# How To Live Happily Ever After Menopause: Avoiding Heart Attacks & Strokes Transcript

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## Introduction to Menopause and Heart Risk

So welcome so much, Doctor Northrup, to the Heart Attack and Stroke Prevention and Recovery Summit, where we're here to prevent and and deal with the ramifications of people who've had cardiac events.

But listen, you are such a well known expert in so many different topics. I could pick your brain on this to no end, but let me start with this as it relates to, you know, if we talk about why are so many women who are in that post-menopausal phase of life, why are they having heart attacks and strokes?

What's going on over here? It's interesting that if you if you look, there was a lot of research done on progesterone. So when you go through perimenopause and you're skipping ovulation, the there's no corpus luteum in the ovary to make progesterone.

Then in the face of estrogen dominance, which is what a lot of women have, you literally will in the in the face of stress hormones cortisol, norepinephrine, you will send your estrogen down a path so that it becomes a another adrenaline.

So it becomes, a cortical cortical catecholamines estrogen. And I learned this from Joel Hargrove of the, Menopause Center down in, Vanderbilt long ago.

So Joel was a pioneer in the use of bioidentical progesterone. And in fact, I talked with some researchers who'd been trying for years to get, transdermal progesterone to perimenopausal women to prevent heart attack.

And in monkeys, it works beautifully. But let's remember, you don't have to go down that pathway where you're excess estrogen is becoming another catecholamines, becoming another stress hormone.

And that's the prevention thing that we want to talk about. What happens at perimenopause. And I wrote about it in a book called The Wisdom of Menopause.

You're at a crossroads in your life. So one part says grow. The other part says die. And quite frankly, I believe the entire planet is there right now in perimenopause.

So what you have to do as a woman at that life stage is choose the path that is the live path instead of the die path. And you and I both know, what do we do in our profession at the age of 50?

Okay, now you've got to make sure that you get your colonoscopy and make sure that you're screening for this and the mammograms and on and on. That doesn't need to be the case, but you literally come to the end of a road, the reproductive years, you're literally back to adolescence.

You're back to age 11, 12. What did you love then before that estrogen, shield went down where you needed to be acceptable to your peers to get married, to have a child, child, to do your job, and all of that.

And then what happens when that hormonal veil lifts? There's a part of your soul, I'd say that goes, what about me? So relationships that no longer work, jobs that no longer work will cause you to have stress.

And so what do we do in our culture? We go, is it me or is it my hormones as though they're in two separate counties? They're one and the same. Every thought you think is a biochemical reality in your body.

So in my particular case, which I've written about because it's archetypal, I developed, I went through a divorce at

the age of 49, and right after that I began to have chest pain.

And I have a family history where everybody dies of heart disease except my 94 year old mother who, you know, finally just broke her hip and it was time to go.

So she stayed home until the last thing.

## Hormones, Stress, and Blood Vessel Health

But my dad dropped dead on a heart, dropped dead on a tennis court, aged 68, from a ruptured coronary, ruptured aneurysm in his brain. No one knew about my grandfather.

Congestive heart failure. My grandmother paternal, a stroke, and then lived in a nursing home for 20 years. So that's the family history. Everybody except my mother. So.

So the one thing that I would like to say to everybody, your family history will give you a tendency. But what you want to do is become the black sheep of the family.

So you say that doesn't apply to me. That no longer applies to me. If we listen, we have studies and you know this where, you know, if you just eat seven carrots a week, you'll decrease stroke amounts dramatically.

What what we need to look at is what is the final common pathway. It is the endothelial lining of every blood vessel in the body. And that's everywhere in the body.

And that is an endocrine organ. That endothelial lining reacts to everything. But it also when it's healthy, produces a gas called nitric oxide. And we learned about nitric oxide as they were doing all of the experiments to come up with Cialis and Viagra, the erectile dysfunction drugs.

Well the lungs are erectile tissue. What do we give premature babies. They breathe nitric oxide as as a gas. Well you can produce that in in your body by meditating good sex.

And by the way, a lot of perimenopausal and post-menopausal women are, by the way, this is the research. It is women in their 60s and 70s who are having the best sex of their lives.

But nobody tells you that. And, so what we need to do is cherish the end, the lining of all of our blood vessels. And you do that with self-love, and you do it with not putting up with, I wrote a book called Dodging Energy Vampires in 2015 that turned out to be predictive programing for where we were going in 2020.

And I found that every woman who's got a mystery disease like fibromyalgia, chronic fatigue, Lyme, whatever has some kind of a relationship in her life where she's over giving and under receiving.

You know, people who have trouble giving tend to attract people who have trouble receiving. And that's a kind of an empath narcissistic dichotomy that goes on.

And many women wake up in their 40s and say, wait a minute, wait a minute. I've been living with this my whole life. So now the midlife time is a time when you reinvent yourself and your soul has to take precedence.

So you know you you do things differently. When I had chest pain, I knew, I knew that I did not have a heart problem. I knew it now, okay, I had an EKG, and, I knew that we were all okay, but it was a message from my fourth chakra, from my heart.

You need to change a few things. And so, you know, I began, a lot of women get through this stage with a new exercise program. And I had one patient who said I got through it by pumping iron.

You know, she got really, really strong. You have to come home to yourself. You finally, finally have to make time

for yourself. Otherwise, you go down that path of the martyr, you know, the beleaguered woman and, no one else folds the towels.

And I have to do everything around here, and, you know, and then your kids don't want to come home and be with you because you're a pain in the neck. So you need to, like I said, reinvent yourself.

One of the things that I did is I'd always wanted to learn partner dancing. And so I got myself into the, Portland Congress Street main ballroom dance and learned Argentine tango.

And then I made a my living room into a dance floor, put mirrors on the wall, and for about seven, eight years till Covid, we had close embrace tango parties here and so.

But I also learned something. I had to learn how to receive the lead of a man, like, literally surrender to the lead. Now, the feminists of today don't have a clue the power of the feminine.

So in tango the leader, usually a man doesn't need to be, but usually a man is literally intuiting. This is male intuition. He's intuiting what will please her.

So it's like, here's the surfboard and she's the wave and he's riding that to okay, now she'd love it, to twirl here or to have a dip here or whatever.

And what I tell men, if you'd like to be a god, learn how to partner, dance. All women, almost all women love this. But we currently have a generation. And it's interesting.

I was on, at a conference with Mark McDonald, a psychiatrist from L. A., and he wrote in his Substack Why American Women Are Not Dateable. You know, who wants to curl up with a porcupine?

So so this is another thing. What? And I don't know if you've ever heard Tucker Carlson go off on the offended 40 somethings, who went to Ivy League law schools and have, beta males for husbands.

There's this righteous anger that comes up in women.

## Midlife Reinvention and Self-Care

And I will tell you, it will harden your heart and it will make, you know, fun. If you don't get a handle on this, you got to stop blaming everyone out there.

You got to look at the fact that you have the innate ability to create heart health, to create vibrant health for your whole body. But if you keep doing the same things you've been doing in your 20s or your 30s, here's the other thing that happens.

For in your 20s and 30s, you can lose weight. You can like diet for a week. Get into your little black dress for the weekend. You can't do that anymore.

Here's what the body does. It says, oh, really? You you think that I'm going to let you get away with the stuff that really never did work? Because you and I both know from the Bogalusa Heart Study that eight year olds are starting to get, atherosclerotic sclerotic fatty streaks in their arteries already.

So what happens is right at about 40, 42, 43 and there the body goes. I'm not going to let you if you want to survive, I'm not going to let you keep doing what you've been doing.

And so what you, what you have to do is give your body live messages. Here's the other thing. I worked with Doctor Mario Martinez, the Bio Cognitive Institute, and he's worked with 700 healthy centenarians all over the world.

And they all have what's called centenarian consciousness. And he said their telomeres can extend. It's the fastest

growing segment of the population, by the way.

And he said they all think the same. They live in subculture, tiers of wellness. They are future oriented. They practice the causes of health, exalted emotions and, uplifting thoughts and righteous anger.

Righteous anger. Now, what does that mean? Well, Mario worked with a group of Tibetan monks, and many of them had diabetes, and he couldn't understand it because their diet would not have created diabetes.

It wasn't high sugar. It wasn't any of that. Well, what he found out is all these Tibetan monks had been trained in loving kindness. And so instead of being angry with the Chinese who were raping their nuns and killing off their villages, they went right to loving kindness.

Well, what does that do that creates beta endorphin, which raises your blood sugar because it's literally, something that is like an opiate. We know from studies of rats that little rats can keep their paws on a hotplate longer if they are drinking sugar water.

But if you're making this sickly sweet thing, oh, choose the thought. It feels better. And he doesn't really mean it. And he's really okay. Underneath all that.

When you keep making excuses for people, you're literally creating a situation in your body where you're more apt to get diabetes. So what? He said, you got to go.

You can get to loving kindness, but you've got to go through righteous anger. Don't stay there. You don't stay there. But all these people think about it right now.

What is the mainstream saying that everything is about? White males, toxic masculinity? It's like, what are you talking about? And this is crazy. So then we get men subverting their instincts, which is to protect and serve.

I mean, how during during Covid, how did we not have every man going into school and saying, this is what you're doing to my kids? No, it was women. Well, that's okay, because we have to women.

The feminine is now rising to meet the masculine, but that doesn't mean you're hating on men. But don't do that because what you're doing is you are taking a person who should be a Ferrari, and you're making men to some kind of little old VW bug.

I mean, what women can do that they don't realize is women elevate men. It is the feminine. That's actually the power. And your father and your husband.

And so you know how that works. You know how that works. It's literally it is a dynamic of life. So what happens at midlife is women need to stop being the the masculine all the time.

I don't need anybody. I can do it all myself. I do it better than him. No, no, no, you literally think about the heart. You have systole and diastole.

You got to relax and receive the blood. And if you don't, the whole cardiovascular tree and gets like this and you get hypertension. So I. I love that analogy.

Of course, with, systole and diastole that just, speaks obviously. So there's so much to what you just said. There's so much absolute brilliance in that.

I know that you've said, you know, you're kind of you're like anti, birthday's anti concept of aging the senior. And I'll tell you, my wife is exactly the same way.

She refuses to acknowledge birthdays. And honestly, she would never even know that it is the day that she was born. If I didn't reminder and be like, hey, your birthday is next week.

But she's at the point right now that the whole idea and you can obviously explain a lot better than I can, that this kind of like the focus on this like this one day to to a to celebrate like we shouldn't celebrate 364 days out of the year, but this one day, like this is your day to celebrate as opposed to the reality we should be celebrating every day.

And then the other. I was just talking to my mom, who was just turned 80, and she's like, I don't know, like the other numbers didn't bother me, but this one does unpack that for me. Like I what?

You know why that number bothered my mom and why it shouldn't? And how do we get rid of that? What really is just, the construct of the devil or something, or some other evil entity that gave us that aging construct?

## Aging, Mindset, and Centenarian Consciousness

Well, it is, I mean, aging, even, Mary Baker Eddy, the founder of the Christian Science Church, said that birthdays and putting a number on a birthday was kind of a psyop.

And so I don't celebrate milestone birthdays, you know, where it's, oh, we're all getting together for mom's 60th or we're all going to Bermuda for dad's 80th.

The culture needs to have celebrations. We need to celebrate each other, but do it over something else. Now I celebrate my birthday. I just don't put a number with it. And I've.

I've been done with milestone birthdays because they become a milestone. Now that I'm okay, here's what we do. We limit ourselves dramatically. Now that I am whatever 50 and as I when I wrote goddesses never age, I talked about this.

And then here's what I would get in my community. Well, I'm proud of my age. Look what I can do at 60 or look what I could. I'm doing pretty well for 55.

And then I'd say you jumped right into it, or you jumped right into the box. So you don't want to have anything associated with age. But what do we do in medicine, in medicine or fashion?

For heaven's six? I mean, you used to be. They've gotten away from this, thank God. Maybe they were listening to some of us where they would have what to wear in your 20s, what to wear in your 30s.

What's a good haircut if you're in your 40s? And they. I stopped at 50, by the way. So there's no there's no life after that. We've literally been sold a bill of goods.

What a fantastic thing. If you want to control the whole population, the cage of age, you know? And so at my age, it's too late to. And so I told you, the centenarian consciousness is future oriented and Doctor Mario Martinez has, and they're doing studies on this.

If you go to I think it's called glycan age g l y c a and.com glycan age a.com, you literally take a test to see how you think. And then you change those thoughts like, Ellen Langer, professor emeritus at Harvard, has a book out the mind, but the body, mind or something.

But the subtitle is The one I love thinking Your way to chronic health, thinking your way to chronic. It's literally how you think about things. So I want to give you an example.

I like to lift heavy things around the house. I like to get up on stools. I like to do all of this stuff because it tells my DNA. Oh, she's still useful now.

Ellen Langer did the most incredible study in 1994. It came out and she sent, two groups of people, two groups of men, age 70 onward. One went to a monastery and talked about the good old days.

The other went somewhere else, and they had to live as if they were in their prime. So she had time magazine, life magazine, pictures of them when they were in their prime, let's say in their 40s, whatever.

And they literally had to stay in the present moment as though they were 45. She measured hearing, eyesight, took pictures, pulmonary functions, cardiac output.

They did all of that before this group went away for ten days. At the end of ten days, all of the people who were acting as if took ten years off their lives with the biometric data.

The people. They talked. About, the good old days, nothing happened now. But instead what happened was when the families came to pick up their fathers or whatever.

Oh, dad, let me carry that for you. So it's. And in our way back in our, psychiatric ward at Maine Medical Center, they had the senior team, meaning if you were over 60 and you started to walk down the hall, the senior team, like a couple of nurses, would come and walk with you like you were decrepit.

I mean, come on. So what I say for people to say that doesn't apply to me. Okay. So. Oh, that doesn't apply to me. And you want to you got to step outside of that box.

Now, it's the same with heart disease. Because I could say to you, oh, well, it's only a matter of time before I get heart disease because everyone in my family died of heart disease instead of how am I different from those people?

How is it different for me? How am I going to live whole heartedly? How am I going to make sure that my nitric oxide is elaborated from my end to thallium?

And by the way, nitric oxide is the molecule of health or key or life force. And when you have high nitric oxide, it balances serotonin, dopamine, beta endorphin, all of the chemicals that the brain makes when it thinks.

So. Let me ask you something right there too, is that, you know, boosting up nitric oxide levels. That actually helps with arterial flow to the clitoris and helps the sexual function in the female as well.

So it's almost like when people take beetroot powder or certain amino acids, arginine streaming, taurine, and grapeseed extract helps to prevent the breakdown of nitric oxide that when you give these Viagra like components to women, they perform better as well.

Which, is that is it? Everyone's been, you know, best interest for sure. Yeah. Let me, you're providing so much information. I'm, like, rapidly taking notes on what to ask next, and then you keep adding more information.

So people are going to have to listen to this again and again and again. Obviously, all your books are a tremendous resource. Birthdays are a psyop. I mean, we could talk about that forever.

I was my wife is in the room with me as we were recording, and I wrote it down and I circled it. My wife was just a smile came across her face. Tremendous.

One thing, one thing that I know you talk about, and I. And I find it very fascinating on a physical level, and you're, you know, you're you're in, you know, OB, Gagne, if you will, you know, by training and you've seen so much that the that all of us were inside of our grandmother, like physically inside of our grandmother because our mothers.

Right, our mothers were being, you know, the formed in the womb, the uterus of of our grandmother. And then our mother has eggs, right. These you know, the ova, you know, you know, the female egg is in there.

So with that literally becomes us.

## Trauma, Epigenetics, and Family Patterns

So two things there we are exposed to all of the toxins that grandma is exposed to, a mom is exposed to. And now you're talking about plastic, phthalates, all these chemicals, which really helps to explain some of the reason why there's so much sickness.

But I don't want to go up because you and I can talk about that. It's really not overly interesting. It's just a reality. But I love where you talk about, talk about the traumatic experiences of Grandma and mom.

And I know you even get into past life trauma. Are those two separate things of what I'm talking about here? Am I really talking about grandma? Really experienced trauma that impacts us.

But then there's also maybe this broader concept of past life trauma. Tell me about that and really how it relates to, you know, preventing a heart attack, preventing a stroke or recovering from those events.

You know, it's interesting in the family medicine literature, they they have studies of, let's say that you had a grandfather or a great uncle or whatever, whose name was John, and he drowned.

And then you decide you're going to name your kid after that person who had that traumatic experience. I remember this because I was talking with John Randall, Doctor John Randall, chief of our family practice, Division, and also a pediatrician.

He said it is absolutely eerie how this stuff repeats itself. Don't name your kid after somebody who met a bad ending because it tends to happen again.

So what we're all doing here, whether you believe in past lives or not, it's you've actually explained it. It doesn't matter. It's in the DNA. And we know from, the book it didn't start with you by I think it's Mark will in, fascinating material.

He works in what are called, family constellation, work family constellation work. One of the most powerful, powerful interventions that one could do, where you look at how one family member is, a kind of the whole shadow of the family lands on them, you know, to often the most psychic or the most intuitive.

But then everyone decides they're crazy. They're holding the shadow for the whole family. Now that shadow creates epigenetic changes in the DNA. So we know and this is, the work of, Bruce Lipton, the biology of belief, which is that it is not our DNA per se that determines how our genetics are, how they show up.

It is the epigenetics. It's the cell membrane that is the brain of the cell. The DNA is just a gonad. It just makes the cell divide. But it is the brain of the cell, the membrane that determines what proteins are going to be made.

Now that's where our power is. You change your thoughts and you're going to change everything. I recently had a knee problem okay. So my right knee and I couldn't run up the stairs and all of that.

And so you know, what would a normal person do. Well, you would go to an orthopedic surgeon or physiotherapist and you'd have an MRI and they would tell you this and that.

And the other I don't operate that way. I'm like, there's something else going on here. Right side, masculine side. Don't have a leg to stand on that.

I did a worked with, a doctor who does you might be very interested, energetic osteopathy because of what she says. And I don't know if you were trained classically.

But she was trained by Doctor Jim Jealous, who's an absolute legend in the osteopathic world. And she said, our hands and our hearts are our healing instruments.

And if that is, of course, still sets the father of osteopathy who says, look for the health in the body and then spread it. And so I worked with her and we got that knee back and two sessions, 2 to 3 sessions.

And if I had done the regular thing well at my age and this and that and somebody injured it back here and yeah, okay, I believe that we have the capacity within us to heal anything.

And in fact, what you want to do and this is interesting. So there's a woman named Laura Sanger who is a clinical psychologist but also a pastor, and she's done an incredible book on the roots of the Federal Reserve, From the Nephilim to the American dollar.

But she got into this in an interesting way, which is she was doing prayer briefs for various areas of the country. And she said, what you do is you find out where there are strongholds of iniquity.

You know, I want each of us to do this personally. Strongholds of iniquity, who had the family secret and iniquity is broken. Covenant, bloodshed, sexual perversion.

Well, I don't think there's any place in the United States where there hasn't been a broken covenant with the people who were here before we were, and we know now sexual perversion, child trafficking and all of that is rampant.

So what she would do is do a prayer brief on this. But the people in the area would begin to with microfiche and so on. Look at the old newspapers. What happened on this land?

We do it in our families. What happened to Aunt Sarah over here? I'll tell you where you really find this. And this was the work of the late Nabi Payne, because we would talk about why people didn't get pregnant and she would do this family of histogram, and you would always find out that there was someone in the family who had a baby, but no one knew because, you know, they used to just raise the baby as the sister of whatever, because that was so shameful.

And that unconscious, unhealed trauma would come down to the one person who wanted to get pregnant but wasn't getting pregnant. And so Nabi would always ask at the end, why don't you want a child?

And then oftentimes it would come up. So I believed that the key to all of it is for us to take full responsibility. And that doesn't mean you're to to blame.

It doesn't mean you're to blame. It means your take ING dominion over your own expression of your DNA. We have that kind of power, and that's the key to health.

Instead of this victim consciousness. And by the way, I don't blame anyone because from birth, I mean, what are well, baby checks now, they are a chance to indoctrinate your kid into the medical industrial complex.

## Energy Vampires, Boundaries, and Healing

All they are is the chance to get seven vaccines at once, which had never been tested in combination. And I've always known. Well, baby chicks were, you know, and I've also told women way back, get out of the hospital as soon as you can, you know, and I and what my friend Larry Polaski and I mean, we talk about the newborn nursery was concentration camps for babies.

So and that. Was, you know, for sure. It's, I mean, I mean, just, you know, you've, you've been in this, you know, industry, and it is an industry obviously, for so many years.

And it's just, you know, how we reflect back on all of this and say, how did how did it get to. I mean, we know how it got to be this way. I mean, we know how it, you know, became and how you know who who took it all over.

It's just it's so horrifically sad and it's so unfortunate for the people who don't get this message. You know, Doctor Northrup, I mean, the message of what you're giving the people who are suffering with heart attacks and strokes.

And I think what you said earlier on to, like, if you have suffered, choose life or choose death, and if you stay in the medical community, you are choosing death.

And if you are reading the works of of Doctor Northrup and the people who she's referencing, you're choosing life. That's that's it's really is that simple.

I tell people, if you're taking cholesterol drugs, if you're taking the blood pressure drugs, you're on your way to dying. You're not going to make it.

It just doesn't work. And the beauty of you and I is that we were trained, as you said earlier, before we got on this call in the belly of the beast, like we were trained in that.

And then you escape from that matrix and you come over here and it's just it's so beautiful to see. This is where the answers lie. You mentioned, you know, Bruce Lipton and the genetics.

And I tell this to people all the time. Your genetics are perfect. Whoever built you call that person, that entity God or evolution or whatever you believe in, you're here.

Perfect. You can run and jump and see and feel, and you can make babies. Like you can do some incredible stuff. Why are you genetically programed to have heart attack, strokes and cancer?

You're not. You are absolutely not. That is exactly, exactly right. And oh, so would that all that heart attack family, my HDL used to be 35, and I was taught that that couldn't be changed.

And one of the things that okay, the only medical care really of any thing that I've gotten is when the obese nurse shows up with the scale to do a life insurance physical. Right.

And so I have, longitudinal data for years that show that all my indices have continued to improve. Now, what we normally see in the graphs that we're taught about in med school is what I call, planned decrepitude.

And let me give you another one. Okay. So you go to a gym, you get on an elliptical trainer or a treadmill or whatever. When you put in your real age, let's say after the age of 50, you have to understand there's an algorithm programed into that machine for planned decrepitude.

So what I do is I just put in the age of 40, I've been putting in the age of 40 for a long time because I don't want the workout for a plan decrepitude thing.

I also have a bathroom scale, and because I have, really good muscle mass, this is a scale that, does the, you know, sends the current through your feet and all that.

So it measures muscle mass, percentage of body fat, and then it gives you a metabolic age. I love getting on the scale in the morning, okay. Because my age is always between 18 and 21.

I love it I love it, and I love, for sure. I know we've only got a couple minutes left, because you're such a wealth of knowledge and everybody's got such demands on your time.

You did mention this, and you have a book of the same title. But I feel like women especially. But even then, of course, are going to gain so much value from this, for many different ways.

I'm not sure that I'm going to run out and do, any kind of Argentinian tango. I wonder, like if there's a shortage of men as all these, like, women probably want to do it in the men.

It's hard to find the men. But before you comment on that, I do want you to unpack what you said earlier about energy vampire. I feel like energy vampires have to be such a massive contributor to heart attack and stroke.

Absolutely. They're parasites. Let's be clear. They are parasites. Your life force. What's life force? Nitric oxide. Where does it come from? The undoubtedly lining of your blood vessels.

We're literally talking about things that could save your life. So I wrote this. Dodging energy vampires. An empaths Guide to Evading relationships that drain you and restoring your health and power.

And by the way, men are equally susceptible to good men. I when I meet really good men who are divorced, I always know there is some energy vampire in their background, a woman they couldn't please.

No matter. There's one family doc I met, and he said every time we'd go to the therapist, the therapist would say, you need to be a better man, okay? There are some people you cannot please.

And what often happens around that midlife perimenopausal thing is, you know exactly how to keep this person happy because you have been donating bone marrow for your entire, let's say, 24 year marriage.

But you but your soul says, I can't do this anymore. Oftentimes that would be your job. I had a fibroid, you know, that was like this big. And I knew that fibroids were shooting creative energy into a dead end job or relationship.

And so, you know, when I had it removed because I dressed around it, I did acupuncture, I did everything. Finally I said, oh, for heaven's sakes, you know, a good surgeon, get it done.

And I asked, and this is Peggy Huddleston protocol. When I went under anesthesia, I asked the anesthesiologist to say several things because you're in a hyper suggestive state, right?

Because your intellect isn't bothering you.

## Resources, Products, and Closing Remarks

And so one of the statements was, and when I awaken the pattern that created this in my body will have left. And I was single two years later. Now, I'm not blaming that guy.

I had lessons to learn about being able to receive and standing up for who I was. Now, being a holistic doctor when I was a holistic doctor was bad enough to be a woman in a field that at that time had very few women, which was so big, man.

Now there's all kinds of them. But there wasn't then, and so I was constantly trying to fit in and constantly giving people the benefit of the doubt. And I remember listening to Helen Mirren talk about it when she was younger, what she should have done differently, and she said, what I should have done a lot more frequently was to tell people to fuck off.

I did not do that. I still would not do that. However, I understand that's the righteous anger that I was talking about. So you have to feel that. You have to feel that.

Yeah, that is such brilliant information. Doctor, Kristen Northrup, thank you so much. Everybody grab her books. How can we, support you on this, Doctor Northrup?

But how can how can people benefit from your learnings and teachings and, again, support you? I have a Substack, True North, on Substack and a telegram channel.

I'm on X, and, I have an E! News, all of that. The links to everything are on Doctor northrup.com. Oh, and there's one more thing I want you to know about.

I created a substance, a mod, a life, using the Herb Pereira Marissa, CA from Thailand that has been used for 700 years. And for those women who are having trouble with dry eyes, dry vagina, all of that, we.

I created the best stuff known to man. It's a prairie morphic, a gel. So. But again, doctor, north of.com. And then you would go to amateur life.com. Everybody check it out. Check it out.

Thank you so much doctor Northrup. Doctor Jack Wolfson signing out for this episode inside of the heart attack and stroke Prevention summit. Be well.