Hormone Harmony & Gut Health for Longevity | Dr. Lorraine Maita & Thais Harris Transcript

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Introduction to Hormones and Longevity

Personal Journey into Functional Medicine

Gut Health, Inflammation, and Aging

welcome to the nourish together good heart and mind podcast I am so grateful to have lurine M here with us today Lorraine is known as the hormone harmonizer and she is board certified in regenerative medicine and I am just super excited about this conversation we'll be talking about hormones gut health and detoxification for longevity and for overall well-being thank you lorine oh thank you for having me I love getting the word out because I want people to live younger and healthier I want a healthier lifespan not necessarily longer can't guarantee length but at least the length of time we're on this planet we should enjoy it and be healthy I so agree with you and that's exactly why I do what I do to and I would love to just hear from you what it means to be a a holistic longevity doctor and and in the space with especially as it relates to women and hormones well you know I had I got into functional medicine and you know I'm getting into longevity because I'm getting older but I um you know I developed tuberculosis when when I was working in the emergency room in New York City and I was on antibiotics for 9 months that cured the tuberculosis but then I was left with feeling well tired I had rashes I had yeast infections I was gaining weight I was losing my hair I had brain fog I felt felt awful I said with this is the cure then I I didn't feel alive or human anymore and that's how I got into g health and when I started learning about that it's like wow within three months I was back to normal really and then I started working for a big company and I worked in the emergency room I could I could save your life I could you know bring you back to life from a heart attack I mean I really was you did ICU work I did all of that stuff but I wasn't prepared when a senior W female executive came down to me and that was back in the day when there were very few um women in uh executive positions there were probably about five in a company of 120,000 people right and high level positions right so she came down to me and she saids you have to help me she said I'm giving a lecture and all of a sudden I broke out in a sweat I felt my face burning I lost my words and I I just was so humiliated because men were either casting their eyes down in shame like I can't look at this or they're elbowing each other like chuckling and snickering like look at this so she said you you really have to help me I and I wanted to help because I said you know what we've got to keep women have to be able to rise to Greater levels in in companies and we we have a lot to offer and I wanted to help her so I had been interested in hormones when I was doing my residency so that sort of re-sparked the interest and then when I went through Parry menopause and oh my God tired moody anxious irritable can't sleep gaining weight right my best friend said to me you know your personality changed and I realized oh you know what this was around 911 and I used to live in New York so I um I said you know what I bet you I'm in paring my pause and I took progesterone and it was like same stress was there but I could deal with it but I had so many people coming to me like I'm I'm getting older I'm tired and I say What's the difference between people who are older and healthier versus not one of the things is hormones another the thing is diet and most of all it's attitude too right sometimes like you said you need the little help to get the attitude adjustment there may be something biological to it right right so I just you know watched people age and unfortunately my father died before he saw me graduate from medical school and that that really bothered me and um I always said I'm going to I want to help people their health as long as possible yeah oh I totally hear you so what is this um what would the holistic portion of it be as far as you know you said you were in the emergency room and you could do all that and then uh this woman came to you and you knew that hormones played a big role and he wanted to help her figure that out where's the holistic part come in well it's a lot has to do with the gut I mean when I had that I felt terrible after after being on antibiotics for so long I realized there's more to it than just killing the bug it killed off a lot of good bugs in my God and what I learned is aging is a process it's oxidation inflammation glycation hormone Decline and your immune system declines so inflammation we we call it in functional medicine inflammaging it's the root cause of most illness and inflammation is the root cause of allergy IES asthma arthritis autoimmune cancer diabetes heart disease stroke all of that so we can decrease inflammation that's the root cause right and inflammation has a lot to do with your toxin exposure the food that you eat what you're breathing we were talking about wildfires you know air pollution can is a toxin you can take toxins in in breathing it in eating it putting things on your skin and being in a toxic environment and being

around toxic people so the holistic part is to you know I tell people what you hormones control you but you control your hormones what you eat what you drink how much you sleep how much you exercise the stress you're under the toxins you're exposed to are all good infective hormones so the holistic part is eat drink be clean use clean products right get enough sleep because we all Drive ourselves and hard and we we we're on our tablets and our phones and our computers to the we hours you know late at night and that blue light disturbs the production of melatonin which is the hormone that helps you sleep and people late night snacking light and food disrupt your sleep and that disrupts your circadian rhythm which we all live in Rhythm and that that clock that comes from up here in the pineal gland is the master clock and if the clocks are not in sync you know the clock to detoxify in your liver and the to clock to make certain hormones at night it if it gets disrupted your body doesn't know what to do when and you're out of sync and that's how you can age so yeah sleep is important and I've spent probably 25 years in big companies and I also specialized in occupational and environmental medicine and I learned that even though that field was like big exposures like an explosion or you you spilled something on you whatever nobody really talked too much about the little drip drip drip drip drip little little exposures over time and people don't realize you know I do test for toxin and they say I but I eat clean I drink clean I'm everything I'm perfect well any toxin you've been exposed to even since birth gets in your fat and your bone marrow and you know as you your body does not want to lose weight because it doesn't want to release those toxins and the thing is you start you know in par menopause you start to lose bone so the toxins and the metals especially start coming out of bone and you get you know and it disrupts your immune system your nervous system your hormone system so you know I tell people you know eat eat the best you can organic at least the The Dirty Dozen that's published on the environmental working group and the Clean 15 you don't have to eat organic and you know I look at when I go shopping if I I try to buy organic but like I'm not going to spend $10 for a few strawberries so I'll eat them in season when they're organic or if there's just a slight price difference I'm going to buy the organic you know but I I understand not everybody can buy everything organic but you can not heat in plastic you can you know that's that's pretty easy to do and can as you run out of products buy clean products ewg.

Toxins, Clean Living, and Detox Basics

Hormones, Constipation, and Liver Detox

Stress, Self-Love, and Nervous System Balance

Testing, Detox Protocols, and Practical Next Steps

org has an app called Skin Deep and you can scan the barcode and you can buy clean personal care products clean uh cleaning products so that it's every little bit counts and you don't have to be perfect I mean people get overwhelmed so as you start running out then look for something cleaner there there's a lot of clean products out there that are not so expensive it's true and even I mean in the major big stores you find a lot of the clean products or people can get subscriptions online if you just search for you know clean products look at the WG list um and I love that because I love what you said about the drip drip drip drip drip what we don't realize is that today we have so many sources of exposure that we're exposed to on a regular basis so whether it's like the microplastics and our EMB bottled water and microplastics from a number of other issues sometimes even humidifiers that are made from plastic and there you know in the house like if you start looking at it it can be a little bit crazy making because there's so much but pick one area at a time I love that you said that it's like clean pcts run out start with a new one um um in the UK a few years ago they did a study that showed that a the average woman is putting about 500 chemicals in her body right in the morning before like walking out the door between the shampoo and the conditioner and the makeup and the nail polish and the the different things of course many of us might not do all of those things but again it's this notion of just be really informed about what's in it try to find the sort of formulas that are the easier on on the person on the environment um and I when you mentioned working for bigger companies and doing a lot of the environmental stuff like what would what was that like and what was some of the the main things that you saw as far as um harm to people or you know and was there anything that was different to women specifically going through param menopause and menopause so really what I found that worked the best is to stop the influx I mean detoxing is decreasing the amount going in and increasing the amount going out we were very I mean I was very fortunate to work for companies that listened they listened I said I think there's a problem here let's fix it and they fixed it so we never never really got to a point where there was big harm um they were very very concerned with safety I worked very closely with safety and I you know we had a whole department dedicated to

making sure the job was safe for you and you were safe to do the job so I did find that in the day when chronic fatigue was a thing it's still a thing but when anything is new it's discounted it's and what I realized is everyone was poo pooing it but I had some people with chronic fatigue and I believe them and and they needed special help and I you know I'm a I'm a little bit of a nerd I research and I did see that they had differences in their natural killer cells and other things that people were just ignoring and thinking it was a fake so I mean I was fortunate to have been able to be an advocate for these people to give them you know more rest and have flexible work arrangements and so they could keep their job and so that they could you know be healthy again so you know with women more often had chronic fatigue and what I found is that women going through Perry menopause were suffering a lot and nobody was paying attention to to it absolutely nobody was paying attention to it and that's when I went through my own it was like oh my gosh oh my God I didn't you know you can't be sometimes you can't be objective about yourself but when your best friend tells you personalities changed I it was the wakeup call for me and I said wow you know and I you know at that time then Suzanne Summers was the first person to talk about but there was a book um forgot what his name was he he wrote a book about per menopause and it it rang home it was very old book but it rang home and I said my God there's a lot you can do about this you could just bring your estrogen in Balance by having more fiber right and it's not there's nothing sexy about fiber but let me tell you I gave I gave a lecture New York City to a group of gastro neologist and I had to asked my friend I said what do you you know what should I talk about he said fiber I was like fiber there's nothing sexy about fiber and I got into this room with group of gastroenterologists and I said fiber and they were sitting back like this rolling their eyes but by the end of that lecture the Miracles that fireberg caused they were lining up to get my resources in the papers because I when I give a lecture amazing I know what I'm talking about and it lowers cholester olol it balances your hormones it removes toxins it feeds the gut microbiome it's it's where you know the when your gut microbiome is healthy it makes vitam the hair people are taking biotin but if you have the right gut microbiome that hair vitamin diets and you know yes gut microbiome makes that people are on anti-depressants well you know what your gut microbiome makes serotonin right and the serotonin helps you move your bells and you know what I see a lot constipation constipation big time right and who don't do well on hormones are constipated and they'll say oh no my bell movs are normal so I said well how often do you go oh every two or three days that's and what do they look like oh it beries they're mush or they're B no you have to poop logs and snakes right that's also not sexy but it's right I know we laugh I mean I'm I'm even as I feel myself laughing I don't laugh as in um funny for them because it's so hard when you are constipation constipated it really is horrible and you feel bloated and you feel full and you feel all kinds of things and you're reabsorbing a lot of the toxins and a lot of the stuff that's packaged to go out right but there is a solution and I only laugh because it's so common and we don't realize that yes going every day and even twice a day would be really lovely right not not not having interrupted days where you don't event change people's lives they're like oh I I didn't know how good I could feel right but I use the analogy and it's kind of disgusting but would you keep flushing a backed up toilet that's what you're doing when you're constipated all that stuff is going back into your system and you know your liver is a recycling plan whether you're on estrogen replacement or not you even a menopausal women will make estrogen in their fat and adrenal glands and unless you have the right bof flow and the fiber and you're detoxing and you're pooping logs or snakes that those byproducts and some of them are toxic your liver can detoxify estrogen in one of three ways one is benign one is semi toxic and another is very toxic and those toxic ones damage DNA and they did studies on women whose liver made that type you they saw more either a family history of breast cancer or a history of BL breast cancer and I've been measuring these these byproducts for oh my God 15 20 years and it's always you know the women who never had a history of breast cancer or a family history of breast cancer made the two hydroxy estrogen but that's like clean recycled garbage it's still garbage you still want to get rid of it but the women who had a family history of breast cancer or some women came to me after breast cancer because they wanted to feel better I don't give hormones to women who have had breast cancer but not because it causes breast cancer hormones do not cause breast cancer I want to get that straight um but there's not enough studies for me to feel comfortable to say oh yeah let's take it with wild recess abandon but they um they were the ones who had the family history of breast cancer history breast cancer because they made for hydroxy estrogen or 16 so things just like you open a jar and it's all moldy and everything right you need you need to get rid of that and you need to methylate meaning methylate is like putting the lid back on and just disposing of it right you need to put your garbage in a can or a bag for the garbage to take it so I look at your urine to see how your liver is processing your hor all your hormones not just estrogen and whether or not you're able to dispose of it because women who have anxiety can have anxiety because of this enzyme the compt enzyme which takes those estrogen byproducts packages it so you can dispose of it but it also takes epinephrine and norepinephrine you know adrenaline is like what makes you really anxious if you don't if that enzyme is not not working right you have two reasons to be anxious you're you're re absorbing the estrogen byproducts because

they're sitting there and absorbing the adrenaline which can cause anxiety so all of this fits together and you know lots of crucifers vegetables broccoli cauliflower kale brussels sprouts arugula right fiber mag magnesium it's so relaxing but it also prodes energy to the cells so but I want to warn people you start low and go slow with the fiber otherwise you're not going to be happy you're going to hate me because your mic's not ready and you can get gas and bloating so go in small increments but it's it's a miracle how much better people feel right and hydration R line with with the increase in fiber you have to match it with some hydration otherwise sometimes it can work and that's part of detox you detox through I that's why I also love exercise because the heavy breathing you breathe out CO2 that's you know acidic right you're hydrating so your urine through your kidneys you're detoxing you're um that allows your bows to have what they call peristalsis which pushes things out and that you get rid of toxins the muscle contraction massages your lymph gland your lymph system and it pushes things into the bloodstream so you can get rid of it through your poop or your pee and you sweat and you get rid of a lot of toxins through sweat so that's why it all fits together and I say it's like baking a cake you leave that one thing it's a flop right yeah it's a I love that and I love about eating and sleeping and exercis and pooping and I love that you sort of simplifi the notion of detoxification by saying you know you stop the influx and you increase the output and I think sometimes even the word detoxification for some people can be a little scary it may mean that it's something that you do that's really radical or that you're using whatever but it's like no it can be super simple and it's very simple you stop taking in what's harmful and you start letting go of what your body really doesn't want and that as you explained so beautifully is packaging to go out yeah I'll use some detoxifying herbs like any woman before I put them on any hormones I have them do a two week detoxification and elimination because some foods cause inflammation and some people I mean everybody's like nervous about gluten-free does everybody need to be glutenfree no but I have to say that the gluten it come from the states has been re-engineered to contain more gluten and that stands for glue and it's hard to break down so it can inflame the system but you know just for two weeks we eliminate inflammatory foods have a shake to heal the gut and decrease inflammation which decreases inflaming right for and people feel good to gr like 80% of people after that process feel good to grade and those who don't then we have to look deeper is it mold is it heavy metals is it lime disease is it some chronic infection is it the the there something else going on and it's usually something in the gut if it's it's not overtly anything of those other things that I mentioned yeah so that's I think you're getting to the answer to one of my questions which was if people are kind of chasing symptoms you know especially women in Parental paw again where you're starting to feel a lot of fatigue and weight gain mood swings what is the thing they're overlooking would you say when they're going after those symptoms definitely constipation because people think their bowel movements are normal and normal is not necessarily optimal you know studies I say most normal people in their 60s are on several medications are overweight have high BL do you want to be normal to you want to be optimal right if you want to live healthy you want to be optimal so uh the other thing is a lot of women suffer from gallbladder disorders and you know when you shift the fats in the diet from saturated fats to Omega three fats and you give bio salt something like tdka wow they digest they eliminate because bile also is an antiseptic for the gut it kills off the the bad bacteria and also carries out toxins and if you have a a good gut microbiome it just allows that process if you have a bad M gut microbiome it's going to uncouple the toxins that are bound to the bile and they get reabsorbed so we we really need to pay attention to the gut because even hypocrates said all disease begins in the gut and yes you know when I use the analogy if you had a party and you had beer and soda and french fries and burgers and pizza you're going to attract a different crowd than if you had nice salad and you know lean protein and roasted vegetables and fruit it's it's night and day you're what you feed your gut is what you're you're going to get right yeah yeah absolutely so the gut being the key here and that's as you talked about hormones and um and this notion especially during param menopause menopause and trying to ease the symptoms that can come in that phase it's not just looking at hormones but looking at the gut and that's the amazing combination you also mentioned earlier you know about the sort of toxins that we're all exposed to and how we may think we eat clean but then when you look at testing and I love that you also do testing because I eat like maybe 90% organic right of all the food when I'm when I'm shopping for my own household for my family and still I tested for glyphosate right it's like it's in so many things and especially in wheat products like you mentioned and I you know there's many things you can avoid and still be exposed to some of these things so I only mentioned this because it really is so important to detoxify coming back to like gut health helping your gut microbiome so that they can help you detoxify the bacteria can do so many different things as far as protection and detoxification and providing those nutrients um what would you say are some of the um sort of specific metabolism things that are are related to this gut Toxin and hormone Triangle Well the metabolism things well we talked about the liver recycling right so I also protect the liver you know sometimes I'll have to give herbs like milk thistle otherwise known as silly Marin that helps the liver along and I usually use Blends because they are synergistic meaning they work better together a little bit less of all of that so insulin

resistance is a big one and that's also can come from inflammation and that's why I always attack the inflammation first because that affects your hormones and it affects your metabolism so if you're having a a diet highend processed foods and you know simp carbohydrates or um High ands saturated fats you're going to get insulin resistance and you're going to it'll raise your blood pressure L raise your pulse it'll raise your um blood sugar you'll gain weight and it's going to interfere like polycystic ovarian syndrome is the the root cause of that is insulin resistance and we really need to be mindful of that that one hormone is going to affect another hormone that's going to affect another hormone and all the hormones have to work together and the the big mother of all the hormones is cortisol which is stress so cortisol can disrupt all your other hormones as well as your immune system and your nervous system so I want to expand the definition of stress because it's distress your body doesn't know the difference between running from a tiger or sitting on attack you know pain this physical anything physical pain heat cold restless legs emotional you know worry anxiety depression OCD schizophrenia any of those things or or chemical which can be a hormone imbalance nutritional excess nutritional deficiency poor microbiome so so all of those need to be looked at and the thing is I don't want to make it sound more complicated that it is you know eat Whole Foods fresh fruits and vegetables that mostly organic drink clean water get a good night's sleep don't snack late don't don't get too much light at night because it's going to disrupt your hormones um get some exercise right and what helps insulin resistance the most is resistance training so I know people that love either just cardio or just resistance training you need both right and that and that detoxifies you right exactly and as much as walking is amazing and has many proven benefits and I highly recommend it to everyone because walking and time of nature fres air all of it but it alone will not get us there and so the resistance training weight lift you know weight training doesn't have to be a ton of weight um but some some form of muscle building which is where that along with high intensity in training like push yourself a little bit I love walking right it's to me it's just so relaxing and it's beneficial but sometimes you just have to push yourself a little come back push yourself a little lay back and that that exercises the arteries and the heart in a different way beautiful so I love that you brought in stress because that is such an important piece I think um and in my work lorine I talk a lot about selflove and as a practice because of the stress you talked about a lot of these different stressors and some we know so like our maybe our housing situation our relationship our work situation kids there's like all the external stressors that we might be very aware of where we know I'm stressed because of this but then there's all the internal stressors we may not know of which is Toxin exposure gut imbalances the other things that you mentioned and I think even food sensitivities you know things that yeah we can asked for when when nothing else when a when a sort of easy protocol doesn't work as you said people go through your cleans two weeks I do one too and it's like if after that there's still something where they're not really feeling the benefits then you have to investigate more but ultimately learning what your stressors are so you can you know do something about them um where do you see as far as like most of the people that you work with where those stressors are and how do you address them a lot of them you know comes from how you think about things you know I I my husband told me I'm a stoic it took me a long time to get there stoic and and un stoics are not on feeling but stoics do not let their environment change their inner Zen beautiful so regardless of what goes on about you you know when I started working for this company and it was just so different from working in a hospital right the employee counselor gave me a Fram version of The Serenity Prayer except the thing God give me the and you don't have to use God you can use Universe whatever give me serenity to accept the things I cannot change change the things I can and have the wisdom to know the difference so one of my professors said to me somebody on the plane just spilled red wine all over her white blouse so she said I am not going to get my cortisol up over this you laugh it off okay so you have the ability to respond differently you could get all worked up or you can say it is what it is take a deep breath move on because they're we're we're bombarded with so much information and so many demands in our time um set your priorities and put I love that you teach self-love because I find this more in women they put themselves last yeah and you need to put yourself in your health first so that you can do what you need to do burnout is so common and I see that Flatline cortisol because you know when you're stress goes up yeah and then it drops and all H that's where you get chronic fatigue the fibromyalgia the autoimmune disorders core response if you have cancer frequent infections you you lost your zest for life you know I can almost di them across the room because they have the sunkin eyes and they're like you know they can get out of bed and it doesn't even have to be that bad I have people with Flatline corol that are still pushing themselves and they just lost their zest for life so I'm happy that you teach self- love because self love is is is not just like bubble baths and a massage no it's setting boundaries it's setting your priorities it's understanding your values it's knowing what's most important for you this day for you for your family for your work for whatever it is that you want to try to accomplish right first because that's that's what I'm seeing I'm seeing scattered uh too many demands and not really focusing on what what's most important what's going to move the needle the most just checking off that to-do list and you know sometimes you have to ask what happen what's going to happen if I don't do this today most

of the time it's nothing yeah right it's nothing nothing is gonna happen right and what you said about the body not recognizing the difference between the tiger and the attch and at the same thing with the self-love piece I just want to mention this because don't realize that if you're engaging with the opposite of self love which is the constant criticism and even up to self-loathing which I know a very loaded term but so many women engage with those negative thoughts on a daily basis about themselves about not being enough about not doing it right about Never Getting It Right whatever it is that that's the same stress that unleashes that Cascade of like the hormone issue with the cortisol the blood sugar and then the insulin and then the lowering of the immune system you know the issues with even the gut microbiome is is affected by us engaging with those thoughts and so that practicing self-Lov instead with you know and there are many practices I'm curious about what some of your U Top practices are that you teach for your clients to to help them prioritize themselves and to eat well sleep well and drink well I ask them to first of all recognize that they're human and that they don't have to be perfect because some people that's like they they come to me like it's a confessional I said like I'm not judging you I'm not judging you I'm here guiding you I'm like the GPS turn right turn left no judgment there why should you judge yourself every you're human right you're human you get off the rails you fall off the bike you get back on and that and think of it in that way don't like you said self-load judge yourself beat yourself up I like um well deep belly breathing because you can do it anytime anywhere but we teach our patients heart math I don't know if you're familiar with that yeah wonderful yeah I I I was practicing heart math and I brought it into my company when it was on cassette tapes that's how old I am right tapes because you don't need all these gadgets but everybody wants the gadgets for the phone and stuff but heart math is doing deep belly breathing focusing on your heart and someone some some place something that you're deeply grateful for it is so calming they have over 200 studies and the time it was introduced when it was on cassette tapes they used it for CEOs at to increase their performance their creativity their Innovation and same thing with Elite athletes but found it helps everybody it helps you sleep better it decreases anxiety decreases depression increases Innovation creativity decision making so if you get yourself into a calm State you're more likely to make a better decision yes I love that like I got you just and I'm gonna I'm gonna snap back I need to tell him you know like you just take a step back take a deep breath let it sit don't don't respond immediately you know and that's what stoic philosophy is about it's just is this harming me is this something I need need to react to right away most of the time no right and just doing that we've controlled our hormones Bas because we stop that you know freeing up and it's amazing too because the whole notion of heart coherence which is what we increase when we do something like what lorine is just um U explaining with the heart math it also automatically increases our brain coherence soble to think better and so talk about an antidote right to the brain fog um with the belly breathing and the Gratitude I yeah I had a I used to do big executive physicals and I had the program on the computer and you know I tried it out on one of my staff and she says I'm a meditator go ahead and I said are you relax yeah and then you see this curve that's going like a little jaggedy so then I know she loved her dog so I said think about your dog immediately beautiful beautiful smooth curve I said did you and I saw it on her face because she's there with her eyes closed and and like the face melted and I said did you feel different she said yes I did so it's very powerful when you combine them but always work your Vagas nerve so just like the hormones need to be balanced estrogen progesterone needs to be balanced cortisol dhaa needs to be balanced your sympathetic fight ORF flight nervous system needs to be balanced with the parasympathetic the rest digest reproduce regenerate repair rejuvenate right so the way you do that is Bal exercises and they're free so I go in the shower and I belt it out I sing singing is helpful so I had one woman I said what brought you Joy she goes singing I said oh that's wonderful because you're exercising your vagal nerve just think if you only did biceps curls and you didn't exercise your tricep you're stuck right and most of us are stuck in parasympathetic going going right yeah singing when I'm cleaning I hum uh I will do you know brush my teeth I'll gargle I'll gag all of those activate the vagus nerve and I give people a list of vagal exercise do what you like get a massage massage your own feet deep belly breathing might that's always my [Music] goto exhale longer than the inhale because you know when you're shocked but when you're ah that works appar parasympathetic it's free beautiful it's free you can do it anywhere right exactly that's lovely everything is not a supplement or a hormone although I use a lot of supplements and I prescribe a lot of hormones but these things make such a difference so lorine when somebody comes to see you and let's say it's a woman in her 40s or 50s they're feeling kind of stuck and exhausted and struggling you know maybe with weight or energy and attention where do you start where where should we you know where do you begin I do with a I I start with a very detailed history and then I may recommend some supplements based on that and generally most people are nutritionally deficient I asked them how many servings of fruits and vegetables do you get a day and it's a fist size oh I get I eat a lot and they'll say two or three that's not it's not going to get you so I I'll recommend a multivitamin mineral formula sort of like insurance policy covering all the bases uh a fish oil because most people have more saturated fat and processed foods that have more omega-6 so the omega-3 balances that out and vitamin K2 D3

and depending upon what their symptoms are I may recommend a few other things I'll do pretty detailed tests for inflammation hormones glycation all those processes of Aging glycation is sugar binding to protein and I say you see a cataract that's what sugar binding to protein is a cataract is something you can see but it can happen all over your body so I'm going to measure hemoglobin A1c I'm going to measure blood sugar I'm going to measure insulin I'm going to measure C reactive protein something that is a marker for inflammation I measure your hormones and I'm going to do I'm going to do cortisol a lot of people leave that out but that's like your mother hormone that's going to disrupt the others and then I turn them over to my nutrition and lifestyle coach who will do that prepare them for this two week detox and then they eat food but they eliminate the inflammatory foods for two weeks and then they introduce them back in their poor f one at a time and by that and then they'll see like I felt good before but usually the second week people feel good first week not everybody likes me right yeah yeah I'm I'm there especially when you remove you know it's usually for me and I don't know if it's the same for you but it's sugar dairy gluten caffeine we do we we take out coffee um I also take soy unless I'm working with somebody who's vegetarian will keep Tempe um but I I mostly am looking to reduce like soy products like soy milk and some you know um and tofu and other soy things um and I also eliminate corn and peanuts for the most part for that first same the same things yes is that the same okay of course alcohol I and alcohol yes I do I mean I'm a little strier I'll I'll eliminate eggs because sometimes for some people it's eggs and alcohol and any artificial sweeteners colorings you know I want to clean food and then they do a symptom questioner before and after and like oh my God some people's scores drop you know the more more symptoms and more severe the symptoms you have that's a higher score and others the score drops significantly and they say yeah I'm sleeping better I have more energy brain fog lifted I'm not as Moody and you know and then I'll review their blood tests and their um saliva test with them and then we come up with a plan you know beautiful some people after that but other people like you know they're they're a little further out and need need more help you know need more help you know I'll prescribe hormones or whatever else a person needs beautiful so how can people learn more about what you do and and get engaged with your work lorine well I have two websites I'm sorry because the regulations say a doctor can't teach so uh my medical practice is Vibrance forlife.com and my coaching and courses practice is the feel-good again Institute so if you want education and a lot of people want to understand themselves the feel good again it has to have the and Institute after it otherwise you get a drug leave have Center okay oh good to know good institute.com or Vibrance forlife.com and they communicate with each other so wherever you land and or you could just type in my name Lorraine but I can't say I'm an MD on the other one they don't on the feel good again Institute one of my friends got like what happened you're yeah regulations say if you you know when you're coaching you can't say you're a doctor you know because not everybody is in a state that I'm licensed in and not everybody uh I see will want to you know have a one-on-one with me right so yeah oh my gosh that's very interesting but um so good to know we have both we'll put both of them in the show notes and before we sign off I'm just wondering if there's anything else you wanted to mention about either what you do or maybe like a one or two hacks that you feel like every woman should be looking at the the main thing is your attitude you know how you Embrace Life how you proceed don't let never give up I mean I've had people right on the verge of just ready to give up never give up because your body has an amazing ability to heal you remove I call it the Vitality vitality formul add what's missing remove what's hindering multiply what's working well and you get out of your own way and you just heal and just you know that and and live your life with joy joy joy it's healing Joy gratitude that's it's so important changes your hormones your nervous system your physiology and your outlook on life and knowing that you've gone through so much and you still are here sharing this message and that you really I feel it having met you in person that you really passed that on with a joy um abut so you're really walk your talk thank you so much for being here today thank you for having me we got to get the message out live your life with joy and he