Optimizing Female Hormones To Reduce Inflammation And Thrive In Life Transcript

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Introduction to the Hormone Interview

Well, welcome back to the conquering Chronic Inflammation Summit. I'm your host, Doctor David Jokers. And today I've got the honor of interviewing Doctor Michelle Sands from Glow Natural Wellness. Com.

She is a number one bestselling author, a licensed naturopathic physician, female hormone expert, and epigenetics coach. She's passionate about helping women harness that power of nature so they can elevate their genetic expression and live vibrantly, not just by optimizing health physically, but also mentally, emotionally, and spiritually.

And today, we're talking all about optimizing female hormones to reduce inflammation and thrive in life. You guys are in for a treat here. If you are going through perimenopause or menopause, make sure you take note with this, this episode, this, this interview, because she's going to go through some really powerful information for you.

We're going to do a deep dive on bio ident hormones and how important they can be for women going through perimenopause and menopause and how to optimize your expression of life, your brain function, your energy, your cellular health, and how to reduce inflammation as you go through these critical stages of life.

So you guys are in for a treat here again, check out Doctor Michelle san's website Glow Natural wellness.com, and let's go into the interview. Well, I'm here with my friend Doctor Michelle Sands from Glo Natural wellness.com.

Why Conventional Medicine Misses Midlife Women

We're talking about optimizing female hormones to reduce inflammation and thrive in life. And she's a female hormone expert. So you guys are in for a treat here.

And let's start. Doctor Michelle I mean I've known you now for several years and you're a fierce advocate for natural toxin free solutions for hormone health.

Why do you think traditional medicine has failed midlife women? And how does your approach to root cause medicine and plant based identical bioidentical hormones address these gaps?

Oh my God, what a loaded question. How has conventional medicine failed midlife women? Pretty much in every aspect. Yeah. So women are not included in studies like for the longest time, like only 1993 was like when the first women were included in studies that had to do with any kind of medication, medical procedure, medical appliance, anything that had to do with your health.

It was just an on man and mostly like men in their 20s. And then they started adding women in. They're like, yay! But then they only added women in their own birth control pills, because our cycles are very confusing and it was unpredictable.

And they have to have to time the studies if they had to like, do it for a woman when she was on ovulation phase or her luteal phase. So they only did the studies on women.

They're on birth control pills only recently I did not on birth control in the studies and it's still not very common. Like usually you're you're actually like, not eligible to be in the study if you're not on birth control, which is crazy.

So, so their, their philosophy is sterilize the woman and then we can study them basically. Yeah. Just because the women are so complicated because of their hormones, that's what the medical community.

And that's part of a lot of the reason why women aren't getting help for their hormone issues and in their teens, in

their 20s, postpartum and in menopause is because the complication of it, it doesn't really fit in with our medical system, conventional medical systems, way of doing medicine, because most people don't know that when they go to the doctor, they tell the doctor their symptoms and their doctor is like typing on their little keyboard, right?

What their type is, they're typing your symptoms, and then they get a code, and the code tells them what the medication they should prescribe is only.

And they name your symptom or your your condition. For women, a lot of fatigue, weight gain, mood swings, skin issues, gut issues. These all could be symptoms of hormonal imbalance.

They could be symptoms of thyroid imbalances. They could be symptoms of so many different things. Parasites, you know, inflammation, heavy metals, so many things.

But when we hear these symptoms that all kind of go in a cluster, the doctors will put those in and they'll be like, oh, hormone imbalance. And my answer to that is birth control pills.

It doesn't matter if it is estrogen dominance, low progesterone, PCOS, it's always going to be the birth control pill. And then if you're super or your symptoms are really bad, they might give you an antidepressant too.

And I say this from experience because when I was in my teens, early teens, actually 12 years old pre-teen, I was brought to the doctor because I had a horrible period, like horrible pain.

I want to stay home from school, and I was putting the birth control pill at age 12, and my mom sworn to secrecy, and she was just like, you're not going to tell anyone you're on the birth control pill.

She's a Italian mom from New York. And so it was like embarrassing to let the family that her daughter was on birth control. And it kind of made me feel bad.

But it did regulate things a little bit. My my cramps went away a little bit. I had some other health issues. And then I ended up being diagnosed with ovarian failure at age 20.

So many different issues and later on, like I went on to, go back to school for medicine, natural medicine, learn about the body and learn about how all the systems relate to each other.

I had gut issues, I had parasites, I had heavy metal toxicity, I had Hashimoto's thyroiditis. I had all these things that were preventing my cycle from working the way it said and were causing all these symptoms that looked like hormone imbalance, but they were really all these isolated things and different systems in my body, which all meshed together to create the whole problem that I was experiencing.

And once I was able to unravel those piece by piece and change, my diet changed the way I worked out, start doing some stress reduction activities, get rid of all the toxic things in my environment.

The cleaning products, the personal care products. Remove the gluten in the dairy, which was not popular when I was in my 20s. That was the 90s. Like people were not talking about dairy, like they're talking about it now.

And so it was just normal. And so I had to do some abnormal things back then. But once I was able to do that, it really wasn't ovarian failure. It was ovarian insufficiency.

And my ovaries weren't working the way they said because of all these other dysfunctions that were happening in my body, which is your body's innate intelligence.

Basically, it wasn't a good environment for me to grow, baby, with all of those things happening. And so my body is like, shut it down. We're going to make you survive because you have all these other things happening.

And then once I was able to restore health and all the systems of the body, my periods came back. I was able to

have my son naturally, which is why I'm so such an advocate for natural medicine, because I was told by countless doctors that I would never have kids.

There's nothing I can do. I just think I have to be on the antidepressants. I was going to have to be on the painkillers. I was going to have to be on the birth control pill for the rest of my life.

And had I believe I had, I kind of thought, in fact, I won't have my son now. I would still have. I wouldn't have the company I have today. I wouldn't have my health.

I might be like, just like sitting around doing nothing because I'm on all this medication and being depressed. And so whether you have diabetes, whether you have cancer or whether it's hormone imbalance, no matter what it is, do not believe that there's nothing you can do because the body is constantly restoring, rebuilding, reformatting its cells.

And you get new chances every day with all the inputs that you direct, every bite you take, every movie make, every thought you have impacts your cells and your hormones.

And so that's like the message that I'm like, so passionate about sharing. And I see every day doctors tell me when and there's nothing you can do. There's nothing you can do, so much you can do.

And so yeah, the medical system has failed us because there's we're told there's nothing we can do.

Birth Control Pills and Hormone Disruption

And then when there is things we can do, which is the other part of the question that you ask, like why I'm so passionate about the nontoxic, plant based alternatives for hormone balance, what we're putting in our bodies is microplastics, petrochemicals, toxins in the hormone products that if you're lucky enough to get a doctor, prescribe them for you.

Now you're putting toxins in your body along with the hormones. And so a lot of the studies that show like, oh, the hormones are bad for you. This is not the hormone that's bad for you.

It's all the toxins that are in the hormones that are bad for you. And I searched for myself. All the different avenues, pills, creams, patches, all the different things.

And they all have either propylene glycol or microplastics or some other type of petrochemical. And just, like, really bad forever chemicals that are going to stay in your body, if it's something you're going to put in your body for the rest of your life and you're really doing it for longevity, you really want to do the best you can to be as clean as possible.

And so that was like really become like my passion the last few years is to make those products available to the public. And I fight the FDA. I have fights, so many different things just to make them available.

I'll continue that fight, just so that women can have the opportunity to replace their hormones and get that health that they want without having to compromise their really commitment to living a nontoxic lifestyle.

Yeah, absolutely. You said a lot of really good things there. And, you know, ultimately the body knows how to heal itself. It just needs no interference.

But we interfered with it all the time with, just the modern world it is. I always tell people it is like, you have to be weird in order to, like, overlay toxins, because it's so easy for us to sit.

I can sit right here, and I can order food. I can go to school, I can date, I can do everything from the seat without ever getting up. And I can be an air conditioned.

I can be in with the artificial, flame retardants on my furniture, on my clothes, using conventional products on my skin. Like, you have to really go out of your way to move your body because everyone's like, oh, you want to go get together?

We're going to go eat at the Olive garden. And it's not to nothing. It's anger. And but, you know, it's toxic food or hey, like let's go for some drinks or you go to the office and there's the thing of cookies.

And so you have to be the odd one that's like, oh, you know what? I'm going to go exercise instead. I'm not going to go out drinking. I'm going to buy the organic skincare product from the farmers market instead of going to CVS and buying the things on the shelf.

And my kids are not going to eat the candy with the red dye number 40. And I'm going to give them the organic keto brownie, right? Is you have to be a little bit strange in order to avoid all the unnatural things in our environment.

Our ancestors didn't have to say no. If everything was natural back then, you know? But we have to say no, no, no, no, no so many times. Yeah. So critical.

And you talked about birth control pills. What do they actually do to the body and what sort of risks are associated with taking birth control. Yeah. So birth control pills and in you know I am also an advocate for feminine rights and women's freedoms and everything.

So there is the birth control pill. Did do something good. It allowed women to you have, you know, sexual relations without having to get pregnant. And that idea is amazing.

And there's other ways to have that happen as well through like family planning, method, condoms, things like that. The birth control pill, unfortunately, is endocrine disrupting compounds.

Perimenopause, Menopause, and Hormone Decline

So if you look on the little in the inserts that have the little tiny, tiny writing that comes with the birth control pill, it will actually list ingredients.

If you look at those ingredients, they are all classified as endocrine disrupting compounds. That means it is disrupting your endocrine system, which is what the birth control pill is supposed to do, because it is going to prevent you from problems.

Yeah. So so every hormone is being destroyed. Yeah. Yeah. And they're consistent is your hormone system. So the birth control pill is to disrupt your hormone system.

And by design because we want to by taking the birth control pill, the goal is to prevent me from ovulating. So it's preventing the release of the hormones that are going to trigger the release of the egg.

And the whole cycle is then turned off. And when you turn off your cycle, you're not making progesterone, you're not making estrogen. You're making very little testosterone.

And those things are going to trickle down and cause all the symptoms of low hormones. Now, you do have these artificial endocrine disruptors that do have some qualities that mimic the hormones.

So you won't get all the symptoms of hormonal imbalance or low estrogen and progesterone. You will get a lot of them, and they will compound over time.

Because every cell in your body depends on estrogen, like estrogen is important for your brain. It's important for your liver. It's important for gut. It's important for your skin.

Like everything your muscles, think of a name and organ and estrogen is going to be important for even your ears. Like the cochlea inside your ears, it can be affected by low estrogen.

You can start getting ringing in your ears. You can start getting itchy ears. It's crazy how many things are related. Your voice, your eyesight, you're having dry eyes.

The list goes on and on, and so by interfering with your body's ability to make those hormones, you are like every day chipping away at your health and unknowingly, women.

You know, after being on birth control pills for five, ten, 15 years, bone loss is an issue. They have trouble with their skin. They have trouble with their digestion.

And oftentimes the microbiome is messed up. So many problems can result from this shutting off of a such an important system in our body. Yeah, and they deplete a lot of key nutrients, too.

Oh, yeah. Zinc. Right. A lot of these. Yeah. So B vitamins. Yeah. It's it's really horrible because like your body actually it's going to not be able to absorb a lot of the key nutrients that you need for your overall health when you're taking these things and disrupting compounds.

It's really I think what I think what people need to understand is that really 99% of the drugs that are prescribed, really, if they should be prescribed, it should be for a very short term use.

Yes, I that that is so, so true. And that's why I like things that we are going to use as like a supplement. A lot of times drugs are now being used as supplements.

You really have to make sure that they are actually only building health and not taking away from it. Even a lot of the supplements on the market. I think you make some really great supplements that don't have all of the unnecessary ingredients, like the magnesium, steroids and all the crap that goes into a lot of products.

There is that these days we really have to look at, everything we put in our body in terms of medications. You just get the bottle with the label on it, and unless you ask the pharmacist for the insert that goes with it, you don't get that.

And so a lot of times we just we figure out the doctor isn't going to recommend it and it's regulated by the pharmacy. That must be safe for us. But these are the things that are least safe for us.

Like I can't tell you how many each year, how many drugs are recalled after they've been out in the market for like deaths and adverse events. So it's just because it's prescribed, it does not mean it's safe.

A lot of times it's not safe. And if you look at the side effects, just like look up anything you're taking right now, just Google the name, your medication and side effects.

And the craziest thing that we see all the time is people come in and they're on a medication, and then they get put on a second medication to manage a side effects of the first medication.

Yeah, happens all the time. Right. So it's so saddening. Yeah. And so yeah, it's, it's it's a big deal. And, you know, especially as women go through perimenopause and menopause.

Right. There's a lot of women that are listening to this right now. They're going through those stages. They're starting to have some different symptoms.

How do you look at that stage of life. Obviously you're going through it personally. Yeah. Yeah. I don't have any menopause right now. So the interesting thing is so many women, every women will go through this.

So every woman who lives past age 40 is going to go through perimenopause. Every woman that lives passage

average 51, 55 is going to go through menopause.

They go to the doctor with the classic symptoms of having menopause and menopause. And their doctors are like perplexed. I don't know how this is like, why is it such like a soccer for women and their doctors when this happens to every woman and almost be like when kids go through puberty, if it was like their skin starts breaking out, like, oh my God, I don't know what's wrong with you.

Like what was happening? Like, now it's puberty. Of course their voice is going to change. They're going to get a little awkward and lanky. Their skin is going to break out. There hasn't aged greasy.

Their armpits are going to start stinking. You know, these are things that happen to every kid. And then when we're going through perimenopause, it's happening to every woman.

So you have trouble sleeping. Hormones are going to change a little bit. Our periods are going to change. Lives are like progesterone dropping symptoms, usually the first ones to go.

And then this is going to have maybe a little bit of weight gain. Maybe she's not, processing her calves as well because she has more insulin resistance, little more inflammation.

Maybe her skin is reacting to products that she always used before, and now all of a sudden she's sensitive to them. This is changes in the skin microbiome due to estrogen change.

Maybe we'll start to get some wrinkles. Hair might start falling out. These are all not normal symptoms of hormonal decline yet. We're just like, oh, I don't know why that's happening.

Maybe you need to take an antidepressant. Maybe you need to take a birth control. Tell me you need to take a pinhole. Maybe you need to be on, GLP ones, you know, whatever it might be like, why don't we address what we know is happening?

That the hormones are declining because that's natural for them to decline. It's normal and natural. There's nothing wrong with you if you're losing your estrogen and progesterone and your testosterone in menopause.

That is what's to be expected. Now, then why? Why do we do hormone replacement people? It's like, well, if it's natural and normal and you're not a doctor, why are you recommending women get on hormones?

Lifestyle, Testing, and Personalized Hormone Support

Isn't that, like, unnatural? And I used to think that. So back when I was in school, medical school, I was like, I am just going to use herbs. I'm just going to use nutrition.

I'm going to have women do yoga. I'm going to do all those things, and I'm not going to use the medications, the hormones. Right. And then I realized that that thinking is only good for like vast.

When the life expectancy was 50 years old, 45 years old, women used to only live until menopause, and then they would die and that would be the end of their life.

But now our life because of science and, you know, sanitation and the changes in our environment. Women are living a originally it's 88, then we're probably going to make that longer as we keep doing advances.

And the average age of perimenopause is like 3540. So that's half of our life that we would be living in this deficient state. And we understand that our hormones are important for our brain health and moods.

You know, inflammation levels, everything that we our whole being is determined by our hormones. So why will we want someone to have a deficiency in their hormones?

Why don't we treat like a vitamin D deficiency and treat, astringent efficiency? We treat thyroid deficiency. So if you have low thyroid, for one reason or another, we're going to be like, oh, it's really important.

You should get on thyroid medication. You shouldn't just deal with the symptoms. And so like anything that we're deficient in insulin, like if you just don't make insulin, we're going to give you insulin.

But that's a hormone. But female hormones, we're like, oh, you know you don't want to take those that's bad for you or that's unnatural. That's completely natural for you.

You use natural hormones and you don't have additional crap in the hormones, and you use it in a way that is, physiological. So a normal dose for a woman, not a mega dose, because that's what we're seeing right now.

Testosterone has become a very big, like, catchphrase. And, it's really popular for women to go and get a pellet of, like, a mega dose of testosterone, like a man does the testosterone.

And they feel good for a little bit, like they're like, oh, I've got an energy. I'm feeling good. And then their hair starts falling out. They start gaining weight, they start having skin issues, and then they get put on like a ozempic or something to help with the weight gain.

They get put on, something to help with the hair. And it's like, that's a slippery slope too. So you want to do it responsibly. You want to replace your hormones and in most natural fashion so that you're just getting what you need so that you're back at baseline, not that you're overdosing anything.

And the same thing with vitamins, the same thing with anything. You eat too much protein, you're going to gain weight. It's not you know, it's not it's not like more as better of anything.

It's balance. And that's what we talk about with hormones. We're talking about hormone balance, not hormone excess or deficiency. Yeah. That's that's really key to know when you're using hormones.

You got to use the right dosages and kind of phase them right time. Yeah. And they're very Goldilocks like hormones are like it's like Goldilocks and the Three Bears like two little after.

And you have symptoms too much action and you also have symptoms. And then we have it just right. It's just right. And it has to be balanced with the progesterone and the testosterone.

Because you have too much testosterone and too little progesterone. Now you're getting like belly fat gain hair where you don't want it irritability, but then you balance it out and now you feel great.

So it does take some trial and error. It's it's not like if you're a woman who's 54 years old and weigh 120 pounds, this is your dose. Everybody is different.

And so it just takes a little bit of trial and error. I always like to on the side of going a little lower dose first, and then increasing it until you get to where you need to be.

Yeah. Now, when you're doing other things. Yeah. The other thing I will say, and because a lot of times when I'll be like, okay, great, I'm having these symptoms, let me take the hormones.

But they neglect to do the diet, exercise the stress reduction, the toxin reduction. And they're like, the hormones aren't working. Wow. It's not just the hormones.

It's the hormones and the lifestyle together. Because if it was just the hormones, every 20 year old would be like the peak of health, right? But now the 20 year olds have their hormones, but they might be eating crap.

They might not be sleeping, they may be drinking alcohol, they might not be taking care of themselves. And so that's going to cause symptoms. And so you don't want to just do hormones.

You don't want to just do lifestyle. You really want to do a combination of it all. And hormones won't work if you're stressed out and not sleeping. Hormones won't work if you're just eating a bunch of crap, you're still going to have symptoms.

And so it's, like I said before, like every bite we take, every moving make, every thought we have, it's a hormonal experience that will affect how you live and how you breathe.

And if you do take care of things, then you'll need less hormones to feel your best. Yeah. So it's a multi therapy stick approach. You have to start with the lifestyle by keeping your stress under control, optimizing your sleep, having good blood sugar stability, keeping your toxic load down and keeping your drainage pathways open.

Yeah, getting good movement and building muscle. Those things are going to help. Your body naturally produces much of the hormones as possible. But of course as a woman is going through perimenopause and menopause, yeah, you're just not going to do that with your lifestyle alone.

And one thing I will note is, yeah, one thing is a level where they're going to really, really thrive, typically, or at least are a certain percentage of women or not.

And that's where the bioidentical is. Come in and give them that extra bump. Absolutely. And I will say like it can be very, very overwhelming for women to hear, okay, I've got to get my protein and I've got to get my stats.

I drink my water, I've got to avoid the toxins, I've got to make sure that my trans pathways are open. I've got a dry brush, I've got you castor oil fats.

And it's overwhelming, especially when you're in a hormone depleted state. So for some women, sometimes we give them the hormones first and they're like, okay, now we're going to adjust your diet, and now we're going to an exercise because they need like something just to get a little boost.

And then for some women who have they're not in that dire state. Then we'll start them in the lifestyle. And then add in the hormones. So it's not one way or another because I get that question a lot.

Like, do I need to do this before that? Well, it depends. It depends on what you are capable of and where your mindset is and where your energy levels are.

But a lot of times the hormones can give you that little boost that you need. So then you can start like cooking your own food and doing the things that you need to do to be healthier.

Yeah. Now, when your team is working with people, are you guys testing hormones? Is there a particular test you like, or do you feel like you can typically figure out what's going on based on questionnaires, health history, what would you say.

Yeah. So we do both. So we do have like in our healthy hormones, I, we include testing because testing is always going to be best if you can. The more information you can have, the better decisions you can make.

But at the same time, some women, financial reasons or other, they don't want to do the test. They can't do the test. We can go off of symptoms and we can go over questionnaires.

And that might take a little more trial and error dialing in. And then sometimes we can nail it right off the bat. It really depends on like what stays there as well, how long they've been doing, how long they've been having the imbalances, whether they've been on hormones before.

And but any time I can test, I love to test just because it gives me that information. Now with hormones, you can test through blood, you can test through saliva.

You get tester urine. For just knowing what your levels are. A saliva test is great because it's going to tell us are

free and available levels of our estrogen and progesterone, DHEA, and testosterone.

If you want to know a little more information, like how your hormones are breaking down, whether you need to detox different things, how your estrogen is breaking down, whether it's going down.

The more healthy pathways then like the Dutch test, which is a dry urine test, that's a great task that it gives you a lot of information, but it is a little expensive.

So that information isn't necessary for you at the moment. Then you can go with a saliva test, which is very inexpensive, or you can go with a blood test from your doctor that might be included in your insurance.

You just have to tell your doctor that what you want tested, because they will not test everything that you want, and they will also probably not test you at the right time of the month.

Yeah, yeah, that's kind of the tricky thing with the Dutch is you got to take it. I believe it's like right after ovulation. Yeah, even. Yeah. It's true.

Even with a saliva testing, if we can, we like to get it within five days of ovulation because that's going to give us, that second peak of the hormones and give us a little better idea of how much you're making.

And then with testosterone, you always want to test that in the morning because that's when your levels are higher. So, a lot of doctors don't know that and will send you for a blood test at 3 p.m.

on the fifth of the month.

Bioidentical Hormones and Safer Delivery Methods

They don't even know what your cycle is, and so you might get not quite the right information. Yeah for sure. And then when somebody goes in and they get a prescription from a conventional medical doctor for, let's say, estrogen therapy, what is the difference between that and a bioidentical hormone therapy.

Well, you might get a prescription for bioidentical so you can get bioidentical hormones prescribed. Or you can get synthetic hormones that prescribe.

So synthetic estrogens generally, made from horse urine. Not being not human hormones but horse hormones. And there's also some that are just made from chemicals.

And those are like hormones, but they're not hormones. And so there's, again, just like the birth control pill, they're kind of like hormone disruptors.

They're not what your body is expecting. Bioidentical means biologically identical, usually made from plants. So the wild GM and also the soybean have a, component of them called di arginine.

And that has a very similar, chemical backbone, like in chemistry class, you have all the octagons with the little tags and the hydrogens and carbons coming off of them, almost the same as our human hormones.

So they have to take into the lab and they remove some of those hydrogens and carbons. And that's exactly the chemical structure of progesterone or exactly estradiol or exactly, exactly DHEA.

And so that is what your body is going to recognize as same as it had before. It can utilize that with no weird stuff happening with other thing with prescriptions is sometimes you'll get an oral estrogen prescribed, the pill that you'll take, and estrogen when you actually take it.

By now that has to go through the liver and that creates some byproducts that can be dangerous, can cause clotting, can cause issues with their heart.

There's an enzyme called MMP nine that's created that can cause issues with inflammation and, down the road. So you don't want to, do you? I never recommend oral estrogen to anybody, bioidentical or synthetic and, you know, transdermal, or sublingual estrogen is going to be the best way to go because that bypasses the liver.

And then any woman who has any issues with like, clotting or any kind of stroke in the past or family history, a lot of times they're told they can't use hormone replacement therapy, but the truth is they can't use oral hormone replacement therapy.

They definitely can use transdermal. Transdermal. You're getting it in through the skin. It's a cream that you're putting on and it's getting in through your skin.

Because actually, believe it or not, your skin is in a I mean, it's it's pulling stuff in. Whatever you put on your skin is getting into your body. So you want to make sure things are as chemical free as possible.

Yeah. Lingual oil, you're putting it under your tongue, and that actually gets right into the bloodstream. It dissolves right into the bloodstream there.

Yes, exactly. And so that bypasses the liver. And so it doesn't have to be broken down before it goes to your tissues. It goes to your tissues as the actual hormone.

And so that's really makes it more effective. You actually can use less hormones when it's not going through the digestive system as well. Yeah. And what do you find with dosing.

Do you have to play around a lot with dosing. Or is there kind of like a standardized dosage that you find that. Well, it's really is it's quite it varies quite a lot.

Like there can be a woman my exact height and weight exact age, exact starting hormone levels. And I might be on double the amount of hormones that she is.

It depends on your metabolism. It depends on your clearance, depends on your genetics. It depends on how your body absorbs things and also can depend on your stress levels and things like that as well.

So, yeah, if there is no like one dose, some women use like tiny, tiny dose and changes in their life and other women have to use a lot more. So it really is I always like to start low, and I can usually tell, just how people's like history of how they deal with, other medications, how they do with other supplements are they are super sensitive person like, can they take a bunch of supplements and just take a glass of water and they're good? Or do they have to like really titrate up.

Closing Remarks and Resources

And so you're usually there's clues for a lot of women to know whether they should start super low or whether they should go with like a moderate dose.

But the good thing about transdermal hormones is you can add more. So like if you can use one dose for a week and then we can be like, okay, do you use a little bit more where if you have a pill or you have a patch, it's a little harder to change the dosing.

Well, I just wanted to let you guys know that I had a power outage right there as Doctor Michelle was talking about bioidentical hormones. But, guys, you can find out so much more information about how to use bioidentical hormones and other lifestyle strategies to optimize female hormones, reduce inflammation, and thrive in life by going to doctor Michelle Sands website, Glow Natural wellness.com glow Natural wellness.com.

She's got a healthy hormone club. She's got a lot of really great stuff going on over there. So be sure to check that out. Again. Sorry for cutting off there.

But had a huge storm here that shut off my power. And so we can finish up, wrap it up. You know, quite the way I wanted to. But with that said, check out Glow Natural wellness.com.

Just great resources over there to help you on your hormone and inflammation reducing journey. So check that out and everybody be blessed.