S2 EP 31: Men, Muscles & Mood: Hormones, Health, and the Mental Game with Jamie Dorley Transcript

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Podcast Introduction and Guest Welcome

Hey everybody, welcome to the Eat Pray Faith podcast with Dr. Tracy. That's me. And today I'm more than honored to have on one of my best friends in the whole world, my mentor, someone that I just highly respect in the industry, Jamie Dorley, who is the owner and CEO of Nutritional Frontiers.

And I think everybody knows that I used to work there. I still speak for them. I'm a brand ambassador by far number one favorite product company in the industry. So we are going to have an exceptional conversation on men's health hormones and the impact on mental health along with some other things. So Jamie, I'm so glad you're here. Dr. Tracy Strop, I'm so excited. I can't believe this. Thanks so much for having me on again and uh you know, thanks for those very kind and warm words. Uh I still remember uh coming out to your office.

um like almost 10 years ago and for a half hour meeting and three hours later we solved the world's problems and like how do we tell everyone else about this?

So I'm excited. Thanks for having me on. Trying to figure that out a decade later we're like well why can't people get this? I don't know. So I'm excited because I know that you're so passionate. I mean you're a man's man.

You know what I mean? Like out of the bodybuilding industry. So give us a little bit of background on you so people get the relevance of why I've asked you to come in and talk about men's health. Wow, what a compliment, a man's man in this world today. So I really appreciate that. Um, you know, I grew up in the 70s, class 86, of course, the favorite class, but my brother's 5 years older and he was, um, you know, always a guy I looked up to. I chased him around as a little kid and uh, you know, he was working out already and then pumping iron came out and he let me watch it with them and then next thing you know, that was it. We had the weight set in the bedroom. Eventually that became the basement. And uh growing up back then as a husky or stocky or chubby kid. Um you know I didn't realize how important the diet nutrition was till I got in high school and college. But I was always uh working out with my brother. I love sports. I loved any kind of games with other kids. And you know um going to Slippy Rock out in Western PA. They had a barbell club which uh was started by a famous bodybuilder. um Carl list and the camaraderie and the excitement and the enthusiasm. Then everyone would go eat together after the calf and they actually had a special uh menu for the bodybuilders or weightlifterss and you can get your baked potatoes and your chicken breast and your fish and your hard-boiled eggs. So I carry all stuff around on campus.

And um I realized at that time that what you eat determines how you look and feel and train and think and sleep. I know it sounds so simple now, but when you're growing up, you think people are either in shape or they're not because they're eating the same things I'm I'm eating. But as I started to eat differently, um and one of my first professors as a freshman was Dr.

Jamie Dorleyu2019s Background in Fitness and Nutrition

Marcy Leeds. She was a tree hugger. She rode a bike to class and had the apple on the desk, but she would um and we had intro to nutrition and uh it was me and a lot of f male and female bodybuilders and the I still remember the conversations in the class about amino acids and protein and carbs and fats and training. And I was just blown away as I changed my diet, did my first uh natural bodybuilding competition. Um, some people were shocked, you know, like, "Wow, you changed your body like that in like four months." And I was just blown away. And one of the coolest things ever was Timmy Duca, we called him a guru in college. He wrote my diet up for me as a coach without charging me back then, right? And I'd go to his place once a week and he, you know, analyze what I was doing. And I think just the excitement of seeing your body change like that that changed my whole uh life path. The other thing that happened is I got diagnosed with an autoimmune condition right before I started this nutritional program psoriasis and found out through a lot of digging and research and talking to people that uh could be tied

into candida or liver congestion. And um that started to go away when my diet changed and uh my skin changed, my mood changed, my body changed, my life changed, everything changed. And ever since then, I've been hooked, you know, and times I've deviated due to stress or living um and wasn't as healthy with times everything kind of goes sour. So, you know, my story's been one from uh growing up and um really by trial and error and other people helping me. That's why I'm so passionate and excited about it because I want to instill that empowerment in other people. And over the years, it's changed, you know, growing with the faith and growing with mind, body, and spirit. You know, it's become a full wellness program, not just the exercise and dieting anymore. And um I tell people, I says, "It's not a punishment. You know, we're not health nuts. You know, you're a sick nut. We're not health nuts." Like, there's a there's a reason for this, right? So, I'm extremely uh passionate about it. I'm at the uh World of Wellness Wellness Weekend right now. And you know, I don't look at as a job. It's a mission. You know, we talk about our mission is really to make the world healthy. So, I worked in sports nutrition in the '9s.

Uh I went to work um with Metagenics in the early 2000s with Dr. Bland and the Khaki family. Another life-changing event. And then uh after they sold the first time, we started Nutritional Frontiers in uh 17 years ago. Whoa.

Yeah. I can't believe it's been 17 years. That's amazing, isn't it? Uh yeah. And uh people would say, "Would you do it all over again?" This is not if I knew it would be this hard. Right. Right. Maybe maybe some parts of it, not the whole thing. Yeah. I was blown away. We'll continue. I don't want to cut off.

No, I think that the coolest part of the journey is meeting people like you, other like-minded people, watching our events go from, you know, seven people to 200 people, you know, and really see this movement like of wellness that is, you know, when I was in college, wasn't that long ago, they just the WHO, World Health Organization, just defined wellness as more than the absence of symptoms to optimize. Yeah. Yeah. I mean, that's pretty amazing. And here we are all these years later. So, you know, Jamie, I told you before we got on the podcast, this whole month I've been focusing on men's health. And I think if we go back to the alipathic system, and I I call it the system. I'm not talking about doctors and nurses within the system because there are good ones.

There are some really terrible ones, but there are good ones. But the system itself is not designed to look at the full body. And this whole month we dedicated to men because you know they're not tested enough as a preventative. They it's a reaction to an issue, right? So a guy has a heart attack and then all of a sudden we're talking about lifestyle. So one of the big things that I wanted to talk about with you today was a few a few features, right? Number one, the value of proper hormones in health. We're going to talk about that. but men's mental health as well. And I went through and I looked up some statistics and I I just I'm going to read these off because I think they're eye opening. So, one in eight men will experience depression.

Suicide is the seventh leading cause of death for all men and much is connected to unadressed mental health with underlying hormone dysfunction. Low testosterone affects 40% of men over 45. I think that's amazing. that contributes to fatigue, depression, brain fog, and weight gain. Uh, studies show that chronic stress disregulates cortisol, which suppresses serotonin, GABA, dopamine, leading to anxiety and and burnout. And we know that most of that is created in the gut. I think one of the biggest stats was over 500,000 people commit suicide every year and 80% of them are men. So with those stats we can go back to guys don't share their feeling feelings they hold everything inside. I believe that. But I also believe that there is a contributing factor that builds over time, right? If we talk about gut dispiosis and the connection to the brain, if we talk about hormone levels and mood regulation, that was a big one that I did on the first podcast in this series where I talked about testosterone being one of the main contributing hormones that happens mostly during puberty and then throughout life, but it regulates mood. So I want to get some information from you today about your expertise in this field you know and even talking about strength training and everything else and how that impacts mood I mean lifestyle matters absolutely but it's not a topic that we talk about enough mental health men hormones definitely not we don't test guys hormones I mean testosterone got such a bad rap when you talk about pumping iron right everybody attributes testosterone to a horse steroid it's natural natural. I actually had a gentleman who told me his doctor said that testosterone following through life is natural and that you don't have to worry about it if it's low when you're older. He's 55 years old. And I said, "Excuse me, you still produce testosterone. It's just that the aromatase enzyme then converts it to estrogen, which is not what's supposed to happen because of your insulin resistance and your stress. So, you're converting it the wrong way. still producing his tea, his free testosterone was still the same. So, this is wildly mismanaged. So, first give me your thoughts on all of that and then I have some questions I'm going to ask you. Oh, all of that. One

question, 27 parts, right? Well, it's fascinating because you're describing my life, right? Um I feel what happens with with a lot of men. You have two types of men, right? The one that plays sports growing up and one that doesn't. And I really have a lot of empathy for the one that doesn't because they don't have a base, right? And then the athlete may be even worse, right? Cuz I played sports growing up. I was in natural bodybuilding. Um and then in my 30s, which happens to a lot of men, the 30s is a tough decade. You know, you think everything's cool, like you got through the 20s. No, everything's just starting because you have a family, you have a career, you're trying to figure everything out and juggle everything.

Menu2019s Hormones, Mental Health, and Metabolic Dysfunction

And what goes out the window? usually the diet, right? The exercise, what goes up, the stress, the alcohol, the bad foods, right? And then um men don't know what's going on. Maybe sexual function isn't there. Maybe they're not having intimacy. Um I was fortunate cuz what happened with me is that I started gaining weight and wasn't sure what was going on. And I went to one of my doctors, David Klein in Orlando who's an MD, and he says,"I can tell you and I can show you what's going on with blood work." He says, "Your thyroid for some reason is shut down, probably because of soy." He says, "And I and your blood sugars are bad. I can fix it for you, but let me show you on the blood work." Testosterone 168.

Whoa. Yeah. So for people listening right normal is 200 to around 900 but functional for men 600 600 or above right 600. Yeah we like 500 or more. Um so 168 he says um do you weep during sad movies?

He was call me a woman right and he's he's just that kind of guy. He wanted to get the reaction. He goes your thyroid shut down. That's why your weight's going up. I said, "Doc, I'm not eating anything more than I used to." He says, "Well, you're eating like you used to do when you competed. You're not competing." He says, "Your testosterone is really low, your blood sugars are high, and your thyroid shut down." He said, "Hence the hair loss, hence the weight gain, gynecomastia, low testosterone, and depression, right?

Just being totally vulnerable." I know I know. I go through that one because I just want people to understand the term, right? We call We call them moves, right? Man. Yeah. Yeah. Mov. Yeah. Moves. Yeah. Yeah. Mine are good, right?

Yeah. So, what happens is um if you're a a male and you tend to um have the propensity to gain a little more weight, like I could always gain weight. I had more weight in my legs and butt like a woman, you tend to have higher estrogen levels. Okay? And if you have conversion of testosterone to estrogen um with DHT, right, the testosterone converts to DHT. And this interesting thing that pushes this whole pathway is blood sugar and insulin resistance. Right. Right. So now you have a conversion of your testosterone going to estrogen. So woman naturally has more body fat. Women naturally have more breast tissue. So if you're noticing that a man is starting to build fat around the breast, around their nipples and the chest area, in their legs or butt, it's automatic estrogen increase, right? So 10, you know, then here comes the term gynecomastia. That's why you may see a bodybuilder that's taking too much testosterone, the body's converting it to estrogen because it has to process it and then, you know, they have those. Um, so I use a formula called estro cleanse because it's going to help process my hormones in a natural way so that I don't get that. It also helps with abdominal fat. So, this is a very complex topic. We're going to simplify it today, but you know, I was showing signs of depression. I wouldn't say severe, but definitely mood issues. And then the ultimate one that really kicked in that was a killer was the insomnia.

Oh, right. between the low thyroid, the low testosterone, the insulin resistance, the mood issues, and then the sleep. And remember, you build most of your hormones between what, like 3 and 6 a.m. roughly. So if you're not sleeping, you're not building your growth hormone. You're not building your testosterone. You know, you're not managing your cortisol. So all these things were happen to me. And then you can lump it into that term metabolic syndrome. Syndrome X, right? And that was me. Even though I'd worked in the field, um, but I wasn't in the gym anymore. I was traveling in the doctor's offices, didn't have access to the same consistency um with the workouts and the diet and u too much alcohol, right? You starts out, you have a beer or two, then you're going to dinners for work with wine and all these things. So, it's a recipe for disaster. And I would say most men that have issues in their 40s and 50s, this started probably in their late 20s or 30s, right? Yeah. So all I mean that's such great information and and really relevant to share your experience because it's not something that you guys don't sit

around you know the fire and talk about your low tea. I mean maybe you do. I don't know. I'm not part of those conversations but it's not discussed and it's also not recognized. I you're funny that you the doctor said you cry at movies. So I had a client come in. He was I mean his his number one symptom was he cried at everything and he was like I'm not like this. I don't cry like this. He's like I am crying all the time. And so I was like well let's work on gut health. And then all of a sudden I was sitting here and we were about a month and a half into his protocol. Got a little bit better and it just dawned on me and I'm like testosterone. I was like I called his wife and I was like we got to test this testosterone. And she was like oh okay.

So we did and it was around 200 very low you know here was a man that was always a man's man athlete like outdoorsy and something happened where his insulin resistance went up when we fixed his gut it helped with that when we changed his diet it helped with that but he needed a bump right so we started to utilize some products to get his testosterone up testo 180 etc etc and we're going to talk about those today but I just remember sitting here thinking oh my gosh like number one sign was crying. And I I don't think that men realize how much testosterone impacts mood. Uh they look when they're aggravated like they have too much testosterone. And that's not the case. It's because you have an imbalance of serotonin and dopamine and GABA. So, you know, testosterone is going to modulate that serotonin receptors in the brain. And testosterone also enhances dopamine production. But testosterone metabolizes and modulates GABA receptors as well. So that entire pathway of feeling good is heavily dependent on testosterone. Now thyroid connected to testosterone, that's a great thing you brought up because normally when you're insulin resistant, high estrogen, and you have a lot of stress, aka cortisol, your RT3, your reverse T3 will be high and your testosterone will be be low. And I talked to Dr. Silva about this. He's going to be on the podcast next week, but I said, "Do you ever see a pattern of high RT3 and low testosterone?" He's like, "Every day, all the time. It's the number one indicator." He said, "And you know what? You don't test men's thyroid. Guys don't do it. They don't get it tested. Doctors don't do it." And he's like, "And even if they do, nobody tests reverse T3." And I was like, "I test it." So, good uh cor um correlation with your practitioner actually do that with you. So, let's talk a little bit. Hold on. There's even one more step before this, right? Go ahead. Cuz it it's everyone focus on the sex hormone. I got chills. Testosterone. And then if they're really good, they'll go to thyroid. The missing part is the adrenal, right? That's where it all starts. Stress, cortisol, insulin resistance. Um, you know, Dr. Edwin Lee, he's a functional endocrinologist out of Orlando. He used to speak for us. Great guy. and um he he spoke about the uh the balance of the the triacis right it's like a triangle adrenal thyroid sex hormone so if someone just goes and gets a shot of testosterone right and they haven't addressed the thyroid adrenal they're not getting the full result you know so one of the formulas that really helped me was the adrenal and thyroid combination the thyroid complete because I used to take something called um matrix thyroid which was great until they changed it. Now they I can't even get it. So you really got to look at the stress component which leads to the insulin resistance, the thyroid health and then you'll get much better results if you do the Tesla 180 ver vility peptides or injectable or creams or pills. I don't care which they use. I always try and get the best result with the least amount possible. But we live in a stressful world and know what happened to everyone said, "Ah, you're just getting older." I says, "I'm not that old." I know. I I don't know why that term is accepted. And it's part of the women and men in hormone health and the alipathic model are abused from the get-go, right? But one of the things that I recommend with the guys that are doing testosterone injections and they're not getting the results, they're not seeing the gains is to either take estro cleanse or DIM or both because it's that aromatase enzyme that converts the testosterone that will be directly impacted by DIM and or estro cleanse and it can help them modulate and convert that testosterone down the right path. So, if you're on an injectable right now and you're not getting like if you're on TRT, you're not getting the gains, you can go to the show notes. I'll make sure that I put the links to the Estro Cleanse and the DIM, just start those. Start those products. Not going to hurt you. I promise you, you're probably estrogen dominant. But let's start with some products. One last point on that. I'm sorry. Guess where the aromatase lives? In the fat cells. So, as you know, we think of fat of metabolic inert. No. So if you have higher body fat levels, you already have these aromatase enzymes, right, that it convert to testosterone and estrogen.

It's you're setting yourself up. So I love the fact that using DIM andor estro cleanse together. What a great combo. Yeah. And I know there's some in the estro cleanse, but sometimes I just like to increase a little bit more. And I love how the estro cleanse works. Just for oops and giggles, just go through how estro cleanse works like the three thing components of it. Yeah, I love Estro Cleanse. It's a formula actually one of our earlier formulas. It was created by Dr. Franny Perez. She was the uh first graduating class of Burier University. She's also a medical doctor and mastered homeopathy. And she says, you know, we got to create, she was calling it more of an antioxidant for everyone over 40. And she says I said well let's talk about the the pathways you want to look at. So one it's based

with curcuin which is a patented research trademark curcumin ingredient and we also use the bioparene or bioperine which is a black pepper. So really high bioavailable. So why curcumin? because it's a anti-inflammatory but it also pushes um cytochrome P450 phase one right because why when you think about hormones um if you got ovarian breast prostate uh uterine um high risk right or you have those cancers already why is that happening because your hormones are being pushed too quickly you know think about folks if um you know 100 people show up your house at once Um, it'd be nice, but you're not going to be able to get them in there very efficiently, right? Or at a church if everyone shows up at one time. If the hormones are being pushed and there's too many there, they're going to proliferate in the breast, ovaries, those things. That's why they'll say, "Oh, you have estrogen dominant breast cancer, right? You've heard that before." Well, what's pushing it? Insulin is pushing the hormones. So, the first thing we do is we help get those hormones through phase one with the kurcumin and the bioperine. We do meta I3C the indo3 carbonol and we use dim in there. Half the research shows dim is better half shows indo3 carbonal.

I don't care which one we use. We have them bulked in there. So we're working on processing that. Then you're going to need some really good support for phase two which is something called isabi. The same company that makes our um collagen the bile cell also makes isabi. to trademark wasabi and it's really cool because there's anti-tumor factors by supporting glucaronidation through phase two. So we're trying to get the hormones cool down get an orderly file right or getting kids out of the school one file and process them through not only phase one in the liver but phase two in the liver so that the hormones can actually do their job. So this is a complete antioxidant. I can't say anti-cancer even though I just did.

Adrenal, Thyroid, and Estrogen Balance

Um, but all the research shows that these ingredients will shift your risk factors. How does it do that? Because there's three main pathways the hormones go down. We want to push them down to hydroxyestone pathway, not the four or 16. When there's too much there, the hormones split and they're going to go to different spots. So this is an old and then we added in some really cool ingredients like cal diglucarate has research on anti-cancer uh resveratrol same thing green tea great antioxidant uh toot trienol so it's a really great antioxidant and hormone processor um through the body for men or women. It also works really well on body fat because if your hormones are out of balance, you're going to tend to store more body fat. For men, usually in the gut and usually leg uh for the woman, legs or butt. So, Astro Cleanse, excellent. Um you can use this right on top of your multi. Um Tracy's adding in DIM on top of it. I think I'm going to try that myself.

I just want to get rid of that estrogen that's was dominating my life. So, and with men, you know, a lot of times when they get put on TRT, they get put on an estrogen block or a medication. I don't love that because it's not it's not fixing the root. You know, if it were my protocol, my program, I'd be like insulin resistance, estrogen dominance, gut health, low tea, low thyroid, low adrenal. Like, that would be like the compilation of the program that I would put them on. Like, we're going to take care of your nutrition, hydration, all of that stuff, foundations. We're going to get that insulin resistance in check.

We're going to help with the estrogen dominance. We're going to help with your gut health so that your body can produce all the metabolic incretin hormones you need. And then we're going to address your thyroid, your low tea, and your adrenals. That's the full package. Putting somebody on a medication that's going to drive down their estrogen through forced pharma is not the way. It doesn't fix the insulin resistance. It doesn't fix why the estrogen dominance is happening. It doesn't fix the gut. But the products that we're talking about here today will feed the body so it's able to do the right things. And that's really what I get to. And when we're talking about how's this all relate to men's health, well, mental health, physical health, and spiritual health, we started out with that. That we have to look at the trifecta. We can't just go to the gym 5 days a week, not sleep, and be depressed. We have to look at the big picture of what is the quality. you know, we're not trying to just add days to people's lives. We're trying to add quality to their days.

And, you know, I I just look at this whole industry of men and when I heard that stat, I was like, I just I can't believe it. I can't. So, I guess my encouraging word for men listening right now is, you know, get the right testing, get the right products, get the right person to kind of help direct you because Jamie, the whole idea of mental health is has always been neck up.

There's no talk about nutrition. The brain takes 20% of our nutrition every day. Nobody talks about it. They just put them on a pill and they play Russian roulette roulette with it. They don't do any testing for the medications they put people on for mental health. They're like, "Oh, that doesn't work. Here, try this one. Oh, that one's making you feel too tired. Here's another one." I mean, it's crazy. And people accept that level of care. If we would do that, we'd be in jail. Like, it's nuts. You have to start looking at the whole person. You know, what's happening with your hormones? What's happening with your gut health?

what's happening with your insulin, what's happening with your food, what's your lifestyle like? That's how men are going to overcome mental health challenges today. So, super important. Yeah. I think we need to eliminate a couple of things that's limiting us, right? One is limit the word age, right?

It doesn't matter. I'm approaching 57. I'm in better shape now than I was at 37. It's just the facts. My I'm leaner. Uh I'm more focused. Um, I'm more productive. Um, able to maintain my moods mostly a lot better. Right? So, if you feel like you're getting angry easier or depressed easier, you can't problem solve or everything's, you know, overwhelming, you need to work on it, right? And I don't believe in um extreme testosterone levels either because when people do that and they go off of it, they're really depressed. So eliminate age as a limiting any kind of limitations to you and um be open-minded to what the possibilities are. This is a movement right now. I just told you about my story. Dana White, the guy from the UFC, I don't know if you've seen him lately. He says, "You better get to because he was on blood pressure meds, thyroid medications. He was overweight and stressed out of his mind." And he said, "Screw it." He finally got in touch with a functional medicine doctor and now the guy looks fantastic. his weight's down, he's off the medications, and he said he'll never go to a quote unquote regular doctor again. You know, there's a movement out there for even um business people like myself um that they're saying it's not normal to be overweight and drinking and not feeling good just because you're older. You know, we want to add like you says, life to the years, right? Um and don't let anything limit you. If you're going to someone you're not getting results, go to someone else. Call Dr. Tracy. She has a whole network of doctors throughout the country and you can work with her directly. So, one is don't limit yourself cuz your age and don't just say um it's okay because it's me, right? Um you could be the best version of you at any age. It doesn't matter. And now with the um amount of research and education out there, it's a choice, right? There's no reason why you can't. And um you know I've worked with people. I remember as a personal trainer in the '90s a guy came up to me. He looked like Tony Soprano, right? And he said he want to compete in bodybuilding.

I was like, "Uh, are you sure? Have you been to a competition?" And he says, "Look, when I make up my mind, I make up my mind." He says, "I don't want to be have a heart attack like my friends did." And blah blah blah. Right? So I work with the guy and after about three years, his his com body completely changed. It was amazing to see this guy. He his whole life changed. He you know his career changed because he had in his mind what he wanted. So if you want it, you can do it. Just going to take some uh hard work, discipline, and consistency. Um however, when you start to feel the results, isn't it cool? Like even you, you're in best shape now than when I met you, right? you can be you can be in better shape later um if you put the the work in and the opportunity is there now um because we know it's not only your food and your exercise but you know your mind your hormones there's so many components of it but it's really cool when you start to connect these dots it almost becomes easy I hate to say easy but achievable realistic you can see changes a lot sooner well habitual right I mean we used to go forward with goals like I have a goal of losing 10 lbs or a goal of doing this and those are fine. Goals are great but habits are better if you can form habits because your goals change. My goals from when I was 20 to now are much different but my habits have what have become cleaner and you know good health isn't just reserved for the young. In fact, you know we're healthier than they are. What the hell? I know Gen X man we were like 50 when we were 20 and now we're we're 50 and we're we're we're 20 years old again. So, I'm always like, we were always 50, you know, it's just we really beat up our bodies back then, but boy are we a testament that the bodies can rejuvenate. So, I want to talk a little bit about some products to boost testosterone for men and what can do. And then I would like to finish with what are some mood enhancing products. I don't think we can get to everything like insulin and gut and all that kind of stuff, but just know gentlemen, that's important. There's testing for that. But let's talk testosterone first and then complimentary mood because kind of focusing on all the uh hormones.

Yeah. I think sometimes what happens in functional medicine or neutrauticals is we we want to go to the holy grail grill right away. Um we have something called Frontier Men's Complete, right? This way you're getting all your foundations covered. I know it's just a multi quote unquote but it's not. It has all I just did a presentation on this

about quality of ingredients and ingredient selection.

So has all your active vitamins. You need those. You need all your tracks chilated coalent bonded minerals. So these are the most bioavailable that you're going to find on the market.

Testosterone Support and Verility

And then what we did is well what does a male need um circulation factors right? So we added things in here like arginine uh coq10 right for your heart and your muscle and your brain. We also added things in here like salt palmetto. So, it's got the foundation nutrients you need every day. And then what I like to do is I like to piggy back on top of it.

What am I going to do for testosterone? So, you had mentioned testo 180. That's the original formula. I'll go through that and I I'll give you the new improved version. So, testo 180. The goal was well, what increases testosterone? Okay. So, things like maca, horny goat, right? tribulus um out of Bulgaria. Um those are some of the things that we know historically have increased testosterone usually taken by themselves. The second thing we want to look at well what increases circulation because a lot of problems with ED um is circulation factors right um people get poor circulation diabetes hypertension cardiovascular issues. So what are some of the things for circulation? Well GKO gins singh arginine. So, we got the testosterone covered. We have circulation covered.

What's the last component? Usually not covered. You mentioned it about 10 times. Your DUM if you don't use DIM, right? DIM is so important for the TE ratio. Sometimes just improving that Tracy will give somebody a benefit. So, we're increasing testosterone, we got circulation, we're increasing the TE ratio. So, that's a Tesa 180. Now the new and approved version with Dr. Marbel Viialis is adding the glandulin. So that's now verility. So if you don't mind eating testes every day, that's the testy glandular in here. That's verility. And full transparency, I love verility. Eat more testicles. That's what we're really talking about today.

So nice thing with the Verility, it's only three cups a day. test the 184. Um, however, um, you can do a double dose depending on, you know, if you're maybe going away for the weekend or you can have a little more sexual activity or intimacy. Um, you can go up to six capsules a day, but it it works chronically and it works acutely also. It's been um, one of our hottest formulas. I think you know it's interesting if you look back you talked about the the medical system you know one of the first reasons doc uh men went to doctors is for Viagra actually if you look at the the graph it's funny because it's a spike up right it's like when that when that product came out yeah Viagra really increased the sales right um but no the men were like hey everything else is messed up on me but I'm going to go because of this right it's kind of like a woman's hair falls suddenly they got a problem. But no, that that really increased men's visits to doctors. Um, and it's actually a blessing in disguise because that's a sign of cardiovascular risk factors, right? Because you don't have circulation. So, Verility has been awesome um because it'll help increase testosterone, circulation, TDE ratio um and it works really well if people are, you know, having issues with performance. Awesome. Very awesome. All right. The other one I love is a new one. I think you've been trying this. You know, go back to adrenal, thyroid, and sex hormones. The master hormone for me is DHEA. I've been doing this 34 years. In fact, so long. DHEA was a class three scheduled steroid until about 1996ish. So, you couldn't buy it over the counter. It was only available by prescription. But I feel it's fantastic for stress and for um testosterone production, male or female. Have you tried it? Yes. So I I had actually sent Jamie a testimony via text message. We have a group with all the brand ambassadors, all the practitioners that support and you know go out and talk about nutritional frontiers and I just wanted to put in there that I personally received the products. uh you came out with a few creams, the progesterone which is a 50 mgram and then the DHEA cream which is I think 20 per pump, right? So yes, um I was like, well, I had my blood done. I knew my testosterone was low for a woman and I just struggled with TRT. I struggled with injectables and I was like, you know what? I just I don't feel that's what I need to do. Uh I also knew that my estrogen was high. So I started taking DIM. That was the first thing because my estrogen was high due to conversion, not methylation. So the dim worked for me. Um, you know, maybe sorophane works better for people that have methylation issues. So I started taking the DIM, got my blood work again.

My estrogen was better. I mean, substantially better, but my testosterone was still low and my reverse T3 was high, of course. So I was like, "All right, I'm I'm estrogen. I'm cortisol dominant, my testosterone is low, etc. So, I started

to take some um calm day, ashwagandha, etc. And I did that for a little bit and then you sent me the DHEA cream and the progesterone and my progesterone was also low. So, I do it was like here Jesus was like, here you go. So, I started to use the progesterone at night before bed and I used the DHEA cream only once a I only used one pump once a day and I coupled it still with the DIM because, you know, DHA will drive testosterone, but again, if I'm high cortisol and all the things, I have the ability to convert that the wrong pathway. So, I was like, I'm going to take the DIM when I do this. And within a couple of days, I was like, you know what? My joints don't hurt anymore.

And I didn't they hurt because I was upstairs playing Legos with Luke the one night and I went to get up off the floor and like every joint in my body was sore and I'm like what? Did you make a noise when you got up? Like I was like oh I was like what the heck? I just became 80 years old on this floor. I was sitting there for a while. So I started to do all the products and a few days later it was probably about four or five days later I was sitting on the floor with Luke upstairs playing Legos and I went to get up and I got right up. I walked down the steps and I thought, "What did I do different?" Like, "My joints don't hurt." I was like, "It has to be that cream." I mean, my percent body fat changed a little bit. It was a couple percentages, but I don't always measure it. But I, you know, I have one of those uh body fat scales. It actually improved like 2%. I got stronger. Uh I I texted my son who's 15. I'm always texted in my workouts. I was like, "Hey, I bench press 95 on my own for three reps." you know, so not not huge, but I don't have a spotter, so I wasn't going to risk going any higher. I was really proud of myself, you know, and I thought, you know, like I can see my strength gaining, my sleep is better. I mean, it just it was awesome. And I before the podcast, I held these dreams up. I was like, I love these so much. I do. I love them. So, I mean, it's not just for men.

Women can benefit absolutely 100%. I think women in general are low in testosterone uh because we are stress balls. But um for guys listening, you know, this DHEA cream is easy, high compliancy. I keep it in the bathroom so that I don't forget because after I shower in the morning, I put it on at night time. When I go wash my face, I put my progesterone on. So keep them where you'll do them. Otherwise, you won't do them. You'll forget because you're busy. But man, I I can't live without this now. So I'll need a lifetime supply of this, please. No problem. Truckload's coming in. Don't worry. Hey, question on it because I get this question quite a bit. I when I've done hormonal creams, I put them on my forearm, like a really thin area like this. Um, where do you apply them? So, I I was I was telling Amber, my assistant, the other day, I was like, if anybody would see me apply this cream, I mean, it would be hands down a a million viewed video. I start on my forearms and I put it together and then I take my forearms and I rub it on my inner thighs and then I rub it on my stomach just to make sure I don't get any I don't miss any like I want it. That' be a great video to teach people how to take the creams. Yeah, I'll rub it anywhere, Jamie. I don't care. But I do start on my forearms. And it it has a lovely smell, by the way. I have to say this has like a I don't know what it is. Is it mint? It's I can't I can't place the smell, but it's it smells good, too. It's like, "Oh, that smells great." So, anyway, I love it. I think it is one of your for this year probably one of my favorite products you've released so far. Um, yeah, thank you. We've gotten so much uh positive feedback. I was surprised.

DHEA Cream, Progesterone, and Personal Results

I think just a lot of people with DHEA, progesterone, they're not able to get them like they used to. They're inconsistent. They don't have a pump on them or, you know, so we've been excited about it. No, it's great. And they're a nice size, too. you know, because some of them that you get, they're tiny for the money that you pay and a lot of product. We always give a good value. The other thing that DHEA is really good for, I mentioned stress, it really balances cortisol levels. So, if people are waking up periodically at night, they're having a lot of cravings during the day. Um, chances are that cortisol is um rhythms aren't right. you know that they should have the higher cortisol earlier in the day and they're getting these spikes in the afternoon or evening. They're getting a lot of cravings and they wake up at night and they go, I don't know why I wake up four or five times a night. They're probably cortisol spikes. What's your thoughts on that? Oh, absolutely. Yeah, cortisol rising should come up to wake you up and come down through the night. If you're waking up all night long, that's definitely an adrenal issue. Goes back to our adrenals. We should talk about some adrenal support, too. and you know just having that imbalance when you dump cortisol all the time. You know whether you're sleeping or sitting at your desk and you're stinking thinking your body thinks you're in fight or flight. So it's going to push glucose to the bloodstream so that you have some energy to run. Although you're not running, you're sleeping. So what do you do with that? You always say the body's solution to pollution is dilution. So, your body's going to increase water in the middle of the night and it's going to wake you up and you're going to feel like you have to go to the bathroom because your body's diluting out all that glucose in the blood and over time you get insulin resistance. So, we're right back to the

beginning right here.

We are at insulin resistance, hormone imbalance. I mean, it all sleep. Yeah. Yeah. So, let's get into So, we talked about Testo 180, we've talked about Verility, the DHEA cream. Fabulous. Um, Estro Cleanse. Let's get into a little bit of a few of your favorite mood regulators and then maybe do adrenals first and then get into mood. We have about 12 minutes. I know you have a hard stuff. I could talk to you all day, but go ahead, Lisa. This is part one of a 10- part series. 27 questions. You only answered three.

Yeah, I think goes again back to let's think about how the brain works, right? We got neurotransmitters. Um, and what are the building block of neurotransmitters, right? If we're going to build a house, we need bricks or, you know, wood. If we're going to build the brain, we need omega-3s and we need B vitamins for the neurotransmitters. So, you go to a doctor. Oh, you have a chemical imbalance. Oh, you're damn right. that are living 2025 in this crazy world and I'm depleting any B vitamins I have and then what am I going to go to when I'm stressed? Sugar, caffeine, nicotine, and alcohol. How much B vitamins do they contain? 0.0. And they further deplete my B vitamins.

So now my neurotransmitters have no pool to draw from. So I love Super B Complete. I use it just about every day. Um I feel it's you can it's one you can really feel the difference if you take it versus you don't. And it's going to give your your your body a pool of B vitamins that are active B vitamins.

They're methylated B vitamins. And we actually include vitamin B15 pangamic acid DMG in there. The only one I've seen that actually has it in. So, as a base, I like to make sure the essential fats either through your diet supplements or both. Avocados, olive oil on everything, right? Um, olives, natural nut butters, peanut butters, nuts, seeds, whatever you like. But make sure your essential fatty acids are really high. I think one of the worst things we ever did in our country was a fat-ree diet, right? Um, not only weight, metabolic, diabetes, but also mood and brain health. So, get your essential fats in and get a good B vitamin, at least a Frontier Men's Complete or a Super B Complete as a foundation. It's only two caps per day.

It's less than a buck a day retail. So, I I love the B vitamins. Now, if you're suffering from some type of, you know, depression, right, and you you feel like you need some extra help, I like to go into mood boost because mood boost is an interesting formula. We haven't promoted enough. Um, but we're really trying to do is get that serotonin um, leveled out, you know. So, when you take things um, that's in here like the 5HTP, that will have an impact on it. However, it goes down quick serotonin. However, we found with some research is that when you add GKO to it, it preserves that serotonin longer. Uh in fact we had a doctor um won't say his name but his son was suffering from depression and the mood boost is the only thing that helped him. So it's got a combination of some B vitamins B5 and B6 or B3 five and six always we think of as adrenal and stress you know then we added in go to preserve the http and then magnesium to naturally calm people down. So, uh, mood boost really an unsung hero. People that are depressed, um, dramatic changes in it. It doesn't take six or nine months. You should feel a difference the first month. Wow. That's awesome. Now, if you're more anxious and stressed out and can't relax and can't focus and can't sleep, um, Mother's Little Helper Natural Xanax, otherwise known as Calm Day. I I know you're using quite a few of those, especially when we share the same office together. Right. Well, I keep I keep a travel size in my car. I'm just going to be honest. Is that the 120 count?

I actually dropped my car off at the dealer this morning because I have to have it like fixed for something. And my little travel size calm day was in there and I kept looking. I was like, should I take it? Should I bring it with me?

Should I leave it here? So, I took it with me. I was like, I might need you. You come with me. Hey, I was true story. I was in an office this week with Harriet. It was a new customer in um Largo, Florida.

Mood, Stress, and Sleep Support

And there was two professionals in there, a nurse and a chairo, both functional medicine. And the nurse says, you know, I want to thank you for the calm day. I because they're brand new. They just getting rolling. I said, oh, what'd you use it for? She says, I hate flying. I had to fly to Buffalo, New York from Florida. I said, "Oh god." And uh she goes, "I took one calm day and it's the first time I flew without being super anxious." So that gives me chills, right? cuz you know it's great to have a job and work in the field but when you hear the impact on one cap of calm day

right she did a little travel size 8 count so if you're listening this and you want some uh free travel sizes contact Tracy contact nutritional frontiers we're more than happy to help you guys out but Calm day is a lifecher for a lot of people it's got a unique combination of B5 and B6 for the adrenals uh l glycine and torine to really balance out the neurotransmitters. Um, then you have sun theenine in it, which is a trademarked theenanine just by itself. People love theanine, you know, then we add in things like GABA. So, it's a more comprehensive formula. That's what we're known for. Um, and some people use it just when they need it, like if they're going to travel. Um, maybe they have to do a presentation cuz it'll mellow you out without making you tired. Um, you know, you got relatives coming to town that you don't want to be around, so you may want to take two, but works really well. Yeah. And some mood boost. No, but I think Calm Day is probably the one formula that you can feel. You know, it's like all these other ones like supplements, they build over time and it helps you. And I mean, there's a lot of you feel right away too within a couple days, but Calm Day, you'll feel it within 20 minutes in a great way. Maybe it's because my cortisol is like, "Thank you so much." You know, I'm like, "Well, this this is the product, as you know, is sleep time. So, it has everything calm day has in it. Plus, it has HCP and melatonin." Um, I shared earlier. I'm not exaggerating. Um, I had insomnia for about 10 years. You know, even my kids said, "My dad doesn't sleep. He just lays down, closes his eyes for a little bit, and wakes up.

He's in the recliner or in the couch. But yeah, I just I'd be on the road. I mean, it was really severe. If you ever suffered from that, I wouldn't wish that on my worst enemy. You know, you toss and turn. It's like a fish all night.

And you you never get comfortable. Your mind's racing. I mean, severe insomnia where it'd be 3:00 4:00 a.m. And I've taken every supplement. I've taken the Nyquil. I've taken, you know, Advil. Everything you can find in the store I would take and it still wouldn't help. Occasionally I just be knocked out. But then when we brought out the sleep time and I I combined that with the adrenax.

You said adrenal. Um I started sleeping again. Yeah. I remember we had a trade show. I met Joe for breakfast. Um and I remember he uh I came down to meet him in the morning. I said, "Joe, did you go to sleep last night?" He's like, "Yes." I go, "Do you sleep all night?" He said, 'Yeah, why? What's going on? I says,"I don't sleep." I I couldn't imagine ever sleeping again. And you know, when you're in such a bad spot, sometimes you you need hope, right? So, my hope was Joe just saying, "Yeah, you can fix this, right?" Um, so if you're in a bad spot with depression or anxiety or sleep or whatever it is, don't ever throw the towel in. There's always an opportunity. you know, as they say, you know, um if God created it, God can fix it. So, if you're not sleeping, I know it's tough. Dreamax and sleep time and give it some time to work, but you'll notice a change um usually sometimes within the first week. Yeah, it's they're powerful formulas. So, awesome stuff. I know that we have to wrap it up. Is there any final words you want to leave our audience with? Well, I just want to say thank you to Dr. Tracy, if you're listening to this, um, reach out to to Tracy. She's got a a whole team around her. She's working with all of our brand ambassadors. Um, I don't care if anyone knows it. You are my favorite speaker. So, I I always announce that cigaretting of everyone like, you know, I say, they go, "What do you have a favorite kid?" I go, "Actually, I do." Yeah. You want to know her name? Yeah. Sorry, Zach.

So, no. Reach out to Dr. Tracy. her heart is in the right spot. Um there's very few people like her in the country. And then um you know be open-minded and to what's possible, right? So if you're not at your best right now, um doesn't mean you can't be. You just have to be open-minded to it. And uh when people tell me that they've tried everything, no, they haven't. They haven't tried your program or my program. So um be open-minded to what's possible. And uh when in doubt, reach on your faith, right? Because you know I think a lot of people right now have that hole inside right and they try and fill it with could be supplements it could be testosterone it could be alcohol could be food could be Facebook it could be anything um but if you if that hole is in you um there's only one way to fill it and Tracy helped me a lot with my faith and I'm forever grateful for her for that and uh all the support she gave me when you know maybe I was down in a hole. So, if you're down in a hole and Tracy reaches down, let her help you come out because she's not going to reach down the second time because you may pull her in, right? So, um there is a fleet of people out there like Dr. Tracy on her team that are here to help you. I get really emotional about it cuz you know um it is our career, but we take a lot of pride and passion in this.

Final Takeaways and Closing Encouragement

And um if you need anything, you can always reach out to me at nutritionalffrontiers.com. We are here to help you

um become the best version of you. And you know this mission, it is a mission to make the world healthy. And we'll do it one person at a time. I've from the time I've met Tracy, she's done nothing but improve her health. Um and she's had a great impact on me and the company and my family and the team. So um you're in the right hands, folks. You're listening to a great uh platform for education. I just want to say thank you from the bottom of my heart. Well, thank you, man. You're better than a business card.

But you know, I love you. You know, you're my favorite person, my favorite brand, a favorite favorite. I don't care who knows it. So, I just want to leave a message for the men listening because Jamie is such a great resource, one of the best formulators in the industry. His products work. I'm telling you, they work and they work quickly and they work long term. It's not just something that the programs are not a pill for an ill. They are a program for a lifetime. So, uh, I'll put all the links of the products we talked about in the show notes. Uh, if you want those free calm day, we'll reach out to Jamie, make sure that everybody gets it. But at the end of the day, guys, your hormones matter.

Your mental health matters. They're not separate. They're deeply connected. And for too long, men, you've been taught to be tough, push it out through fatigue, stress, brain fog, whatever that is. But the good news is we now have incredible tools, um, targeted supplements, things that you can do to address the root cause. So, if you're ready to dig deeper, reach out. Reach out to a trusted practitioner, reach out to us, and let's take the first steps together.

So, God bless you. If you find that this has helped you or you want to share it with somebody else, please share this podcast. Make sure you subscribe and go like us on all the social media channels. Thanks, Jamie. God bless.

Thank you. [Music]