Master Your Fertility With Blood Sugar Control Transcript

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Introduction and Blood Sugar Mission

Welcome, Dr. Beverly Yates to The Super Fertility Summit. I'm so happy to have you here. You are a licensed doctor of naturopathic medicine. You're the nation's leader online in Type 2 Diabetes Care.

And your virtual practice has programs and supplements that help people lower and manage their blood sugar naturally at home without ever having to step foot in the clinic.

You're on a mission to help 3 million people heal from Type 2 diabetes and prediabetes, which we know are becoming more and more of a problem in the Western world and worldwide.

And you've helped over 3000 people reverse type two diabetes. Now that is something to be so proud of. And you are writing a book on blood sugar, which is going to be a definitive guide on blood sugar.

The working title for your new book is: The Yates Protocol, 5 No-Shame Steps To Fix Your Blood Sugar and Eat the Food You Love. And I am so, so excited to have you here to talk about blood sugar and fertility, because people don't realize just how intimately related these two things are.

So welcome, Dr. Beverly Yates. Thank you so much, Dr. Cleopatra Kamperveen. You are the colleague that I admire so much. I appreciate your thought leadership, your effective work with helping people realize their dreams around fertility and bringing new lives in this world.

You know, being able to help people in such a deeply intimate and spiritual way with just the practical nuts and bolts of how to bring that life forth in this world.

It's just wonderful. Thank you for sharing your gifts with the world. Thank you so much, Dr. Beverly. I adore you as a human and as a colleague as well, and the amazing work that you do and impact that you have in the world.

And I'm so excited for your new book, because that is going to enable you to reach even more people, exponentially more people with The Yates Protocol, which is going to change even more lives.

So thank you for that. And one of the things I would love to do before we dive into understanding the intricate links between blood sugar, infant and fertility is to just start from the end.

And when I say start from the end, what I really am thinking about is what's the one thing that you want people to be able to take away from this interview today?

Mamas, dadas, humans of all genders? Sure. The one thing I'd love for people to take away from here is that it is possible to fix your blood sugar issues for good, and you need to understand what are the most important things to focus on for you.

For most people, that's 2 or 3 things around their lifestyle that are going to have the biggest payback, the biggest reward, the biggest impact for having a healthy blood sugar.

And that way they will be able to more likely preserve and promote their own fertility, because it's going to be tied to the blood.

Who Blood Sugar Discussions Are For

Sugar is going to be tied to the vasculature. You know, the flow of blood, perfusion of blood. That makes it possible for all the right things to happen, get the nutrients in, get the waste products out and etc., etc., etc..

Absolutely. I love that so much. So whomever is listening to us right now, it is possible to fix your blood sugar issues for good. And I think what's really important to hear, because I think it's people could be very quick to assume, well, this is a conversation about blood sugar and my blood sugars.

Fine. I maybe I don't have an issue with my weight or with BMI, and I don't know of having any blood sugar issues. But the interesting thing is that most people, especially in adulthood today, do not have the metabolic health and flexibility that they need to have their healthiest fertility and other outcomes.

And most people start to develop insulin resistance to some degree in adulthood. So can you talk about who the discussion of blood sugar is really for?

Yeah, sure. So, you know, from my clinical experience, you know, family history, etc., all the things, the discussion around blood sugar is for everyone who's alive because at any point in time, in our in our lifespan, you know, blood sugar can go awry and it can do so silently.

It doesn't always leave obvious clues. So, you know, there are some symptoms and things you can observe that are changes in your own body that are giving you a clue, your blood sugars changing.

But it doesn't always happen for people. And some of those could be the development of skin tags, little extra pieces of skin literally forming typically around the neckline.

So if you wear a necklace or if you wear a tie collars, you know, right around that neckline a change in color, typically on the back of the neck where you can't see it.

But you can ask other people and so your skin color might become darkened there relative to whatever is your baseline skin color or level of melanated.

you might find that your armpits and your genital, your skin also becomes darkened when blood sugar issues, specifically insulin resistance, is sending in.

It's a classic sign that skin might start to feel a little bit more velvety to the touch. Those are things you can observe for yourself. other things to consider around blood sugar clues, and why this applies to everyone, is to talk about some of the hidden aspects.

I think people have this stereotype that everyone who has blood sugar issues is overweight or obese. Another stereotype is that everyone who has blood sugar issues has really crummy cholesterol profile.

Another stereotype is that this is a person who basically deserves whatever diagnosis they've got. That goes along with the blood sugar disruption, whether it's type two diabetes, prediabetes, PCOS, etc.

because the, the the not deserved stereotype, really, it's not accurate for a lot of people is that they've partied their way to that diagnosis, that they have completely neglected on purpose, willfully neglected their self-care.

They don't exercise. They eat crappy food all the time because that's all they ever want to eat. or have access to. Because, like, to be fair, not everyone has access to really great quality food.

That's right. So these are some of the pieces to look at. This means then as you opened us up with, you know, people who appear lean, people who appear to have healthy levels of BMI can be really misleading.

And so even doctors sometimes don't objectively assess their own clients, their own patients. And so they. Don't write. Testing. And so it's quite easy to be, you know, lean on the outside and fat, metabolically fat around your organs on the inside.

And then less testing is done. You will never know that you have to have objective assessments. And if someone is overweight, we can't really assume that they aren't fit.

They might actually be fit. There's a lot of unfortunately people out there who are quite fit. And yes, they are fat and they just get all the shame and blame and yet they are actually doing great self-care.

I just saw a study that came out I was reading yesterday. It's one of the things that's going on my book, and it was talking about, how it is quite possible.

And this is The Hidden. These are two, I think, hidden, not obvious things that go on with blood sugar disruption. It's quite eat a healthy diet and still have a problem with your blood sugar.

Eat a healthy diet, exercise regularly, doing a fine job. You probably would think with self-care. It turns out sleep is a very sensitive regulator of blood sugar control.

If you're going to have good glycemic regulation, you have to have good sleep. And for those who sleep short, as I like to call it, have short sleep cycles.

I mean maybe sleep five hours a night, four hours a night. They never get to that 7 to 8 hour range, which is usually golden for most people in their adult years.

That's trouble. Your brain hasn't fully refreshed, and you didn't have an opportunity to benefit from that massive overnight invitation for your blood sugar to reset your blood sugar hits the reset button at night because you are asleep.

You aren't eating anything. You aren't drinking anything. So your blood sugar should absolutely get to a healthy range and you should awaken with a fasting morning.

Blood sugar numbers that are in a healthy range. Ideally, in my opinion, that's going to be 75 to 90. You don't want it too low. You know what you've got.

You're going to basement. 40s and 50s is not good and you. Don't want. 100 either. So you know, our target is going to be 75 to 90 for most people's purposes for healthy blood sugar.

and in that range, you know, if you don't know that sleep disruptions can cause that problem, then you might be shocked.

Hidden Causes: Sleep and Chronic Stress

Let's say if you develop something like sleep apnea, obstructive sleep apnea, to be clear, that you become a type two diabetic, you body weight. What happened?

I was doing all the things I was eating well, I was exercising, and now, you know, you've got a different problem. Why? Because that poor sleep completely blew up your blood sugar.

That's one surprising path. Chronic stress is another. Chronic stress is the bullet that grabs your blood sugar and runs off with it like a thief in the night.

And that I like that. Yes. That's a good to become a person who's got a blood sugar problem. And you might be really surprised. Incredible. So these two, these two hidden causes of blood sugar dysregulation, insufficient sleep and chronic stress can really take people by surprise in the sense that they might be eating clean exercise and doing all the things.

But if they're not getting the sleep that they need, which many people in our modern world are not getting the sleep they need, I won't say because I'm going to include myself in that to not be a hypocrite.

I've been really honest with our mamas and the Prime Minister that I want you to sleep, and I'm still getting to the place where I fully implement all of my advice on this, because, let's be honest, I've been quite, you know, I've been

working really, really, really hard for a long time.

So I think that that's part of the modern world that we live in, that there are that there's a lot, a lot to do. And sometimes sleep gets put at the bottom of the list when it's so critical.

And then, of course, managing stress and the kinds of stressors that we are dealing with today that don't, don't turn on and then turn off, but are prolonged stressors, chronic stressors as you call them.

So that's that's really, really important because I don't think that that's something that we talk about enough. And when people get a diagnosis of pre-diabetes or diabetes, I don't I don't I don't know that the average doctor, the traditional approach is saying, well, in addition to managing your movement and your food, you've got to work on stress, resilience and stress management techniques as well as ensuring that you are up leveling your sleep hygiene.

So that's really, really important. And it turns out that those those two things, sleep and chronic stress are critically important for fertility as well.

So can you tell us, Doctor Beverly, about how blood sugar and fertility are connected? And they're connected through a lot of different pathways. So maybe just highlighting a few of those pathways for us.

Sure. So for blood sugar and fertility, you know, when you think of the, the, the, all the things that need to happen for fertility to really work, right?

So for the egg to be released, go from the ovary to this little pin tubes, you know, for this firm to come out and also then meet up with the egg. There's a lot of micro circulation and that needs to go well.

And the thing about blood sugar issues is that the more your average level of blood sugar goes up, you know, as you become into the higher levels of blood sugar dysregulation, the more it likes to stick to the proteins that are actually found in your blood.

That's why that measure of hemoglobin A, one C, or simply call A1C, is one not the only biomarker, but one biomarker that can reflect what's been it been like over the last three months?

We believe through the science of you know, following what goes on with the bone marrow, that the bone marrow puts out our red blood cells, fresh new set every day, and it completely turns over all the red blood cells approximately every three months.

And that's why you could re test your A1. See it pretty much three month intervals just to see how you're doing. And if you're A1, C is creeping up or zipping up.

Hopefully it's not that, but whatever. If it's going upwards, then it's reflecting to you that there's more and more blood sugar in your stream, more and more glucose there.

And that then is out there hanging out. There's extra excess in the bloodstream that can then lock on to the naturally occurring hemoglobin found inside of your red blood cells.

And you may remember from perhaps high school biology class red blood cells, they have a heme molecule that sits in the middle and that extra blood sugar glucose sticks on there.

And so instead of it being a smaller molecule like the size of my fist, it becomes something much, much bigger like this. And and it's got stuff sticking out of it. So it's sticky now which is smoother.

This but this. Yes. So if you've got blood sugar issues, think of this image where now that's been compromised and there's more points for other blood sugar that's too much to stick on to.

So all of that tries to get through your tiny blood vessels, your capillaries, and it comes up the works, so to speak. So this is part of what will compromise fertility.

And because the for some people, you know, like you were saying, they're doing all the things. But what's missing and often particularly when people are younger, it's not common, at least certainly in the U. S..

And I don't think it's common in other parts of the world to routinely have your fancy morning blood sugar numbers checked when you go to the doctor, and to have your ailments checked.

Now, at least here in the U. S., you can actually get your own access to labs online. I'm delighted that that's the case, because if you don't have a doctor to see or your doctor is not doing it, or for some strange reason refuses to do those tests, you can do it yourself.

And they're cheap. They're less than ten bucks. It's completely doable and affordable, I think, for many people. So these are good objective assessments to have, awareness of because this could be part of what's compromising fertility.

This is so, so important. And I agree that we this isn't something that's looked at in relation to fertility enough. We actually have in the Prime Minister protocol for levels of static and dynamic testing, fertility and pregnancy system testing, as we call it.

How Blood Sugar Affects Fertility

That's a much more comprehensive view of what's going into our fertility, which is what how we really should be looking at fertility, just like how we take care of it through prime mastering, why we're looking at that whole complex network system, and we have those things, we have different, markers of blood sugar and insulin as part of that, as well as inflammation.

And those two things are closely related to one another as well. And it's interesting how many times people go into their ObGyn, sometimes even their IVF clinic, their reproductive endocrinologist or their general care practitioner and say, you know, I want to I want to see what I look like on these levels.

And they're like, why you don't need that? That has nothing to do with your fertility. And we started we, I, we actually had so many mamas come back and say this to us that we start, we created a script for them to take to their doctor to read or to hand to them to explain.

Obviously, you know, we're not we're not forcing anybody to do anything, but we're saying hello here. Here's why this is important, and we'd love for she'd love for you to do this for her.

This mama would love for you to do this for her. That's really been a game changer for people. But you're right. The beautiful thing is we have more and more tools that allow us to take our fertile power and our our health back into our own hands.

And one of those things is that there are places online where we can order testing for ourselves, and we just need to make sure we have the right place to go to have those those results looked at and, and interpreted and, and integrated in what we're doing.

So like we do at the Fertility and Pregnancy Institute with our, our higher, higher touch programs. Right where they come, you can bring your things to be labs to be reviewed, etc..

So I think that's really, really important. One of the things that I think people don't think about very much also is the relationship between blood sugar and inflammation.

And that relationship in and of itself is so critical. But what's even more critical is that both dysregulated blood sugar and a high inflammatory load are profoundly aging for the entire organism, including the eggs and the sperm,

which, of course, are the foundation for the the raw of the raw material that goes into making our super babies.

So we've got to get those in the best shape we possibly can. And even when we've had problems with blood sugar and insulin resistance and inflammation in the past, we can still produce eggs 120 days later that are not impacted to the same degree by the the past status of our, you know, our inflammatory load, etc..

So can you talk a little bit about the relationship between blood sugar and inflammation and the aging process? I mean, we know that this is important for brain aging.

It's important for cardiovascular aging. But we don't talk enough about how important it is for reproductive aging. We call this at the Fertility and Pregnancy Institute.

Type F diabetes, because that same constellation that's going to continue and become, type two diabetes in around the fourth decade of life, and type three diabetes around the the sixth decade of life is already put into motion and wreaking havoc on fertility in the in the second and third decades of life.

And we need to talk about this a lot more. Yeah. So, you know, that inflammation issue, is so pervasive and it shows up in a lot of different ways for us when we're looking to fertility.

We want it to be that all of our circulation is flowing beautifully. All of our energy is flowing beautifully, and we want it to be an inflammation, not an issue.

So when your blood sugar regulation becomes really poor and it could be either that the average blood sugar is high or you're on a rollercoaster all day long, you're pinging from one end to the other.

And I bring that one up because for some people, their agencies are going to look fine. However, they spend the day either really high with their blood sugar and and they crash, and then they go really high with their blood sugar, and then they crash and they have multiple cycles of that throughout the day.

And yeah, if you take the average, it's in the healthy range. But the reality is this person is getting crushed with their blood sugar issues and therefore their inflammatory index, their inflammatory markers will be increasing so that inflammation is going to accelerate.

What I was describing about the interaction of the excess blood sugar with the red blood cell hemoglobin molecule. So the that heme and the red blood cell I remember my fist is the red blood cell.

Here's the normal configuration. And blood sugars going by. No problem. When it's too much blood sugar it's this situation. There's just a lot more here.

And it's stickier. And that means that your circulation in general for your blood flow is going to be compromised. That's also going to compromise the age and talking about the inflammation.

It's going to compromise the age of your blood vessels that are transporting the blood. It's going to compromise the age of your reproductive cells, which is going to be either the sperm or the egg.

Right. And the quality of all of it, the works, like I said, it's getting gummed up. That micro vasculature is getting compromised. Those capillaries after a while are just starting to really struggle.

And if they aren't in good shape, if they are prematurely aged, your odds of being able to have fertility and bring that new life into this world are going down. It's compromised.

And the good news is this is your younger years. You're still in your reproductive window, so chances are hopefully you have at least some of the restorative factors like growth hormone, etc.

so you can repair. It's not too late, but don't sleep on it. You got gotta you got to take action. That's really the thing I

want to make sure we convey here, because people are like, you know, sometimes doctors do this to like, oh, we'll just watch your numbers come back in six months.

No, don't let somebody shine you on. Now is the time to be well. You don't know what else will break if you take another six months sitting around waiting to see if this gets better or not.

Being an action and being proactive is absolutely in your favor.

Inflammation, Aging, and Reproductive Health

I love that, don't sleep on it. Now is the time to be well. And not only that, but you don't know what else will break if you let this go on. And don't.

And and let's not relinquish our power to other people who are, you know, seeing dozens of people a day and are saying, okay, well, let's just keep an eye on this.

And it's a lot like the recommendation if you are have been trying to get pregnant for six months or 12 months and you're not yet pregnant, come back.

Well, I feel like we really have to stop just regurgitating those conventional party lines, because if you really look at the data and you look at the data in a nuanced way, what you understand is that the vast majority of people who are going to conceive are going to conceive easily.

They're going to conceive within the first three months of trying. So by the time you get to the fourth month in year of trying and you're not pregnant, the there's diminishing returns on your time, so much so that less than one out of four will go on to get pregnant between month four and month 12.

So the recommendation to wait 6 or 12 months is absolutely all wrong. But we have to be informed and then use that information to make decisions for ourselves instead of letting those decisions be made for us.

Just like you were saying, don't sleep on it. And I always say the biological clock loves and needs speed and needs urgency. Not hurry, but urgency. There's a there's a difference between those two.

So I love that so much. Doctor Beverly, what do you think are the most exciting and the most concerning fertility or broader health trends? Maybe blood sugar related trends of 2024?

You know, the most exciting trends I feel, that are right here on the horizon for 2024 would include the fact that there's so much growing awareness around what it takes for fertility, whether it's fertility now, fertility preservation, fertility boosting, you know, all of the things related to fertility.

I feel like people are much better informed. And that's just growing. And thanks to you and people like yourself who are experts and who are communicating directly with the public.

Because if we wait for the medical profession to figure this one out, it's not going to happen. It's just not the right incentive. And, you know, to be fair, it's not where they're educational.

strengthen. Right. So that's one another thing that I think is really positive around fertility here is a trend in 2024 is that people are embracing lots of different ways to go about having that family, and they're realizing that they have options that, you know, who might humanity has not had before.

And so I think that that's all very positive. Some things to me that are really concerning, there's a few that are trends here in 2024. One is that we have this growing and thank goodness, the growing awareness.

But sometimes it's kind of alarming, a growing awareness of the number of strange chemicals and toxins that are routinely in our environment, whether it's the fans that come from things like, from from trying to keep stains off of

fabrics and clothes, you know, these are some of the classes of what's called forever chemicals.

They persist in the environment. They don't break down. They absolutely directly impact fertility and dropped fertility rates. They cause cancer, things like that. Right.

Other kinds of toxins that we're exposed to, some of those help to, increase the lifetime, let's say, of a tire that's on a car or truck or a bus. And the breakdowns, these microparticles, and we breathe them in and they're quite toxic, and we can't readily get rid of them, you know, and just on and on and on, our generation and the generations immediately, around us, the younger kids we are, we are routinely exposed to way more chemicals than our grandparents.

Great grandparents were way more. And so some of these things are really not known. I feel like we are all living in the midst of a giant experiment whose outcome is unknown.

We didn't give consent to the experiment, but here we all are, and we figure out who's more vulnerable to some of these toxicities and who's perhaps more resilient in the face of this just overwhelming amount of strange chemicals.

So those are my thoughts around that. I have such goosebumps. We are living in the midst of a giant experiment. We didn't give consent to the experiment, but here we are.

That is such a powerful and important recognition and and statement. Thank you so much for that. And I you said something about that. Part of what the experiment is, is who who is going to be more resilient to these exposures and how is that going to happen?

Right. And I think that although there are no guarantees and we are all affected in one way or another, that one of the things about remastering and creating super babies is that we know that we've given ourselves and our super babies every chance of being as resilient to the stresses of the modern world, chemical and otherwise, as humanly possible.

And we can't underestimate the importance of that because we are in the middle of this experiment. We we have a data who came in and said, well, can't we just have sex and get pregnant?

I'm healthy. She's healthy. You know, we're relatively young, although she this mama had the AMH level of a 40 year old in her early 30s, which was why she she came to the prime Minister protocol.

I'm happy to say she just had her second to for a baby with us. She had her first. She had her second. and they're they're, absolutely amazing. But I said, well, you can just have sex and get pregnant, as you know, assuming the body allows that, right?

That's an option. But the reality is that we are faced with a world that is so very different from, like you said, our our grandparents are our great grandparents and we still live in bodies that evolved to function in the that world, not the the modern world that we're living in.

And that that disconnect is, is deeply harming not just fertility and pregnancy outcomes, but the health of of children.

Blood Sugar Fluctuations and CGM Tracking

And now, you know, we're in a situation where almost one out of every two children has a chronic mental or physical health condition. So as one of our our guests said, if you're okay with the status quo, that one out of your two children is going to be unwell, then by all means go ahead.

But if you're not okay with that, which I would, you know, I would bet is every single one of us. If I were a betting person, then you've got to do something differently than what everybody else is doing in the way that it's always been done.

So that to me is one of the standout quotes. There have been so many that I've been furiously writing down, this, of this interview. Thank you so much, Doctor Beverly.

So I have I have one question that I want to take us back to blood sugar fluctuations. And then I'd like to wrap up with two question, two other questions.

So you talked about how it might be that your agency looks great because your average is good, but you're fluctuating between extremes. So I think I know the answer to how to identify this.

But please tell us what we should be doing to make sure that that's not the the boat that we're in. There's a few ways to recognize if this is you, your experience on that side of it would be that you might have feelings that, come and go of intense or extreme anxiety.

You might find that your moods really fluctuate, you might be irritable, you may be generally hangry, which is a combination of hungry and angry. And again, it'll be fleeting. It'll come and go.

You might find that you have a sense of feeling dizzy or kind of brain fogged or faint. You don't quite feel like you're rooted here and now on planet Earth.

other things that you might notice. You might find that your heart feels a little like it's got an odd rhythm. Like you don't feel quite right, you know?

And so if your blood sugar has gone up so it's really high and and it crashes right down. And we're talking in the space of 15 to 30 minutes down and it's low.

It's not in a healthy range. It went right. It went roaring right through that down to the floor. you know, those are things you just notice and just observe how you're feeling and go, oh, you know, it could be a food intolerance reaction.

By the way, or food sensitivity. That too will often mirror problems with blood sugar. And so, you know, if you've recently done any lab testing or you're going to do that work through the pregnancy and Fertility Institute, you know, I invite you to find out if you're nutrition is working well for you.

You could do use, test strips and get a, drop of blood, put it into a glucometer and assess it. Or better yet, easier, I feel, would be to use a CGM. If you get a continuous glucose monitor, you will really know real time what your blood sugar is doing.

You know, if you use the ones that have such a low profile, it's like the size of a dime. It's really small, fits right on your back of your arm, very easy to use, and it's, connected via Bluetooth.

You will know what your blood sugar is doing even when you're asleep. You won't have to do the swiping to get data. You'll have data all the time, and you look for trends.

And in that you'll find out. And if you've got that pinging and it's just ringing all the time and your blood sugars all over the map, you have to put your problem and you probably won't necessarily, in that situation, be diagnosed, let's say with type two diabetes, prediabetes, you may not necessarily have been diagnosed with PCOS, but you do have a blood sugar problem.

This is so helpful. And, that the symptoms that you described are really interesting and important. And I also love that you pointed out that food sensitivities, which also, by the way, are very closely linked to fertility challenges because their impact on the gut and inflammation and, and the gut brain axis, the food sensitivities can mimic blood sugar dysregulation symptoms.

So that's really powerful. And that having a CGM is such an important tool, which we love for our prime mastering mamas. Doctor Beverly, this I want to ask this question for my super babies.

What do you think about using a CGM for children? Just to make sure that the way they're eating is working for their bodies? I think that if they are not a type one diabetic could be.

To be really clear, I think you can use it. I would wait until they were old enough to really understand the things on a toy. Yeah, they can have it on a part of their body, and they've been studied to be on the back of the arm.

So if your child is a side sleeper, you'll need to assist them with where the back of the arm means they don't roll over on it, because if they roll on it when they are asleep, it will artificially show a low blood, glucose measurement and that will set off the alarms on the CGM app.

So just for part, you know, I didn't have all that drama in the middle of the night. So as long as they're old enough to understand it's not a toy. So once it's, you know, placed on them, leave it alone.

Pick at it, you know, your kids and to place it in a way such that it is on the back of an arm, probably on this part of the arm, but that they're not going to roll over on it if they're a side sleeper.

once you get the logistics work out, I think it's great to give them those insights, and then they'll probably have a better understand why you don't want them to eat.

you know, a candy bar, you know, you don't want them to have a milkshake or a smoothie or, boba tea or any of the other things sometimes can be so, so, so full of sugar.

Just shocking amounts of sugar. Shocking, shocking amounts. I love that, and I think, I actually would love to do that in, in the off season for, for my children in the offseason and football and dance.

I think I will experiment with that. Yeah, we can just do. Something about this. If you're active and you're wearing a CGM, you absolutely will see their blood sugar go up when they are physically active.

Exercise causes your blood sugar to go up. There's nothing pathological or disease about that. It is a normal response because active working muscles need blood sugar and active working muscles are blood sugar sponges.

So for a healthy kids, you know they're playing footballs, also called soccer. You're in a part of the world. You're in there in dance, swimming, whatever.

You're going to see that don't freak out. They have less energy. Come back to that healthy range within 30 to 60 minutes and they're all good. Don't worry about it.

We're good there. Okay. Go ahead. That's that's wonderful I love that okay. So good. So let's wrap up with two questions. So the first of the last two questions is if you could tell someone one thing about taking care of their fertility and their future baby, they're super babies as we call them.

Stress Recovery, Super Fertility, and Closing Thoughts

What would that one thing be? It would be to do all you can do recover from stress. Part of that might be that you prioritize your sleep, but if you've had episodes in your life of being wildly stressed for whatever reason, maybe something in school, maybe something in your family life, maybe it was work, whatever.

Do all you can to heal from that, because it will really help calm and restore so much of your body and allow it a chance to regenerate and reset. And I think that that really boosts fertility.

And absolutely, absolutely does. It's so obvious from so many different angles and systems and pathways that that energy of survival, which is what the energy of stress is, is especially chronic stress is counter to the energy of creation, whether it's the birthing of humans, the birthing of new ideas that change the world.

so many things. So, thank you so much for that. I love that last question. What does Super Fertility mean to you?

So when you hear the term Super Fertility, what what what feelings does it evoke in you and your body and your mind?

for me, Super Fertility evokes feelings of joy, feelings of connection and passion, intimacy, and playfulness and a willingness to accept that there's just a lot of unknowns.

I always tell people, you know, who are looking to have babies and to become parents and to raise these children in this world. And like there are so many unknowns.

You are inviting a lot of unknown into your life. And so I say enjoy the ride. So beautiful it is. And I just want to bring it back to the one thing that you mentioned before, because you talked about.

Managing your stress and healing as much as you can from the things that have caused you stress in your life and caused stress for you on an ongoing basis.

And I think for so many people, unknowns is a huge source of stress, and that a lot of times what we call stress in our world is the natural, are the natural unknowns of life. And, so I love that you say that that Super Fertility.

And in addition to that, the feelings of joy, connection, passion, intimacy and playfulness also includes the acceptance and maybe even the appreciation and the flow with the with the unknowns, which of course is always easier said than done.

But as we get better at unlocking that skill and potential within us, we get to have a lot more enjoyment of life in our fertility, in every everything else.

So that's so powerful. Thank you so much, Dr. Beverly Yates, thank you for being here at The Super Fertility Summit. You are a blessing in my life, in the life, the lives of so many.

And your book is going to be a revelation for so many people. This this interview, this talk has been unlike anything else that we've talked about thus far in the Summit.

Thank you so much for being here. You're very welcome. I am hopeful that people got some pearls and gems that they can actually use and go forward. And please continue to reach for your dreams.

Thank you, Dr. Beverly. I know they did. Thank you.