Laura's Menopause Summit Day 1 Intro Transcript

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Introduction to the Menopause Summit

Hi, I'm Laura Frontiero. I'm a nurse practitioner and functional medicine practitioner and co-host of the Menopause Summit. Now, I'm so glad that you're here.

And doctor Sharon Stills and I collaborated on this summit because we believe women deserve a much bigger conversation about menopause.

A Functional Medicine View of Menopause

My functional medicine focus guides you on understanding things like what's happening throughout the body that can also influence your hormones and how you feel.

And for more than 20 years as a nurse practitioner and through my work in functional medicine, I've learned that symptoms rarely exist in isolation. I look at the big picture of your gut and microbiome and environmental toxins and detoxification and mitochondria and cellular energy, nutrition, stress, the nervous system and how all of these systems interact with your hormones.

Expert Topics and Summit Conversations

That's why Sharon and I brought together this extraordinary group of experts throughout the summit. We'll be sitting down with leading voices in thyroid health, nervous system regulation, bone and sexual health, healthy aging, environmental toxicants, and more.

And my goal with every conversation is to dig deeper, to connect the dots, to ask the questions you would ask if you were sitting there with us, and make sure that you leave with information that you can actually use.

Looking Ahead to Health Beyond Menopause

Now, over the next several days, Doctor Sharon and I will help you look at menopause through a much wider lens so you can better understand what's happening in your body and what you can do to support it.

Because this chapter of your life isn't simply about getting through menopause. It's about building strength and health for the decades ahead. And I'm really glad you're here.

So let's get started.