HRT alone is NOT going to solve all your menopause symptoms! Transcript

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Hormones Arenu2019t the Whole Fix

all right ladies listen up so as a practitioner who works solely with women in business going through perimenopause and menopausal I am so sick and tired of hearing people say oh if you just get your hormones balanced gets your thyroid fixed you'll feel amazing again that's bullshit like yes it's a foundation it is a Foundation to feeling amazing again.

If your stress is off the charts, if your gut looks like a dumpster fire, If you're diet is shit, those things are going to take precedent over any hormone replacement therapy that you do.

So just stop it because I'm also a functional diagnostic nutrition practitioner, holistic health practitioner. So those things are so important. We've got to work on stress level, diet, gut optimization, all the things.

You can't just throw bioidentical hormones at you and thyroid meds or thyroid supplements to help optimize that with everything else being a mess.