Sexual Vitality & Longevity: What Your Libido Reveals About Your Health Transcript

(Transcripts are generated by AI and may contain errors)

Podcast Introduction and Guest Welcome

Now we have a higher toxic load, less nutrients. All right. So it's definitely a setup for a disaster and I'm seeing it. And I think that unfortunately we'll be seeing more of that as the repercussions of certain situations in our environment will start showing up in the next decade or so.

So what are some of the common things that you see in your office related to sexual vitality? You know, whether it goes by people in their 30s. I know you specialize in fertility with women age 40 and over.

Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm Christine Genovese, creator of the Soul Intelligence Method.

We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically. with real proven strategies, protocols, and tools you can use in your practice today.

Hello, everyone, and welcome back. We're live at The Holistic Truth. I'm so excited today. Not only my co-host, but very special guest. So I am Jamie Dorley, CEO of Nutritional Frontiers.

And we have, of course, the co-host, the one and only Christine Genovese. Welcome back, Christine. Thank you, James. I'm excited for our guest today. Not only is she a brilliant MD, ND, and fertility specialist, but she's also someone I'm really proud to call my friend.

She's an amazing lady. I'm thrilled she's with us today. Did you get a good night's sleep last night, Christine? I so did. So did I, because I'm ready to go.

And I learned so much from her. We've met, gosh, almost 10 years ago. And the fact that she's OBGYN, ND, and also fertility specialist, not only fertility specialist, one of the top in the world.

People come from all over to come and see her. And I know when people are struggling, this is like, You know, something that it's really emotional for people and they try everything with IVs and nutrition and diets and everything.

But her success rate is fantastic. And last week she did an incredible presentation for about 200 healthcare professionals. I learned so much from you, Dr.

Verde-Alas. So thanks for joining us in Holistic Truth. I know you're super busy. You were in Pittsburgh all week and now you're joining us on the podcast.

So welcome to the Holistic Truth. Well, thank you so much for having me. Always a pleasure to share this space with you as Frank's colleagues and as Lightworkers, because not only are we trying to make the world healthier, place, but also a more vibrant and a whole place, you know, with that mind, body, spirit connection.

And definitely Christine, an expert on the area about how to increase your spiritual IQ can attest to that. So, you know, yeah, so last week it was about longevity all around and how it plays out in the different systems of the body.

all the way from the subcellular components such as the mitochondria and the lysosome, the cell membrane and its interaction with the environment, but also organs and eventually the whole person.

Sex is not exempt from this. As I always say, sexuality is nature's incentive to reproduce, so it's a fantastic marker

for overall health.

Sexual Vitality as a Marker of Health

Our biology, I mean, nature is smart, right? So we are this amazing machinery, biological machine that knows how to self-regulate, self-heal, and when it feels that you are apt, then reproduce.

So biology is only going to give a libido to somebody that's healthy. Right. And, and why is that important and why is that libido and that you know incentive out there.

It's because it, like Dr. Silva during the seminar was saying, your primary sex organ is your brain. So in order to engage in any form of sexual activity, you need a good nervous system from the brain down, not only at a nervous and neurotransmitting standpoint and being able to connect, but also the connection with the endocrine system, which is the second organ that needs to be optimal, Each one of its parts is involved in the sexual response interaction and eventually the orgasm.

So you have the hypothalamus, the pituitary, the thyroid, the adrenals, the gonads, the uterus, and the nerves that go along with it. So you have to have a good nervous system.

You need to have a good endocrine system up and running. You need to have your cardiovascular system up and running. You know, people forget that our sex organs are erectile tissue.

What does that mean? They're vascular tissue. So when the ding ding goes up, it's not because you are strong and powerful. Is that a technical term? It's the ding ding man.

We have a lot of funky names in my office for our private parts. It keeps it interesting. And so when you have a very solid erection, and sustainable, all right?

It's not only getting hard and there but staying hard and there and eventually ejaculating. It's representative of how healthy your cardiovascular system is since it's the one responsible for bringing in the blood, closing down those balls at the base of the penis and keeping the blood in place.

So, that's actually a test to know if somebody's having erectile dysfunction and you are trying to differentiate if it's physiologic, psychological, does that guy have his usual morning erection?

If the ding ding is not up and ready to go in the morning, then that means it's a biological issue. There's something going on at the cardiovascular or nerves, you know, that needs to be addressed.

So I just want to make sure that I'm clear on this. You are making many men very happy right now. I think you actually said that sexual vitality affects your longevity.

Did I hear that correctly? Absolutely. Sexual vitality, it's a sign health and it's a sign of longevity because the longer you are able to have sex you know or have the potential of engaging let's put it that way that means that the healthier you are so you know we're talking about not only longevity and lifespan but also health span you know living longer younger it's it's the key here it is the name of the game So if you are able to have sexual interaction later on, whether you want to reproduce or not, whether you're ovulating or not, you know, that's a whole different ballgame.

But the actual fact that that part of your biology is still functional says that you are entitled to luxuries. So all of your basic requirements at a biological level have been met.

So now your body has splurged for the bonuses. So orgasms are bonuses. Oh, it's a bonus. Right? I thought that was the whole point. What do you mean bonus?

That's a bonus. It's like, you know, do you have what he takes? Hmm, okay then. Well, it's interesting because your

presentation, which I've seen a couple of times, I really enjoyed it and I was looking at my notes.

You had cited a couple of patients of yours in their 70s that are very sexually active. Absolutely. It's like I was in one presentation. I had this lady in the audience say, well, I mean, I'm in my seventies.

And I just looked at her and said, it's not over until the fat lady sings. I mean, as long as you're breathing, why can't you be kicking?

Fertility Challenges and Nutrient Support

I can still hear her singing. So we're okay. All right. Yeah. Yes. That's right. The concerning part was that you were sharing thing. I guess this is just the, I was wondering why, but some of the younger patients in their twenties and thirties are not functioning fully sexually.

And that's a big concern. I'm like, wow, that's going on. And we can get really, really deep and go down a very, very dark rabbit hole in this conversation as why, and What's going on in our, in our world, but I'm seeing, especially on the fertility side of my practice, I'm seeing more and more fertility, suboptimal fertility at a young age.

Okay. sexual dysfunction at a young age. And like I said, it's a very deep rabbit hole. We can talk about all sorts of toxicity, increased toxic loading into our bodies, things that we have disclosed at Nauseum in our meetings and our talks.

And also, you know, so now we have a higher toxic load. Less nutrients. All right. So it's definitely a setup for a disaster and I'm seeing it. And I think that, unfortunately, we'll be seeing more of that as the repercussions of certain situations in our environment will start showing up in the next decade or so.

So what are some of the common things that you see in your office related to sexual vitality? You know, whether it goes by people in their 30s. I know you specialize in fertility with women age 40 and over in particular, but what is my biggest clientele?

The bulk of the patients are coming in because they're seeing some changes. So, you know, the bulk of my patients, like you said, are women past 40, whether they want to have anti-aging because they want to, you know, feel better and they want to limit the discomforts of menopause and the accelerated aging that goes with that stage of our lives, or they found you know, a second chance or third at life and they want to have a family past 40. It's the same crowd if you think about it.

Second chance with babies or second chance without a baby. Everybody wants to feel great. They've never had kids before? Is this a situation where they've never had kids?

So I've had the lady that had a miserable marriage and maybe had kids with that person or people and found the love of their life at 43 and maybe he doesn't have kids or they want to have that second chance at having a family together.

Or I have the ladies, I have multiple High-end professional ladies, you know, like I have a cardiovascular surgeon. She spent 15 years of her life just training to become a heart transplant specialist.

And like she was telling me, she was like, hey, there about one day I'm 40, 41. And I'm like, oh my God, I'm not married and I don't have kids. And I don't know where my 30s went.

I was stuck in a hospital somewhere. And so with her, it's like, you know, she did get married at 41 and wanted to start a family. Neither of them, that was their first marriage.

They wanted to experience that part of life. I have another physician, she's the medical director for one of the largest insurance companies. So again, she got sucked in by life and work and found herself meeting her husband at 38 and starting her fertility journey just to find out that she was in that suboptimal fertility group, even though she

was having periods, once we started doing the workup, she was not where she thought she was going to be at 38. You know, her ovarian reserve was diminished, so the quality of her eggs were older.

We talked about biological age versus chronological age. That goes to every aspect of our biology or our physiology. So in terms of egg quality, you can have older eggs than at your age or younger eggs than your age and for fertility that's decisive factor as you can imagine.

Dr. V, you talked about nutrient depletion being a big part of the challenge with fertility. What are some of the nutritional nutraceuticals that you recommend to try and help people with a fertility issue?

Absolutely. There's a few very easy breezy ones that are part of our fertility formulas. I love that, easy breezy. I can't wait to hear this. It could be a very technical topic, but you make things You know, vitamin D, for example.

So vitamin D, for example. We've heard of vitamin D for the immune system. We've heard about vitamin D for the heart. We've heard of vitamin D for the bones.

Well, vitamin D is crucial for hormone production and it's highly involved in ovulation and progesterone, you know, creation, production. So very important to have that vitamin D.

I tell people to keep it at least at 50, somewhere between 50 and 70 is ideal for fertility, even though, you know, after hearing Dr. Silva is like crank it up even higher.

I might do that myself. So vitamin D is a huge one. Another big, big one, which is big. Again, this is at a cellular level, but each cell of our body needs all of this, especially as we age, is CoQ10.

CoQ10 is huge. We hear about it for mitochondrial health, for performance, for stamina, for heart. I mean, huge, right? Especially with people on heart medication and statins and some of the PPIs that will interfere with absorption.

Women's Complete and Men's Complete Formulas

So CoQ10, again, working at that mitochondrial level, it's going to be crucial because actually it is the female that provides all of the mitochondria that the embryo is going to ever have.

Sperm don't have mitochondria. So therefore, yes, it is crucial that the mitochondria for the eggs are working optimally, one, to provide the ATP and the energy necessary for cell division, development and implantation.

And also it is what, you know, that's the legacy of the mom to the child. All of the mitochondria come from the mother side. So very important for mitochondrial health.

So any antioxidants, you know, resveratrol, that's going to help, again, mitochondrial health, health at the even cell membrane level, like the omega-3, it's another big one.

And then anything that will decrease inflammation and therefore diminish the toxic internal load that we have, right? With the free radicals, like some of the antioxidants, vitamin C, et cetera, decreasing insulin, that's why the myositol, which is a type of B vitamin that works in sensitizing the cells to the insulin, therefore indirectly decreasing insulin and improving glucose metabolism is part of the fertility formula.

so those are some of the like really really crucial simple to fix if if you want to see both men and female for because coq10 is crucial for sperm motility for example i see a lot of like maybe they have the right amount but they're drug up they're not moving they're an You know, if they're like…

They're drunk firm. They're not going anywhere. They're all chilling out. If they're chilling out, they need to swim up, you know? They need to do that triathlon to get to the egg.

Dr. V, one of my favorite things is that you and Jamie put your heads together and co-created some incredible formulas to help people with fertility issues with sexual health.

So I know you just mentioned one of the formulas. Would you and Jamie want to go into talking about fertility? Yeah, it was interesting when we first met, you know, she's a medical director and a top fertility specialist in the world working with CNY.

And, you know, we're discussing some of the formulation and some of the ingredients. I said, well, maybe we should consider putting these together in a formula because we had already done such a great job, you know, no time to be humble, Dr.

V. But we originally started with a prenatal that became a formulation for a woman of all stages of life. That's woman's complete. so uh teenagers can take it you know when they start from a to c from a to c That's right.

That's right. Yeah. So yeah. So one of the greatest things and you feel very accomplished and you should be very proud of it. Definitely is that, you know, make it easier for the patients to get what they need in less amount of supplements.

And that is one of the highlights of nutritional frontiers is the formulations, you know, essential good quality nutrients, all in one magical mix. And so with the fertility one, we simplified it to two little capsules.

Just in those two capsules were down from like 10 capsules with powders and stuff like that. And so my patients have really appreciated that they're on the multi, they're on the omega, on the fertility or with or without the UTR, depending on what's going on with them specifically.

And it makes it easier for the patients to be compliant. It makes it cheaper for the patients because as we compile them, then we do save them quite a bit of money.

And then at the same time, it's even easier for the staff that is not as trained to put up a quick protocol for the patients that will definitely cause a positive effect and not a negative effect.

So for example, I tell my new staff when they come in, it's like, look, Everybody could take the woman's complete. You're not going to hurt anybody on the woman's complete.

So, every girl that has a walking, you know, that has a vagina between the legs gets the woman complete. Every guy that has the thing gets the man complete.

We hope that's where it is. Sometimes it's hard to find. So, thanks for clarifying where it is. Hey, Dr. V, this is no time to be humble. Just so you know, that formula is so good.

It is our number three. It is our top three seller in our company and is consistently. I love it. I take it. We actually had another doctor stand up at the professional training event and share a testimonial about how good the women's multi is, our women's complete.

Who gets a testimonial on a multivitamin, right? They feel the change. They feel different. Correct. You feel the change right away. And to me, that's huge because I believe that you should share what you practice.

So generally I will try the supplements on me and my loved one first. And if I see those results, then I become a believer. I just promote the stuff that I'm willing to give myself, take myself and give to my children.

If I, if I would not do that, then I would not promote it. All right. So foundationally we know it's women's complete, men's complete and our Omega 3D, right?

Cause you talked about it. That's like minimum. Something that anybody in the office from the front desk girl all the way to your most trained provider, you know, hand out without any concern, and then…

Yes, even during pregnancy, nursing at any time, and let's not sell it short. Whoever walks in the office and walks out can go out with a man or a woman's complete and an Omega.

You're helping, not hurting. The thing is, let's not sell it short. It's more than just a multivitamin, right? Correct. It's a multisupplement. Yeah, it's a woman's complete.

The only thing you have to add to it would be the omega-3D, because when Dr. V was creating this, she wanted all the active vitamins. She wanted all the tracks, covalent-bonded minerals.

Hormone Balance, Estro Cleanze, and Virility

These are more bioavailable forms. And we didn't stop there. We added DMG, dimethylglycine, otherwise known as bond, might be good. There's a superfood blend, so you have part of the greens and reds are actually in there.

And then we said, what else can we finish up with? And we found a spore forming probiotic called lacto spore that's been studied specifically on female health.

We added that right in there. The only reason we're going to put the omegas is you can't put them in a liquid form. in the capsule. So we have the women's complete that has everything in it except for the extra omega-3, and that's your simple bundles.

And that's why I love that formula. That's why it is in our top five. Well, you also mentioned the importance of CoQ10 and the swimmers, right? And so when we talk about our frontier men's complete, Jamie, why don't you share what we put in there for the men?

Wow. I didn't know we're, uh, participating in a swimming competition. So important. I didn't know it, but I take three of the enter Koki 10 per day. That's 900 milligrams of Koki 10. So I must be like Michael.

Let's be careful now, hopefully. You know, back in the 50s, they would tell the girls that if they swam in the same pool as the guys, they could get pregnant.

I think I'm going to start saying do not get in the pool with Jamie, that he could be dangerous. Yes, so in the men's complete, we have the active vitamins and tracks covalent bonded minerals, but we added some of the nutrients that are most important for a male, such as CoQ10, things for cardiovascular and circulation like arginine and citrulline.

Arginine, man. told you it's yeah the circulation if you can look cardiovascular was important if you tell the guys you know if you tell the guys because you know men tend to be a little bit less interested in supplements unless it helps with muscles and the ding ding you just very explaining it yeah you'd be like an exercise helps the sex Yes, you're going to saying the circulatory system and yeah, and the co Q 10. So it's going to help with male performance, right?

That's right. I think sometimes a lot of men suffer from prostate issues. You had mentioned earlier, you know, some of the estrogen connections that they're suffering with.

And I think a lot of this goes back to their diet, right? Marijuana use, alcohol, sugars, fast foods, these all contribute to a higher estrogen level.

So guys out there, If your testosterone is low and your estrogen is high, that's a recipe for disaster. Can you comment on that a little bit? Because I see this very commonly, especially people are getting into fitness or bodybuilding.

Very, very, very common. And it affects, again, from A to C. Now on a more serious note, I see they get their fatigue, they're depressed, anxious. They might even start getting some breast development, depending on how high that estrogen is.

Then they go and they seek testosterone therapy but if they don't seek it in the right way then the estrogen creeps up. I had a guy come in 38 or 39 year old guy, he was not given any form of estrogen balancing with the testosterone and so his estrogen was too high and not only he came in because he was like emotional but his testicles were hurting like he says I cannot even sit straight and so Just like the girls have boot pain, too much estrogen, those breasts get real tender and they swell up.

Too much estrogen down there, it's going to make it swell in not a nice way. Not the swelling that you guys enjoy. So did you recommend estro cleanse at that point?

So when I do hormone replacement in men, it really depends on what dose I start them and their body composition and where the estrogen starts. If it's a supplementation of testosterone, just a little bit of injection or pellets, then I will just give them Estro Cleanze.

It works really well. Again, depending on where they start, their body composition, or how much testosterone I'm giving, I might add an aromatase inhibitor to go with it.

Jamie, what is in Estro Cleanze that helps balance the hormones out? That's a great question. So when you look at the pathway with any, it's not only estrogen, but what we're trying to do is we're trying to get the hormones to go down the right pathway.

So we use the simple analogy for people. You know, if I wanted to go from here to my house, I could walk, drive or fly, right? Flying would be really, you know, inefficient.

Walking would take too long, but driving would be the easiest way. Same with hormones in the body. There's multiple pathways, but there's a 2, 4, and 16-hydroxyestrogen pathway, and we're trying to drive the 2. When you drive the 4 or the 16, that's where these hormones proliferate, either in the breast, ovaries, uterine, or for a mal prostate.

And while that happened, what happens is Think about if, you know, at our event last week, if everyone showed up at one time, or you're having a party at your house and 40 people arrive at once, you can't get them through the front door and into the party very comfortably.

Same thing with hormones. Insulin drives those hormones. So there's too much, the pool is too big, and they have to go down other pathways. So we have curcumin, which is a trademark curcumin.

and then by operating the black pepper because those two nutrients really help. reduce inflammation and support phase one of the hormone pathway. That's where things go awry right away.

So we have the support right away with curcumin and the bioperin. We added not only dim, but we also added I3C because those are from cruciferous vegetables.

They both help support estrogen metabolism and people are very deficient in these nutrients. Those are a couple of key things. Plus, you mentioned resveratrol.

We have it in there. We also have things like Cal-D-Glucarate. We can't make a claim, but they created this formula, Dr. Franny Bresch. She reminds me a lot of Dr.

V, you know, previous generation. She was a graduating member from Brustier first, and then she also went to medical school in homeopathy. But she created a formulation just like you do.

So the Estro Cleanse helps in multiple pathways. plus a great antioxidant. She recommended everybody over 40 beyond this, in her words, anti-cancer. Interesting.

So Dr. B, we have a fertility formula that you created, as well as something that helps with more than just fertility. So I'd love for you to share what's in that and why it works so well, along with something, your latest formula that

was co-created, UTR.

uterine restore, repair, and how those two formulas work so well together and what you use them to treat. So, I mean, we do have the virility, which it has a great combo of different herbs that support not only the general endocrine system, but stamina, the cardiovascular system, and testosterone production, or balancing really, because that's what nutraceuticals do, and then the direct support with the glandular, so cow balls.

And then you have… Wait a minute. Wait a minute. You can't just trip on that. You went right to virility. All right. So I hear that this helps with men's stamina.

Is that correct? Yes, it is correct. A friend of mine, Dr. V, really enjoys the virility. He recommends three per day. And then when he's getting together with his friend, he says he'll take up to six per day.

Depending on what you're planning to do. He says, is it okay if I eat that many testicles? I says, well, it sounds like it's working very well. It is a delicatessen in parts of other parts of the world.

A delicatessen, oh my goodness. One of the things that I learned from you was that like attracts like, and that's why you want to grant a glandular in the formula.

Can you just kind of talk a little bit about that? Yeah, so the data comes from the very early stages of endocrinology back in the 1920s and 30s, where they recognized that giving porcine thyroid to people with thyroid problems improved their overall health.

And so The groups kind of diverted and, you know, one group went into, okay, what's in it that we can make in a lab, while the other ones continue to see, okay, what's in the glandular that helps the patients.

And what they realize is that like, like helps like in multiple levels. One, if you think about it, you are providing the organ to the organ.

UTR, DHEA Cream, and Clinic Information

So the right ratios of the nutrients, whatever peptides and other cofactors are in that organ, you're giving it to the body to replace your sick organs deficiencies.

And then by also kind of signaling the immune system in favor of the organ and down regulating some of these sub clinical autoimmune reactions that happens once you have an affected organ.

That's called oral tolerance therapy. So that's the way. So one, you protect the organ by giving a glandular and two, you promote its healing by providing exactly what that organ needs to heal and repair.

So that's why it's very important. So you want better eggs, you give no ovaries, you want better sperm and the associated hormones that go with either organs, you give testicles.

We talked virility, we talked women's complete, we have to talk about your favorite combination of fertility and UTR and why you use those two together for so many conditions.

UTR has placental tissue as its glandular. And the placenta has been studied, you know, actually in my clinic in Mexico, I inject placental extract, human placental extract into the patients for multiple health benefits.

I mean, it's full of amino acids, peptides, growth factors, anti-inflammatory effects. So for somebody with any type of pain syndrome, such as endometriosis, adenomyosis, heavy menses, that inflammation in the pelvis, PCOS, it would definitely help.

There's the curcumin in it. and then the boswellia, which are both known to be very powerful antioxidants and liver supporting herbs, highly documented even anti-cancer properties.

And then you throw in the chaste tree, which to me is my ultimate favorite herb for females. It's that one herb that again, you can give A to C and it will cause a benefit.

It will balance the estrogen to progesterone to testosterone ratio. It supports the luteal phase. It enhances ovulation and you combine that with the fertility and then you are promoting that person to have optimal performance in the ovaries and the uterus, so therefore a very nice ovulation with a well-supported luteal phase, diminish the inflammation that could be in the area and that's why we're having spontaneous pregnancies.

Now one of my favorite tips that you gave at the lecture this weekend, one of my favorite tips, okay, you talked about using DHEA cream and it having multiple benefits.

So what would you recommend people using DHEA cream for? So DHEA, it's produced mostly in the adrenal gland in the body with small amounts from the ovaries and is a precursor for testosterone and then estrogen after that.

So you pretty much provide a precursor for the body to finish the work. But when you use it, it does have androgenic effect. So it's more of a testosterone more than an estrogen.

When you use it in the vaginal region, you enhance sensitivity and sexual performance for the girls and it will be absorbed systemically. So it will also help with menopausal symptoms if that is an issue for the lady.

Wow. Oh my gosh. We could talk to you for hours. I can't believe. I'm trying to get a visual on how you actually take it. So your partner would apply the cream to you.

Well, I mean, he or she can, or you can, you know, I tell the girls, put a pump on your fingers or two fingers and lube it up and shove it up there and go to sleep.

Oh my goodness gracious. So another example, you can do it by yourself or with a partner. The choice is yours. The choice is yours. Dr. V, we value our friendship and partnership with you so much.

We can't be done already. Is this part one? I'm just getting warmed up. I know it. I can't believe it. Well, you know, if anyone wants to hear a little bit more of all of this crazy adventures of ours, we do have a four-hour seminar that they can get to hear us talk for four hours straight.

Absolutely. So how do they get that course? Is that available? Yeah, what Dr. V is talking about. Yes. It is on our website under events and courses. And if anybody is interesting in taking the hormone course from A to Z, it is four hours of Dr.

V sharing all her goodness and Jamie also explaining all of the different nutrients and supplements that help support everything from right the beginning of our evolution all the way through menopause and beyond.

Yeah. Nice thing with the course too is you can't handle four hours. You want to do four quickies, you can do one hour and then you can break it up over a period of time.

You know, that way it's a little easy to digest. Awesome. Well, we have a lot of course selections at Nutritional Frontiers. It is nfu.edu and it is also available if you go to the Nutritional Frontiers website.

You can select under events and courses and find the course really easily. Now, Dr. B, I am sure our listeners are going to want to know, how do I find her?

I'm having an issue. Are you accepting new patients? Because people ask me all the time. We are accepting new patients. Our clinic is definitely going through some growing pains.

We have a new female doctor. She's a DO. So she's already coming in with some naturopathic background. We have a wellness specialist, an emotional integrator specialist.

So we definitely are expanding in that body, mind, spirit realm. and definitely accepting new patients. You can call the clinic at 770-266-0933 or email at frontdesk at Restorahealth.com.

And what is your website? It is to restore our like restaurant, but not the end. So R E A S T A U R A health.com. And you can actually request some more information through a button in the website as well.

And you can find us on social media. I was going to say, I know people can find you on Instagram. You've got a great team and we will definitely put all of that goodness in the show notes.

So if you did not catch the number or the website, it will be in the show notes and you can click on that. Dr. V, I can't thank you enough for your generosity of time, all of the incredible information you share and how many patients you've touched.

Yeah, this is fantastic. Thank you guys for being part of this movement because that's what it is. It is a movement towards a better world for next generations to come.

Absolutely. And I've been so excited to work with you the last few years and, uh, you know, looking forward to future events. Thanks so much for doing the course.

Incredible presentations last week, folks. She's got a book and she's got a new one coming out and she's really committed. And I remember the first time I met, I want to share this with all our listeners.

I asked you, you know, when we were at the Trinity school of natural health, this is a naturopathic school and everyone had the name tags on hers at MD.

So I had to put my glasses on. I said, is that empty? She goes, yes. I said, well, why are you here? She goes to learn the herbs. I said, well, a lot of your colleagues are not.

She goes, well, they're not as good as me. They're not as curious as me. And I'm in this for the right reasons. And, you know, a lot of docs out there, you know, they do what they do and they stick with it.

The great thing about Dr. V and our brand ambassadors is they've really committed a lifetime to learning. Right. Look at her where she was five, 10, 15 years ago to now.

I'm just so excited to see you next year and practice and down the road and the generosity and the passion she exudes and she also makes a lot of fun.

So As Jamie said, Dr. V has a book out called The Healing Circle that's available also on her website. She's currently writing her second book and she is going to be featured in a documentary that should be released here any moment called She Healed and I think available on Amazon.

Is that right? That is right. It should be coming anytime soon. All right, superstar. Well, thank you for making time for us. If you have enjoyed this episode, please comment, like, or share this with a friend who needs to hear it and help us continue to spread the good news.

Thanks, Christine. Thanks, Dr. V. Incredible as always. Love you guys and appreciate your commitment to making the world healthy. Thanks, everyone, and God bless.

God bless. Bye-bye. Thanks for tuning in to the Holistic Truth Podcast. If this episode spoke to you, please follow the show and share it with someone ready to take charge of their wellbeing.

And if you can, leave us a review. It helps others find our podcast. For more tools and practitioner support, visit NutritionalFrontiers.com.