Is Your Gut Getting in the Way of Your Hormones? | Hotness Ep 12 Transcript

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Podcast Introduction and Guest Overview

Welcome to Hotness, the podcast that Welcome to Hotness, the podcast that brings you practical tools to balance brings you practical tools to balance your hormones and rekindle connection, your hormones and rekindle connection, confidence, and desire in midlife and confidence, and desire in midlife and beyond. I'm your host, Dr. Liz beyond. I'm your host, Dr. Liz Listister. Hotness is a safe space for Listister. Hotness is a safe space for honest conversations about menopause, honest conversations about menopause, sex, identity, love, loss, reinvention, sex, identity, love, loss, reinvention, and desire. because you can embrace your and desire. because you can embrace your hotness at every age. My conversation hotness at every age. My conversation today is with Amber Ross, certified today is with Amber Ross, certified physician assistant in the San Francisco physician assistant in the San Francisco Bay area, specifically in Pleasanton.

Bay area, specifically in Pleasanton.

Amber Ross's Career Shift to Functional Medicine

Amber has a functional medicine practice Amber has a functional medicine practice with a lot of overlap. She's also with a lot of overlap. She's also certified by the A4M, American Academy certified by the A4M, American Academy of Anti-Aging Medicine, as a functional of Anti-Aging Medicine, as a functional medicine provider. So she has a great medicine provider. So she has a great breadth of knowledge, a lot in common breadth of knowledge, a lot in common with what I do with hormones. However, with what I do with hormones. However, she also brings a lot to the table. We she also brings a lot to the table. We had a very wonderful discussion about had a very wonderful discussion about the gut in particular. She's one of my the gut in particular. She's one of my go-to colleagues for questions that are go-to colleagues for questions that are gut related, what testing, what gut related, what testing, what remedies, what ways to help the gut. So remedies, what ways to help the gut. So uh you'll learn about the four Rs to uh you'll learn about the four Rs to help the gut health. the estrobolom a help the gut health. the estrobolom a new upand cominging word and so please new upand cominging word and so please enjoy my conversation with Amber Ross.

enjoy my conversation with Amber Ross. Hi Amber thank you so much for joining Hi Amber thank you so much for joining me on hotness. I'm very excited about me on hotness. I'm very excited about the tools that you have that I know that the tools that you have that I know that you implement in your practice. So, let you implement in your practice. So, let me let you start us off and I'd love to me let you start us off and I'd love to hear your own story of how your practice hear your own story of how your practice has evolved and then I'm going to ask has evolved and then I'm going to ask you more specific questions related to you more specific questions related to women in midlife and gut health. So, women in midlife and gut health. So, we'll we'll go down that road, but tell we'll we'll go down that road, but tell us a little bit about your story, us a little bit about your story, please. Hello, Dr. Liz. Thank you so please. Hello, Dr. Liz. Thank you so much for having me on. This is so fun to much for having me on. This is so fun to get to chat with you. So yeah, I am a get to chat with you. So yeah, I am a physician assistant and I worked in physician assistant and I worked in family practice for about 18 years. And family practice for about 18 years. And when I had my second child, after I had when I had my second child, after I had her, I had a little bit of baby blues her, I had a little bit of baby blues and par menopause cuz I was older, but and par menopause cuz I was older, but nobody told me that. And then I tried to nobody told me that. And then I tried to go back to work and I just wasn't go back to work and I just wasn't feeling it. It wasn't a friendly feeling it. It wasn't a friendly environment. I just was completely environment. I just was completely burned out on mainstream medicine and I burned out on mainstream medicine and I didn't feel like I was helping people as didn't feel like I was helping people as much as I would like and so I ended up much as I would like and so I ended up just going home and being a mom for a just going home and being a mom for a while which brought me to my next stage while which brought me to my next stage of functional um medicine because then I of functional um medicine because then I had time to go back to school and that's had time to go back to school and that's led me to me here. Beautiful. And then led me to me here. Beautiful.

Why Gut Health Matters for Hormones

And then you were saying to me about there was a you were saying to me about there was a point in your own practice where you point in your own practice where you felt burned out. Were you already what felt burned out. Were you already what we would call midlife?

we would call midlife? I usually say midlife starts at 40 some I usually say midlife starts at 40 some for some I mean hormonal changes are for some I mean hormonal changes are happening younger and younger but can happening younger and younger but can you share a little bit about what you you share a little bit about what you pursued in your functional medicine pursued in your functional medicine training? What caught your interest? I training? What caught your interest? I know you deal with hormone balance, know you deal with hormone balance, which people who listen and follow my which people who listen and follow my stuff hear and learn and already know a stuff hear and learn and already know a lot about that. So, we can work that lot about that. So, we can work that into our conversation. But I know that into our conversation. But I know that you have other tools in your toolbox.

you have other tools in your toolbox. >> Yeah. So, I mean, I love functional >> Yeah. So, I mean, I love functional medicine. I love looking at the body as medicine. I love looking at the body as an entire organism where everything's an entire organism where everything's connected, right? Like, yeah, our gut connected, right? Like, yeah, our gut has a lot to do with processing our own has a lot to do with processing our own hormones. And I know in functional and hormones. And I know in functional and hormone practice, most of us feel this hormone practice, most of us feel this way, but we don't just want to sort of way, but we don't just want to sort of introduce hormones into a system that introduce hormones into a system that might have inflammation or gut problems might have inflammation or gut problems because then they're not going to be because then they're not going to be getting the best use out of their getting the best use out of their hormones. So, we want to optimize hormones. So, we want to optimize things. We don't want to just put things. We don't want to just put band-aids on anything. And so I feel band-aids on anything. And so I feel like once we start working with people like once we start working with people and their issues start coming up, it's and their issues start coming up, it's not necessarily hormones like hormones not necessarily hormones like hormones is the starting point which leads into is the starting point which leads into everything else. And so a big part of everything else. And so a big part of overall health though I would say is the overall health though I would say is the gut health because that's where most of gut health because that's where most of our immune system lives like 80% of our our immune system lives like 80% of our immune and then if people are not immune and then if people are not releasing what comes in and things up releasing what comes in and things up then things can become toxic and then then things can become toxic and then you know that's not good for us overall.

you know that's not good for us overall.

Common Midlife Symptoms and Patient Concerns

So, we want to be mindful of the gut So, we want to be mindful of the gut health with movement, with balance, and health with movement, with balance, and we really like to get into that here at we really like to get into that here at my clinic.

my clinic. >> Are you talking about overall movement >> Are you talking about overall movement like exercise and that type of movement like exercise and that type of movement or like the bowels moving? Cuz that's or like the bowels moving? Cuz that's important, too.

important, too. >> All right. We want everything moving our >> All right. We want everything moving our bodies and bodies and >> okay, >> okay, >> okay, >> release release what's not serving us.

>> release release what's not serving us. Release like our bowels, you know, move Release like our bowels, you know, move our bodies. It's it's a whole whole our bodies. It's it's a whole whole body, you know, that we look at. And so body, you know, that we look at. And so with hormones in particular, they are so with hormones in particular, they are so powerful. I mean, they have such amazing powerful. I mean, they have such amazing effect on everybody. But that I think is effect on everybody. But that I think is the difference between functional versus the

difference between functional versus what we do as functional rather than what we do as functional rather than conventional is we're not just kind of conventional is we're not just kind of like writing a prescription like here like writing a prescription like here you go, good luck. We're sort of you go, good luck. We're sort of managing all of the different areas that managing all of the different areas that the hormones might touch.

the hormones might touch. >> Yeah, absolutely. Which of course is the >> Yeah, absolutely. Which of course is the entire body. There's no part of the body entire body. There's no part of the body not touched by hormones. And as I always not touched by hormones. And as I always like to say, being a a woman in midlife like to say, being a a woman in midlife is a whole body experience.

is a whole body experience. >> No. Yeah. So, so there you have that. >> No. Yeah. So, so there you have that. First of all, what do your patients First of all, what do your patients usually present to you with? What are usually present to you with? What are they complaining of? What symptoms are they complaining of? What symptoms are they having when they arrive at your they having when they arrive at your practice? And then I want to talk and practice? And then I want to talk and ask you more specifically related to the ask you more specifically related to the gut, but what types of symptoms are we gut, but what types of symptoms are we talking about?

talking about? >> So, usually when women show up to us, >> So, usually when women show up to us, they're just exhausted. They can't get they're just exhausted. They can't get through the day. They're having hot through the day. They're having hot flashes. They feel terrible and they flashes. They feel terrible and they also feel like no one's listening to also feel like no one's listening to them and they've been told that they're them and they've been told that they're making up things in their head. This is making up things in their head. This is just normal for this time of life. And just normal for this time of life. And it's emotional for them. They feel like it's emotional for them. They feel like there's nothing left for them and this there's nothing left for them and this is just how it's going to have to be.

is just how it's going to have to be. >> And so when we Yeah. They feel, you >> And so when we Yeah. They feel, you know, they've been told this is normal.

know, they've been told this is normal.

Inflammation, Insulin, and Hormone Balance

And so when we tell them it's not normal And so when we tell them it's not normal and there's something you can do about and there's something you can do about it, it, it, >> the relief that just washes over their >> the relief that just washes over their >> Yeah. That's amazing. And then just to >> Yeah. That's amazing. And then just to see them change. I mean, it only takes see them change. I mean, it only takes three or four months until they're kind three or four months until they're kind of like a new person. And of like a new person. And >> beautiful, beautiful. Let's do a little >> beautiful, beautiful. Let's do a little more specifics of the gut and more specifics of the gut and inflammation, inflammation, inflammation, whichever order you want to tackle those whichever order you want to tackle those in. Okay. So, I feel like inflammation in. Okay. So, I feel like inflammation is just part of being alive these days is just part of being alive these days because we get so much. We live in an because we get so much. We live in an industrial civilization. I mean, we're industrial civilization. I mean, we're exposed to microplastics, pesticides, exposed to microplastics, pesticides, and this is just a fact. I don't think and this is just a fact. I don't think anybody would, you know, say that wasn't anybody would, you know, say that wasn't true. But what becomes an issue with true. But what becomes an issue with hormones in particular is that it hormones in particular is that it creates a barrier from the hormone to creates a barrier from the hormone to get to the receptor. So, the hormone is get to the receptor. So, the hormone is like a key in a lock. And if the like a key in a lock. And if the receptor has a bunch of junk in front of receptor has a bunch of junk in front of it, the hormone can't push through, it's it, the hormone can't push through, it's really going to impair the body's really going to impair the body's ability to accept that hormone. So, I ability to accept that hormone. So, I know for us, we do a detox with our know for us, we do a detox with our hormone patients to try to like clean hormone patients to try to like clean that up so that the hormones can do that up so that the hormones can do their job.

their job. >> Yep. >> Yep. >> Yep. >> Gut health is is a similar issue, but >> Gut health is is a similar issue, but >>

Okay. >> Okay. >> Okay. >> And we're dealing more with microbes and >> And we're dealing more with microbes and cleaning that up. Do people who a lot I cleaning that up. Do people who a lot I hear a lot of women sometimes in my hear a lot of women sometimes in my practice as well as otherwise right practice as well as otherwise right women talk to me about these things all women talk to me about these things all the time that they feel inflamed like the time that they feel inflamed like they're having joint pain that type of they're having joint pain that type of thing. So is that what you're talking thing. So is that what you're talking about when you talk about inflammation about when you talk about inflammation with your patients cuz I don't with your patients cuz I don't necessarily see it as exactly the same necessarily see it as exactly the same thing. Sometimes their inflammation thing. Sometimes their inflammation markers will be okay but they're still markers will be okay but they're still having the sensation of inflammation.

having the sensation of inflammation. So, anything else that you talk about So, anything else that you talk about with women when they come into your with women when they come into your practice, midlife women, when you're practice, midlife women, when you're assessing them for inflammation and what assessing them for inflammation and what other types of questions?

other types of questions? >> I would say insulin is really high on >> I would say insulin is really high on the list because if that insulin is the list because if that insulin is disregulated and people are spiking disregulated and people are spiking their glucose, which is really common their glucose, which is really common with our American diet.

with our American diet. >> Yes, the diet. >> Yes, the diet. >> The standard American sad diet. >> The standard American sad diet. >> Sad. >> Sad. >> Sad.

>> Very sad. It is sad. I explain to people >> Very sad. It is sad. I explain to people that insulin is kind of like the tip of that insulin is kind of like the tip of the iceberg. Like until that insulin the iceberg. Like until that insulin gets regulated, nothing can really stack gets regulated, nothing can really stack below it properly. And so we spend a lot below it properly. And so we spend a lot of time talking about nutrition and you of time talking about nutrition and you know, not that carbs are evil, but we know, not that carbs are evil, but we like people to eat their vegetables and like people to eat their vegetables and then their protein and fats and then the then their protein and fats and then the carbs at the end to kind of sneak it in carbs at the end to kind of sneak it in so it doesn't so it doesn't >> spike that insulin. Yeah. And people >> spike that insulin. Yeah. And people taking control of keeping their insulin taking control of keeping their insulin balanced is a huge part of hormones, balanced is a huge part of hormones, right? Because right? Because >> okay, >> okay, >> okay, >> that insulin's disregulated. It can also >> that insulin's disregulated. It can also make your cortisol, your stress hormone make your cortisol, your stress hormone go up, go up, >> right?

>> right? >> right? >> As well. >> As well. >> Yeah. All this chicken and egg, right? >> Yeah. All this chicken and egg, right? We don't know which is causing which.

We don't know which is causing which. Okay. Okay. Okay.

The Four Rs of Gut Healing

>> And what questions do you ask to assess >> And what questions do you ask to assess their gut and testing? Do you do stool their gut and testing? Do you do stool testing particularly? Do you do that on testing particularly? Do you do that on everyone? What do you do initially to everyone? What do you do initially to assess the gut?

assess the gut? >> So we have a very basic program that >> So we have a very basic program that does not include testing and probably does not include testing and probably 80% of people will feel better with it.

80% of people will feel better with it. We do a 4R program which is remove, We do a 4R program which is remove, reininoculate, replace, rebuild and it's reininoculate, replace, rebuild and it's basically um basically um >> Say a little more about that because >> Say a little more about that because I've heard those four Rs but say them I've heard those four Rs but say them again and what each of them means.

again and what each of them means. >> Yeah. So the first one and honestly as >> Yeah. So the first one and honestly as we get into more sick people we almost we get into more sick people we almost need to reverse the order that we're need to reverse the order that we're doing it because doing it because >> the rebuilding Yeah. The rebuilding is >> the rebuilding Yeah. The rebuilding is so important.

so important. >> It's not a one traditional Oh, that's >> It's not a one traditional Oh, that's good. good. good. >> Kind of three to four R is going to be >> Kind of three to four R is going to be remove the pathogens. So most people do remove the pathogens. So most people do have overgrowth of yeast in their bodies have overgrowth of yeast in their bodies from eating sugar and most packaged from eating sugar and most packaged foods do have a lot of sugar. And so foods do have a lot of sugar. And so most people do have a candida most people do have a candida overgrowth. They can have bacterial overgrowth. They can have bacterial overgrowth. They can have parasite overgrowth. They can have parasite overgrowth which is really common. Like overgrowth which is really common. Like you would think that's so weird, but you would think that's so weird, but it's really not. And so we have an it's really not. And so we have an herbal blend that works really well.

herbal blend that works really well. I've tried all of them and this one I've tried all of them and this one seems to be the best one. seems to be the best one.

>> A supplement or a powder or >> A supplement or a powder or >> a drink? >> a drink? >> It's a supplement. >> It's a supplement. >> Okay. >> Okay. >> Okay.

>> The very first thing that we do is we do >> The very first thing that we do is we do an elimination diet and a liver cleanse an elimination diet and a liver cleanse >> to make the path clean so that when we >> to make the path clean so that when we do the killing phase, they have do the killing phase, they have somewhere to go.

somewhere to go. >> And so we have to make sure people are >> And so we have to make sure people are able to go to the bathroom. That's able to go to the bathroom. That's really fundamental and shockingly common really fundamental and shockingly common that people can't.

that people can't. Yes, I want to ask you more about that, Yes, I want to ask you more about that, but keep going with the Rs. Let's do the but keep going with the Rs. Let's do the Rs and then let's talk about that Rs and then let's talk about that because that's I think it's even more because that's I think it's even more common for women in midlife. Of course, common for women in midlife. Of course, we go through different phases.

we go through different phases. Pregnancy can be a difficult time for Pregnancy can be a difficult time for keeping the gut moving. Also, a lot of keeping the gut moving. Also, a lot of people on GLP1 receptor agonists now.

people on GLP1 receptor agonists now. So, it's really important. We'll talk So, it's really important. We'll talk about the gut moving, but okay. So, about the gut moving, but okay. So, we've got the four Rs. First was remove.

we've got the four Rs. First was remove. That's awesome. removing offending That's awesome. removing offending things that we take into the body but things that we take into the body but also making sure the elimination is also making sure the elimination is working. Okay.

working. Okay. >> Yeah. So, we remove eliminate get rid of >> Yeah. So, we remove eliminate get rid of the bad stuff and then we reininoculate. the bad stuff and then we reininoculate.

So then we're putting the good stuff So then we're putting the good stuff back in back in >> and then we basically need to rebuild >> and then we basically need to rebuild the lining because the rebuild the lining because the rebuild >> and that is like a butyrate like a um >> and that is like a butyrate like a um amunog globulins and that is going to amunog globulins and that is going to strengthen that gut wall because the gut strengthen that gut wall because the gut wall is only one cell thick wall is only one cell thick >> and so it's really easy to make it >> and so it's really easy to make it porous and things can go in and out.

porous and things can go in and out. >> Yeah. And well, it's really supposed to >> Yeah. And well, it's really

supposed to be the pipe like inside and outside are be the pipe like inside and outside are separate. And so it's really important separate. And so it's really important to keep it that way. And so I would say to keep it that way. And so I would say in our practice, we don't even check in our practice, we don't even check food allergies until after the gut food allergies until after the gut program program program >> because >> because >> because if we check it the first week, it's if we check it the first week, it's going to be lit up like Las Vegas and going to be lit up like Las Vegas and then people cry because they can't eat then people cry because they can't eat anything.

anything. anything. >> I got it. That's great. I love that. >> I got it. That's great. I love that.

Constipation, Elimination, and the Estrobolome

Okay. And then if they don't get better, Okay. And then if they don't get better, that's when we do the gut test and we that's when we do the gut test and we can send it out and have it looked at um can send it out and have it looked at um pathology and then we can dig deeper pathology and then we can dig deeper into medications.

into medications. >> Cool. That's very cool. Okay. Did we do >> Cool. That's very cool. Okay. Did we do the four Rs? Remove, reininoculate, the four Rs? Remove, reininoculate, >> replace, >> replace, >> replace, >> replace, and rebuild.

>> replace, and rebuild. >> And rebuild. >> And rebuild. >> Beautiful. I love that. Okay. Tell me if >> Beautiful. I love that. Okay. Tell me if kombucha is actually good for people or kombucha is actually good for people or not. People ask me this question. I'm not. People ask me this question. I'm not a fan. I just don't like how it not a fan. I just don't like how it tastes. And I know I've seen patients tastes. And I know I've seen patients who just absolutely love it and then who just absolutely love it and then they have so much of it that their blood they have so much of it that their blood sugar goes out of whack. So, and when I sugar goes out of whack. So, and when I heard you say reininoculate, I'm like, heard you say reininoculate, I'm like, "Okay." Cuz that's what people think "Okay." Cuz that's what people think about certain foods that some people about certain foods that some people can't tolerate certain dairy products.

can't tolerate certain dairy products. Yogurt has certain organisms, strains, Yogurt has certain organisms, strains, etc. So, start with kombucha and then etc. So, start with kombucha and then other other other >> I follow Dr. Jill Carneahan and I've >> I follow Dr. Jill Carneahan and I've seen her speak before and she's not like seen her speak before and she's not like kombucha. Okay.

kombucha. Okay. >> She thinks it's some wild thing that >> She thinks it's some wild thing that just grows and people don't know just grows and people don't know anything about it and like why would anything about it and like why would they introduce that to their bodies? I they introduce that to their bodies? I personally don't like it. Like I don't personally don't like it. Like I don't have a flavor for it.

have a flavor for it. >> But I I know people like it and if >> But I I know people like it and if that's the one thing they do that's that's the one thing they do that's healthy, I probably not going to tell healthy, I probably not going to tell them to stop.

them to stop. >> Right. Got it. I totally agree. I >> Right. Got it. I totally agree. I totally get that. All right. So, we both totally get that. All right. So, we both kind of feel the same way about that.

kind of feel the same way about that. So, I'll find somebody that I'll talk So, I'll find somebody that I'll talk with on the podcast some point who's with on the podcast some point who's like a big in favor of it and then we like a big in favor of it and then we can we can say can we can say >> we can like we'll we'll learn more about >> we can like we'll we'll learn more about it.

it. it. >> But we have sauerkraut, we have kimchi, >> But we have sauerkraut, we have kimchi, we have such like in Latin countries, we have such like in Latin countries, there's like the pickled carrots and there's like the pickled carrots and peppers and like every culture has some peppers and like every culture has some kind of fermented food really.

kind of fermented food really. >> Okay. So, that's what we're talking >> Okay. So, that's what we're talking about with reininoculate is fermented about with reininoculate is fermented >> fermented food. We also have specialized >> fermented food. We also have specialized like medical strength specific like medical strength specific probiotics that we like targeted probiotics that we like targeted probiotics.

probiotics. probiotics. >> Gotcha. >> Gotcha. >> Gotcha. >> That we can use. >> That we can use. >> Yeah, that's a whole topic. We'll do an >> Yeah, that's a whole topic. We'll do an entire recording another time talking entire recording another time talking all about that cuz there's so all about that cuz there's so specialized. There's so much to talk specialized. There's so much to talk about.

about. about. >> Mhm. >> Mhm. >> Mhm. >> Let's talk about constipation because I >> Let's talk about constipation because I really think that with the hormonal really think that with the hormonal changes that women in midlife go through changes that women in midlife go through and I've experienced this myself.

and I've experienced this myself. >> Me too. and the slowing down of the gut. >> Me too. and the slowing down of the gut. And also, I know this is more common in And also, I know this is more common in women than in men because when I've gone women than in men because when I've gone for my colonoscopies when I turned 50 for my colonoscopies when I turned 50 and when I turned 60 and the GI doctor and when I turned 60 and the GI doctor talked about this with me that the colon talked about this with me that the colon is just more relaxed and it doesn't move is just more relaxed and it doesn't move as well. So, say a little bit about as well. So, say a little bit about that. What do you see about that? And that. What do you see about that? And what do you have women do to get things what do you have women do to get things moving? There's a lot of lot of products moving? There's a lot of lot of products out there.

out there. >> Mhm. Yeah. So with constipation, there's >> Mhm. Yeah. So with constipation, there's so many factors. So hydration level, so many factors. So hydration level, fiber level, is your gallbladder fiber level, is your gallbladder working. That bile is so important to working. That bile is so important to have enough. And often times that will have enough. And often times that will be the answer is giving them something be the answer is giving them something with like a bitter like an artichoke with like a bitter like an artichoke kind of a base to stimulate that kind of a base to stimulate that contraction. It is a tough thing to contraction. It is a tough thing to tackle because it it does slow down and tackle because it it does slow down and people think, "Oh, this is normal, but people think, "Oh, this is normal, but it's really not." I mean, they've done it's really not." I mean, they've done studies showing women who are more studies showing women who are more constipated are more prone to cancer.

constipated are more prone to cancer. So, it is really so important to relieve So, it is really so important to relieve that. that. that. >> And that makes sense because the like >> And that makes sense because the like you said at the very beginning, when you said at the very beginning, when we're not eliminating, we're not we're not eliminating, we're not eliminating waste products. Our body, eliminating waste products. Our body, our cells are metabolizing all the time our cells are metabolizing all the time and the waste has to go out either in and the waste has to go out either in the urine or the gut. And for hormones, the urine or the gut. And for hormones, the gut is the main root of eliminating the gut is the main root of eliminating those waste products, the byproducts.

those waste products, the byproducts. So, So, So, >> Oh, yeah. You don't want estrogen just >> Oh, yeah. You don't want estrogen just cycling and cycling on your body.

cycling and cycling on your body. >> Yeah. >> Yeah. >> Yeah. >> Or >> Or >> Or >> you took me right where I wanted to go, >> you took me right where I wanted to go, which is a word that is a relatively new which is a word that is a relatively new word. Of course, it wasn't around when I word. Of course, it wasn't around when I was in medical school, but that was, you was in medical school, but that was, you know, when dinosaurs roam the earth. So know, when dinosaurs roam the earth. So the word estrobolome, most people have the word estrobolome, most people have heard the word microbiome. We have heard the word microbiome. We have microbiomes everywhere in the gut, on microbiomes everywhere in the gut, on our skin, in lots of places, but now our skin, in lots of places, but now people are using the word estrobolum.

people are using the word estrobolum. So say a little bit about that and how So say a little bit about that and how

that connects to what we're talking that connects to what we're talking about in the gut health. So this is a about in the gut health. So this is a word that will come back on a stool word that will come back on a stool test. So if you were to do like a test. So if you were to do like a functional stool test, you would get a functional stool test, you would get a special little paragraph about how special little paragraph about how someone how their astrobum was someone how their astrobum was functioning. And what it means is there functioning. And what it means is there is a family of bacteria that it's their is a family of bacteria that it's their whole job to decide whether to keep that whole job to decide whether to keep that estrogen cycling in your body or to get estrogen cycling in your body or to get rid of it. And so you don't want it to rid of it. And so you don't want it to be too high or too low. You want it to be too high or too low. You want it to be just a goldilocks in the middle and be just a goldilocks in the middle and the best way to do that is to have good the best way to do that is to have good gut health. It's really interesting how gut health. It's really interesting how the two things the gut and the estrogen the two things the gut and the estrogen and hormones do all this cross talk.

and hormones do all this cross talk. Really? Really? Really?

Midlife Hormones, Libido, and Personal Wellness

>> Yeah. Wonderful. Yes. And you and I met >> Yeah. Wonderful. Yes. And you and I met through the biioidentical hormone through the biioidentical hormone provider training academy and so we have provider training academy and so we have learned so much, right? We have volumes learned so much, right? We have volumes of materials related to hormones.

of materials related to hormones. >> Mhm. and we're just doing this short tip >> Mhm. and we're just doing this short tip of the iceberg conversation today, so of the iceberg conversation today, so I'll look forward to more. What else are I'll look forward to more. What else are you really passionate about exploring?

you really passionate about exploring? In addition, you got a woman in midlife. In addition, you got a woman in midlife. I I know you take care of people of lots I I know you take care of people of lots of different ages, but for women in of different ages, but for women in midlife, this podcast is for feeling midlife, this podcast is for feeling great, feeling, you know, hotness as in great, feeling, you know, hotness as in not just hot like the hot flash, which not just hot like the hot flash, which is that can happen, but we like to help is that can happen, but we like to help people not feel those, but we want to people not feel those, but we want to feel hotness like from a libido feel hotness like from a libido standpoint, and we have to feel good standpoint, and we have to feel good energy for that to happen. There's a lot energy for that to happen. There's a lot that goes into that. So, what else do that goes into that. So, what else do you talk about that brings us back to you talk about that brings us back to that and other topics that you're that and other topics that you're passionate about that we can just bring passionate about that we can just bring up?

up? up? >> Oh my goodness. Well, >> Oh my goodness. Well, >> I know >> I know >> reading someone's hormones and that >> reading someone's hormones and that really I feel like in your 50s, maybe really I feel like in your 50s, maybe like late 40s, 50s, all the chronic like late 40s, 50s, all the chronic stuff kind of starts coming up.

stuff kind of starts coming up. >> And if you can tackle that in that >> And if you can tackle that in that decade, you can really prevent things decade, you can really prevent things from becoming chronic. And then you can from becoming chronic. And then you can actually start to reverse it a little actually start to reverse it a little bit. And so I love seeing people, they bit. And so I love seeing people, they come in and they have dry skin and come in and they have dry skin and wrinkles and they're like that tire wrinkles and they're like that tire around their belly and they just feel around their belly and they just feel horrible and they're not feeling like horrible and they're not feeling like they look very good. And then after they look very good. And then after about a year of being on hormones that I about a year of being on hormones that I mean like they get their waistline back, mean like they get their waistline back, their skin looks better, they're their skin looks better, they're glowing, they have energy, they have a glowing, they have energy, they have a libido, they get their little sparkle libido, they get their little sparkle back, and they rekindle their back, and they rekindle their relationships with their husband and relationships with their husband and like they just get their zest for life like they just get their zest for life back. And it's it's so wonderful to see back. And it's it's so wonderful to see that.

that. that. >> Yeah. Beautiful. I love that. Yeah. >> Yeah. Beautiful. I love that. Yeah. Because libido isn't only about sex. It Because libido isn't only about sex. It is the zest for life.

is the zest for life. >> That's that's one of my favorite >> That's that's one of my favorite definitions. And I know just to touch on definitions. And I know just to touch on this just a little bit, getting a little this just a little bit, getting a little more personal. I know that you've been more personal. I know that you've been through things. Your daughters are now through things. Your daughters are now old. Are they both older teens at this old. Are they both older teens at this point?

point? point? >> And a 19-year-old. So all right. >> And a 19-year-old. So all right. >> Yeah. So there's a lot involved in being >> Yeah. So there's a lot involved in being in midlife and being a mom and being a in midlife and being a mom and being a wife, being a partner and uh so what wife, being a partner and uh so what would you share that's made a big would you share that's made a big difference for you? Right. I like to difference for you? Right. I like to share tools with women. I know you've share tools with women. I know you've used lots of different tools including used lots of different tools including hormone replenishment and gut health and hormone replenishment and gut health and all those things that we do that we talk all those things that we do that we talk about with other people. anything else about with other people. anything else that has been helpful to you in terms of that has been helpful to you in terms of keeping your own spark alive while keeping your own spark alive while you're doing everything that you do?

you're doing everything that you do? >> Oh my gosh. Well, I would say doing my >> Oh my gosh. Well, I would say doing my pellets with you has been a lifecher pellets with you has been a lifecher because that little bit of testosterone because that little bit of testosterone gives me so much drive and I can manage gives me so much drive and I can manage my life. Whereas before I was kind of a my life. Whereas before I was kind of a mess and I just felt like I was all over mess and I just felt like I was all over the place and I couldn't see things the place and I couldn't see things through to the end. And now I just have through to the end. And now I just have like I can do it all.

like I can do it all. >> And that's a huge gift. But I mean it >> And that's a huge gift. But I mean it also gives me the energy to do the also gives me the energy to do the self-care that is needed. I'm able to self-care that is needed. I'm able to finish my tasks so that I can go to my finish my tasks so that I can go to my yoga class and I can walk the dogs and I yoga class and I can walk the dogs and I can go outside and just like take in the can go outside and just like take in the sun for a little while and like I have sun for a little while and like I have bandwidth to get to that whereas before bandwidth to get to that whereas before I might not have all my bandwidth would I might not have all my bandwidth would have been used up just on the day-to-day have been used up just on the day-to-day tasks.

tasks. tasks. >> I love it. I love that. Right. We love >> I love it. I love that. Right. We love testosterone. It really helps women draw testosterone.

How to Reach Amber Ross and Closing Remarks

It really helps women draw boundaries. That's what I'm hearing. boundaries. That's what I'm hearing. when you're like having a boundary when you're like having a boundary around work, right? You own your own around work, right? You own your own practice. I have my own practice and we practice. I have my own practice and we have to be able to draw a boundary so have to be able to draw a boundary so that we can go and like you said, do that we can go and like you said, do those self-care things. So, that's those self-care things. So, that's really fantastic. As I always say, you really fantastic. As I always say, you and I could really talk for a very long and I could really talk for a very long time, but what I want to also leave our time, but what I want to also leave our listeners with is how can they reach you listeners with is how can they reach you if they want to learn more about your if they want to learn more about your practice? I'll put the link in the show practice? I'll put the link in the show notes, but what is the best way for notes, but what is the best way for people to reach you?

people to reach you? >> I would go to my website, which is >> I would go to my website, which is timelesswwellnesscl clinic.com, and you timelesswwellnesscl clinic.com, and you can call our clinic. The number's on can call our clinic. The number's on there, or you can fill out a little there, or you can fill out a little form, um, a

contact form, and we'll get form, um, a contact form, and we'll get right back to you.

right back to you. >> And you're in the San Francisco Bay >> And you're in the San Francisco Bay area. area. area. >> Uhhuh. We're in the Bay Area, East >> Uhhuh. We're in the Bay Area, East specifically.

specifically. specifically. >> Beautiful. I love it. Inerson, tellaalth >> Beautiful. I love it. Inerson, tellaalth both. I mostly do in person. Um I can do both. I mostly do in person. Um I can do tell health. It would be nice to at tell health. It would be nice to at least meet in person once, but I I have least meet in person once, but I I have a few people that live too far for that a few people that live too far for that and I've been able to help them for and I've been able to help them for sure.

sure. sure. >> Wonderful. That is so great. Well, I >> Wonderful. That is so great. Well, I wish you the very best with your own wish you the very best with your own hotness and your work that you do, which hotness and your work that you do, which is so wonderful and important in the is so wonderful and important in the world. and I am giving you a hug across world. and I am giving you a hug across the video waves and I will look forward the video waves and I will look forward to getting to speak with you again soon.

to getting to speak with you again soon. Thank you so much for having me, Dr. Thank you so much for having me, Dr. Liz. That was super fun. Liz. That was super fun.

>> You're welcome. >> You're welcome. Thanks for listening to Hotness. Help Thanks for listening to Hotness. Help more women find these practical tools by more women find these practical tools by liking, sharing, and following the show, liking, sharing, and following the show, as well as leaving a review. As a gift as well as leaving a review. As a gift for your free midlife guide filled with for your free midlife guide filled with powerful support for your mind, body, powerful support for your mind, body, and soul. Because you can embrace your and soul. Because you can embrace your