still but you're still exposed to blue light.

You know, in the evening you're fighting against your body's natural biological process, right? Right. Your body's trying to follow what nature has intended for us, which is sun goes down, you know, cortisol goes down.

Melatonin starts coming up as time to slow down. You ready for a nice, deep, restorative sleep? You're watching TV, you've got regular lights, you know, LED lights that aren't blue, light blocking.

You've got your phone or whatever, even lights, you know, coming off of alarm clocks and things like that. Right. And you've got it's crazy by light and. Yes.

Practical Sleep Environment Changes

And then your, your brain's going, okay, the day's actually not done yet. Let's keep cortisol up. Melatonin down when you're taking melatonin and you're fighting this natural biological process versus swap out all the bulbs for blue light blocking bulbs, which we've done as well.

Where are the glasses? You know, in the afternoon and into the night. Which which we do is well, I don't do it enough, as I should. But what I've done is all of our screens, you know these guys, right?

Look how fashionable those. Hey, look at that. Woo! Oh, stylish. What? I've done all of our screens. I've got apps on them that, reduce the blue light as the sun goes down and eliminated.

And then the screens are like orange, right? Like all these different things to get the blue light out of your house, to

be much more in tune with nature.

And yes, the deeper you get into sleep and the longer you sleep, the better quality sleep. As you mentioned, the parasympathetic nervous system that is your secret source to healing the body, healing itself from cancer and all chronic diseases.

Right? There's there's there's a module in my upcoming masterclass, called Becoming Cancer Free. And the module is called Parasympathetic Mastery. And it's all about the things you can do to enhance and activate your parasympathetic nervous system as often as possible, because it is your best friend when it comes to healing.

And sleep is one of the best strategies you can do to activate your parasympathetic nervous system. Deeply and effectively. Right? So I love it. I mean, we spent a lot of time on just one one thing I know, it's one.

It's a big one, right? That's right. You opened up at number one, so I'm glad we did. Maybe we can cruise through some other simple things. Yeah, let's let's connect another one to it that I think is really important.

That kind of fits right along with this light thing. And that is making sure your room is pitch black at night. So if you are laying in bed, once you're light, your eyes have adjusted to the darkness and you hold your hand up in front of your face and you can see it, your room is not dark enough.

So we put up room darkening curtains. Once we did that and we started noticing all the ways that light is still coming into the room. It's coming in underneath the door.

It's coming in. I had a curling iron that's off, but still has a little light on it. Right. So we had to shut the bathroom doors. It's. I have, an air filter that runs in the room, right, that has lights on it.

So I had to figure out how to turn those guys off. We got rid of alarm clocks entirely. We don't need an alarm clock in the room. We, my partner and I both just wake up naturally, in the morning.

So they're not necessary. But with their smoke detector, had the little light on it. We had to put the black tape over it. So, you know, making sure your room is really dark at night so that your your skin isn't picking up the light like some people put the mask on, you know, thinking the mask is going to be enough, but it's actually not enough because your skin has receptors as well for light and affects your melatonin levels.

So darkening the room is really helpful. And you will definitely get more deep sleep if you're sleeping in a dark room. And the other thing that kind of goes along with that is make sure your room is cold or cold and dark is how our bodies are designed to sleep the best.

So in our home in the summertime, I live in Texas. It's very hot here, but in the summertime we have the thermostat on 70 overnight, and we also have one of the cooler pads from chilly Pad, on our bed.

And those I didn't. Second, you think 70 Fahrenheit is cold does everything well in the summer in Texas, in the summer in Texas, it's a cold temperature.

You must live in Texas in the winter. I know it's it's a contrast to the winter. We have it set on 60 overnight. If I had my way, we would just turn it off.

We don't need heat at night at all. But Rodrick doesn't want it to get to freezing, so I have to accommodate my partner. But. But yeah, we keep it really cold.

I actually feel, I feel like it's even colder than 70. It's a it's a nice temperature for us, but, you know, I think each person can see kind of how their house responds.

The important thing is, is that you're cold. If it's warm, if I am warm, I am not sleeping in, especially women as we get older. This is very much tied into our hormones as our hormones levels go down.

We we're we're heating up at night when your estrogen lowers. So, I'm super sensitive to temperature, so I need it really, really cold. And I've also experienced in my own life as a woman, I've experienced, estrogen being really helpful to my sleep.

Progesterone gets a lot of air time. We do need progesterone to sleep. Well, I've noticed that I absolutely. In 2019, I kept waking up in the night. I would have these waking.

I'm not going back to sleep, and it would drive me crazy. And CBD really helped me. Whenever I would wake up and my body didn't want to go back to sleep, I was able to take CBD, and that helped me get to sleep.

But adjusting my estrogen was the thing that helped the most, you know? So I, I was really fortunate that, that hormonally I could make some adjustments that would help me sleep.

And, you know, there's a lot of women in the Healing Rosie community that are experiencing, the same thing. You know, you get your hormones where they need to be, make sure your progesterone is up within range and your estrogen is within range.

And that can have a pretty dramatic impact on your sleep, too. So what are you doing to balance out your hormones? So mostly supplements or are there other things you're doing?

Well, you know certainly I have I've done all the lifestyle stuff for a really long time, you know, that help your hormones. Your body makes hormone your sex hormones with, LDL cholesterol, T3 free T3 from your labs and vitamin A, so I make sure that I have that I my body has the building blocks that it needs, but because of my unique situation, I am very not common.

That I've had I've not been able to move the needle on my hormones because of the dysregulation, not just the dysregulation that happened, but it went untreated for five years.

That's really the tragic thing. It's almost like my body forgot how to do it, you know, after so long. But, there's certainly. I love Magdalena. Schlocky, hormones balance.com is her website.

She teaches a lot about what you can do with your diet and things like seed cycling to help balance your hormones. But for most women, as we start moving into menopause, we really need to consider, especially if we're experiencing a lot of symptoms doing bioidentical hormone replacement therapy.

Because hormones are what keeps us young. Hormones keep our energy levels up. It's really good for our skin and our hair. Obviously it affects our sex drive, but hormones affect your sleep and how you're able to sleep.

And I really think that's the number one reason why women should consider hormone supplementation. Because when you have good hormone levels, you sleep great.

My mom and my aunt, their sleep is awful. And, you know, I talked to them about the amber glasses and they try a few of the tricks, but they just can't quite get it there.

And I think a big problem for them is just the depletion of hormones. You know, they just don't have the building blocks to make melatonin and all the other stuff that your body needs to be able to sleep well at night.

Hormones, Supplements, and Morning Light

So, you know, certainly they can supplement those things and they do notice some improvements. But I, I have benefited and I know so many women that have benefited just from maintaining your hormone levels even after you go into menopause.

For some women, they start experiencing after ten years and menopause that you try to introduce hormones into their body. And their body has a really hard time because those functions, it's like it's like amnesia, you know, kind

of what I experienced going untreated for so long.

So I'm I'm just a fan of maintenance. I think women should all have a really good hormone doctor that's helping them with their hormones. But, you know, I've had so many things so many times that I've had sleep challenges.

I trace it directly to hormones, make a few tweaks and changes, and I'm good. I can sleep again. So good. So we've got we've got three minutes left. I said ten, but I think we're going to get through five.

It's just good. Ten. Maybe too many for most people anyway. Right. Let's what let's you and split a few of these that counties 2 or 3. What? The amber glasses.

Actually, we've already done quite a few of the amber glasses. We have afternoon to the evening, turn off the TVs and phones and screens. You know, at least eight, 9:00 at the latest.

Right? Try and be in bed by 9:00. There's three. Right. Replace room darkening curtains, room darkening curtains. Replace all the light bulbs with. Yeah, blue light blocking.

Cold. Cold or natural like cut like comfortable. Cool. Right? You're not talking about laying there shivering. You're talking about and pile on the blankets.

Yeah I know, so great. When the room is cold and I have a down comforter, I have a weighted blanket. I mean, we weighted blanket has to come off in the spring because it just makes me too hot.

But in the winter time piling on, it's so cozy, right? You don't need to. Yeah, it's not. Yeah. You want to be warm in your blankets, but the right in the room is cold.

Yeah. There's something I think the signaling honestly, is respiratory. I think there's something just about breathing. Well, that's why the, the, the evidence is shown when you take a cold shower, even a cool shower, even two minutes before bed, right? Yes.

You do release a little bit of norepinephrine. You do have a little bit more of mental clarity. But what happens is your whole body cools down internally.

Your internal system kind of cools down and it's easier to get to sleep. And I've done it so many times. And it you know, even in the winter here in Santa Fe and it's 14°F outside and the water coming in through the faucet is very cold.

I'll do it 2 or 3 minutes before bed. And I always sleep really great when I do that. Yeah. So, you know, that's cool yourself down. That could be another one. You already the the cold baths you were taking before bed.

Right. So I guess I get I think we're at nine so so we're pretty close. We've got two. There's a, there's a couple of things, you know, there's a lot out there on supplementation.

It would probably take us more time than we have to really dive into supplements. Certainly melatonin Gaba, tryptophan. There's a lot of different supplements that, can really help people get to sleep that are have that are struggling, getting to sleep.

And I, I would use any of the CBD is another one. I would be if I was having trouble sleeping I would try supplements in a heartbeat. But what's really worked for me long term?

I'm 45 years old now, so ten years of really working. It's the lifestyle stuff that pays the big dividends. And so we've talked about a lot of things that you do at night.

And I barely touched on this, but I want to bring it back up. What you do first thing in the morning is really significant to setting that curve, that cortisol curve, to be strong in the morning and then wane as the day goes on and slip

into, you know, pretty low level going into sleep.

And it's really important that you hit light on your retina first thing in the morning. You know, you probably have heard about sun gazing, going outside, letting the sun hit your face.

But it's it's really, really important. And that signaling is way more powerful. And the discipline of creating that over time is more powerful than what you can create with supplements.

So I think that one's important. And another little like this is so obvious whenever I say it, but it's a game changing one. Be mindful of what you're engaging with after 6 p.m..

Don't eat like finish. Finish eating by six. Give your body several hours to to gesture food. So when you sleep, you can actually move into restorative repairing.

Sleep in your body isn't, you know, focused on digestion through that time. But don't talk to your partner about finances. Don't have that fight that you've been needing to have with them.

You know, be mindful of the kind of arguments that you're getting into. Don't call your parents up and chew them out, because if something that they did or said or something happening in the family dynamic with siblings or, you know, whatever's going on, handle that stuff in the morning.

So just being conscious about your lifestyle, let's do this. The things that are more stressful earlier in the day, and let's leave our evening time as our decompression time.

And let's not engage with all the stressful aspects of life.

Evening Habits and Community Support

I know that's not possible 100% of the time, but a little discipline around that can really go a long way. Yeah, that's a that's a great place to end.

That was the bonus. That's we got 11 strategies. I know you have a great resource I want to share. Is everybody tuning in. Healing rosie.com. You know Misty has a, quick start guide there that can just.

It's her. It's her healing guide. Yeah. Go get that. Join her newsletter, learn more about the various aspects of how you can enhance and accelerate your own healing, and be connected with the community of other women going through health challenges who are seeking greater health and vitality and longevity.

Yeah, you kind of you touched on it at the beginning of how, you know, it can you can feel really alone in this journey, especially when you're not getting support for your doctors.

Yeah. The whole purpose of healing, Rosie was kind to kind of to address that. You know, I needed so much support. It took me a long time to find it and created in my life.

And we have an awesome Facebook group. I think there's around 7000 members now. I hardly post and I respond to posts, but I don't really post much in the group because this group posts 20 or 30 times a day.

But it's a wonderful place to go and get support. You can ask your questions and hear what's working for other women, and just really feel like you're not alone on this journey.

And so I would invite anyone to join the faith. Just search for Healing Rosie on Facebook and you'll you'll find the group. But I think it's probably the most valuable resource I have.

And I'm so honored that I was able to create this space for so many of us to come together and get what we need from each other. Well, Misty, thank you for, taking the the great lessons from your own, you know, chronic health

challenges and turning it into something that has served so many women around the world.

You know, I just honor and appreciate you for the amazing work that you continue to do. And inspire women all over the world dealing with all kinds of health challenges.

So thank you for that. Thank you for being here. Thanks for being, you know, a good, good friend and collaborator, great speaker. And, thanks for all the good wisdom you shared with our community here.

It was my pleasure. Thank you for having me, Nathan. Of course. Always. And I want to thank everyone for tuning in to the Conquering Cancer Summit. Please share this with friends and family.

Together, we truly can make a difference for the future of humanity in ending the cancer pandemic. Thank you and I wish you ultimate health and happiness.

Be well.