Slowing Ovarian Aging: Buying Yourself More Time Transcript

(Transcripts are generated by AI and may contain errors)

<Untitled Chapter 1>

The ticking clock and a new way to think about it

If you're in your 30s and you want to If you're in your 30s and you want to have kids, but you're not quite there have kids, but you're not quite there yet, yet, yet, I know you feel that ticking clock, I know you feel that ticking clock, right? Right there in your ovaries.

right? Right there in your ovaries. Ticking away every year, Ticking away every year, making you feel like you are just making you feel like you are just running out of time. Am I right?

running out of time. Am I right? Especially if you're over 35. I know you Especially if you're over 35. I know you feel this, you know, with every doctor's feel this, you know, with every doctor's appointment and things. There's so much appointment and things. There's so much information out there now that about information out there now that about fertility, we have a friend that's fertility, we have a friend that's struggled to get pregnant and we know struggled to get pregnant and we know it's a concern, but all we're left with it's a concern, but all we're left with is fear is fear and not any empowerment around this and not any empowerment around this conversation until now.

conversation until now.

What is ovarian age?

This episode is for you This episode is for you and we're going to talk all about what and we're going to talk all about what we can do to support our ovarian health, we can do to support our ovarian health, slow down ovarian aging, slow down ovarian aging, and potentially buy you some more time and potentially buy you some more time to have babies and have really healthy, to have babies and have really healthy, thriving babies, thriving babies, and to also just support your health and to also just support your health through through through all those phases, you know, pregnancy, all those phases, you know, pregnancy, postpartum, postpartum, postpartum, motherhood, in those newborn years, and motherhood, in those newborn years, and as well as your experience through peri- as well as your experience through peri- menopause and menopause. It's absolutely menopause and menopause. It's absolutely possible.

possible. possible. So, first I want to start off with So, first I want to start off with what is ovarian aging? What are we what is ovarian aging? What are we talking about when we're talking about talking about when we're talking about this? Well, to start, we have a this? Well, to start, we have a chronologic age, which is the age we're chronologic age, which is the age we're usually familiar with. You know, we have usually familiar with. You know, we have a birthday and every year we count that a birthday and every year we count that we are that many years older.

we are that many years older. Then we have a biologic age. Our Then we have a biologic age. Our biologic age is actually what our cells biologic age is actually what our cells are experiencing, the aging process are experiencing, the aging process that's happening on those, because that that's happening on those, because that can be more rapid or slower than our can be more rapid or slower than our actual age.

actual age. Then, to take it one step further, we Then, to take it one step further, we have an ovarian age, which is actually have an ovarian age, which is actually the aging process on our ovaries, which the aging process on our ovaries, which can be different than our chronologic can be different than our chronologic age and our age and our overall biological age.

overall biological age. And why do we care about this? And why do we care about this? Well, Well, Well, the factors in our life, environmental the factors in our life, environmental factors, the way our lifestyle is, our factors, the way

our lifestyle is, our diet, those things impact the aging diet, those things impact the aging process. And we definitely do not want process. And we definitely do not want that process to be going faster than our that process to be going faster than our age because that would give us even less age because that would give us even less time to have kids. Would would speed time to have kids. Would would speed things up. Also, it can come with a lot things up. Also, it can come with a lot of other things like inflammation and of other things like inflammation and cellular damage and make us feel, you cellular damage and make us feel, you know, tired and have migraines and all know, tired and have migraines and all sorts of things that can come up with it sorts of things that can come up with it if our cells are not functioning the way if our cells are not functioning the way that they should be.

that they should be. So, of course, we want to slow that So, of course, we want to slow that process down whenever we can and really process down whenever we can and really support the optimal health of all of our support the optimal health of all of our body, but especially our ovarian tissue, body, but especially our ovarian tissue, which are producing these hormones that which are producing these hormones that keep us vital, impact literally every keep us vital, impact literally every area area of our body including our area area of our body including our brain, our bones, our skin, and so much brain, our bones, our skin, and so much more.

Why ovarian health matters beyond fertility

more. more. So, we can really take some power back So, we can really take some power back here and and change this this process here and and change this this process that's happening. Now, until now, that's happening. Now, until now, um the largest um the largest way that we had to test ovarian aging way that we had to test ovarian aging was basically looking at was basically looking at quote-unquote how many eggs we have quote-unquote how many eggs we have left. I always do this with really big, left. I always do this with really big, obvious air quotes. If you're just obvious air quotes. If you're just listening, know that I am actually doing listening, know that I am actually doing it in person, too. And the reason I do it in person, too. And the reason I do that is because it isn't actually the that is because it isn't actually the whole story. It isn't just that we're whole story. It isn't just that we're running out of eggs and then the we're running out of eggs and then the we're done, the time is done. Um it's really a done, the time is done. Um it's really a more dynamic process than that that more dynamic process than that that really does um depend on our ovarian really does um depend on our ovarian health. But, up until this point, again, health. But, up until this point, again, this was the biggest, um, marker that we this was the biggest, um, marker that we had of knowing where someone was in had of knowing where someone was in their reproductive, you know, span, as their reproductive, you know, span, as well as the best predictor that we had well as the best predictor that we had to sort of know if are you getting close to sort of know if are you getting close to menopause before you're actually in to menopause before you're actually in the process. There are really no other the process. There are really no other markers, um, that were giving us that markers, um, that were giving us that information. Um, one of the most popular information. Um, one of the most popular markers here is AMH, anti-Müllerian markers here is AMH, anti-Müllerian hormone, um, which is basically a hormone, um, which is basically a hormone that keeps too many follicles hormone that keeps too many follicles from declining, you know, the the from declining, you know, the the dominant egg that then ovulates. We dominant egg that then ovulates. We don't want to be ovulating like 10 eggs don't want to be ovulating like 10 eggs at a time. That would be madness. Um, so at a time. That would be madness. Um, so that's the hormone that keeps that in that's the hormone that keeps that in check. And basically, as we start to check. And basically, as we start to have less number of, um, the primordial have less number of, um, the primordial eggs that could be developing, eggs that could be developing, then that number goes down. And again, then that number goes down. And again, that can be a a marker to see where we that can be a a marker to see where we are in this process. You know, are you are in this process. You know, are you know, how sort of predict how many years know, how sort of predict how many years we have left to have babies again.

we have left to have babies again. There's nuance there. There's nuance there. Um, Um, Um, there are other ones, you know, other there are other ones, you know, other things like, uh, an ultrasound with things like, uh, an ultrasound with antral follicle count. Um, they can also antral follicle count. Um, they can also give us some information here, but give us some information here, but again, again, again, this is sort of outdated information at this is sort of outdated information at this point where we're thinking, okay, this point where we're thinking, okay, just how many eggs do we have left and just how many eggs do we have left and where are we in the process? Now we know where are we in the process? Now we know that again, our ovarian tissues that again, our ovarian tissues would largely impact this, this process would largely impact this, this process of, you know, how quickly

these eggs are of, you know, how quickly these eggs are dying off. You know, ovulation is one of dying off. You know, ovulation is one of those factors, but also the health of those factors, but also the health of our, um, tissues can really impact that.

our, um, tissues can really impact that. Um, we now know that stress impacts Um, we now know that stress impacts this. Our ovaries have this. Our ovaries have literally ner- a nervous system literally ner- a nervous system connection. And so, our stress and our connection. And so, our stress and our our perception of safety even, can even our perception of safety even, can even impact the health of these potential impact the health of these potential eggs.

eggs. eggs. So anyway, long story short, now we have So anyway, long story short, now we have this viewpoint that it isn't just this viewpoint that it isn't just the egg conversation. We have a larger the egg conversation. We have a larger conversation about that. We also have conversation about that. We also have new testing to really have a better new testing to really have a better predictor of what your ovarian aging predictor of what your ovarian aging process is looking like process is looking like um and and when you may go into um and and when you may go into menopause.

menopause. menopause.

The Menotime test and what's new in ovarian aging science

There's a new test that you may have There's a new test that you may have heard me talking about um already called heard me talking about um already called Menopause Time, which is a new test that Menopause Time, which is a new test that just came out this year in 2026.

just came out this year in 2026. Um that is an AI or machine learning Um that is an AI or machine learning test that inputs some of your own blood test that inputs some of your own blood tests, including AMH, estradiol, and tests, including AMH, estradiol, and FSH, as well as FSH, as well as a survey of your lifestyle, things like a survey of your lifestyle, things like stress, you know, your hormonal stress, you know, your hormonal symptoms, things like that.

symptoms, things like that. And then is able to give you your And then is able to give you your ovarian age, ovarian age, as well as time to menopause, and shows as well as time to menopause, and shows a slope of where you are in in this a slope of where you are in in this process, process, process, which can change, and we'll talk a which can change, and we'll talk a little bit about that.

little bit about that. Um but basically, this is something that Um but basically, this is something that we can then use this information we can then use this information to then potentially make some changes to to then potentially make some changes to slow down that process if we feel like slow down that process if we feel like the process is happening faster than it the process is happening faster than it should be or that we want it to be. So, should be or that we want it to be. So, again, we have so much more information again, we have so much more information and this this picture is more complex, and this this picture is more complex, but in a very good way, in my opinion, but in a very good way, in my opinion, because it gives us so much more ability because it gives us so much more ability to make change. Now, to make change.

Genetics is only half the story

Now, one of the things that comes up when one of the things that comes up when we're talking about our time to we're talking about our time to menopause and things like that is family menopause and things like that is family history and genetics. So, you know, you history and genetics. So, you know, you might think, well, my mom went into might think, well, my mom went into menopause at 42. So, menopause at 42. So, you know, am I going to go into you know, am I going to go into menopause at 42, also?

menopause at 42, also? Well, genetics plays a role, probably Well, genetics plays a role, probably about 50% of the story, though. So, you about 50% of the story, though. So, you know, if your mom went into early know, if your mom went into early menopause, for example, if you you had menopause, for example, if you you had women in

your family who had a great women in your family who had a great experience through menopause or a experience through menopause or a terrible experience through menopause, terrible experience through menopause, yes, it gives us some information, but yes, it gives us some information, but it is only some of the information. It it is only some of the information. It is not the whole story. And our is not the whole story. And our nutrition, our lifestyle factors, our nutrition, our lifestyle factors, our environmental exposures, basically what environmental exposures, basically what our body and our cells have been through our body and our cells have been through throughout our lifetime, absolutely have throughout our lifetime, absolutely have an impact here. And this is where it an impact here. And this is where it becomes very empowering in my opinion becomes very empowering in my opinion because again, we can make those because again, we can make those changes, we can address those things.

changes, we can address those things. And even if it's something that happened And even if it's something that happened in the past in terms of exposure or in the past in terms of exposure or something like that, there are still something like that, there are still things that we could potentially do to things that we could potentially do to turn that around.

turn that around. Now, I'm not talking about avoiding Now, I'm not talking about avoiding menopause altogether. menopause altogether. That is not possible at this point. And That is not possible at this point. And you know, it is a natural transition you know, it is a natural transition that happens. And I think there's a lot that happens. And I think there's a lot of power and freedom that comes with of power and freedom that comes with going through menopause, too. So, so going through menopause, too.

Menopause isn't the enemy, rapid aging is

So, so that's not what I'm suggesting, but what that's not what I'm suggesting, but what I am suggesting is changing our I am suggesting is changing our experience through perimenopause and experience through perimenopause and menopause.

menopause. menopause. Knowing that just because someone else Knowing that just because someone else had a really hard time going through it, had a really hard time going through it, doesn't mean that we're going to have a doesn't mean that we're going to have a really hard time going through it.

really hard time going through it. And and we can absolutely change this And and we can absolutely change this experience. And also, you know, experience. And also, you know, potentially push it out a little bit, at potentially push it out a little bit, at least if it is a more rapid process least if it is a more rapid process again, if we're having more rapid aging, again, if we're having more rapid aging, pushing that off to a more normal time pushing that off to a more normal time frame.

frame. frame. And really lowering our risk factors of And really lowering our risk factors of things like, you know, increased risk of things like, you know, increased risk of cardiovascular disease, increased risk cardiovascular disease, increased risk of osteoporosis, dementia, things like of osteoporosis, dementia, things like that that come up with menopause and that that come up with menopause and especially with premature menopause.

especially with premature menopause. So, that is my goal when I'm talking So, that is my goal when I'm talking about this, talking with patients about about this, talking with patients about this, this, this, um that we're just trying to slow down um that we're just trying to slow down aging aging aging if it is more rapid than it could or if it is more rapid than it could or should be. So, I hope that makes sense should be. So, I hope that makes sense and and feels like the right fit. And I and and feels like the right fit. And I think especially when we're talking think especially when we're talking about our fertility journey and our about our fertility journey and our fertility span, that is fertility span, that is the healthy vital years that we have to the healthy vital years that we have to be able to have healthy babies.

be able to have healthy babies. Like especially if you're in your 30s Like especially if you're in your 30s and you've been working on your career and you've been working on your career and you're finding that partner and you and you're finding that partner and you haven't done that yet, we want as much haven't done that yet, we want as much time as we can get, right? To have, you time as we can get, right? To have, you know, not only be able to get

pregnant, know, not only be able to get pregnant, but have it be a really successful but have it be a really successful healthy pregnancy.

healthy pregnancy. Because that is really the ultimate Because that is really the ultimate goal, in my opinion. Um also, I love to goal, in my opinion. Um also, I love to add here that you can also impact the add here that you can also impact the health of your babies and the future health of your babies and the future generations.

generations. generations. You've heard of this like generational You've heard of this like generational impact of our um genetics and our impact of our um genetics and our epigenetics, it is 100% epigenetics, it is 100% true. Our health, the way that we take true. Our health, the way that we take care of ourselves now, will impact the care of ourselves now, will impact the health of our future generations. Just health of our future generations. Just like your health was impacted by even like your health was impacted by even your mom and grandmother's health.

your mom and grandmother's health. For one, I mean, even when you were For one, I mean, even when you were pregnant or when your mom was pregnant pregnant or when your mom was pregnant with you, the things she was doing in with you, the things she was doing in her body affected you, right? But also her body affected you, right? But also think about that you actually came from think about that you actually came from an egg that was in your mom when she was an egg that was in your mom when she was in your grandma. Crazy, right? I love in your grandma. Crazy, right? I love this, like mind-blowing. But think about this, like mind-blowing. But think about even just that factor and then beyond even just that factor and then beyond that, again, these epigenetic factors that, again, these epigenetic factors that change generationally that change generationally with our overall health and well-being.

with our overall health and well-being. Again, this should be hopefully feeling Again, this should be hopefully feeling empowering that you then have this power empowering that you then have this power to positively impact not only your to positively impact not only your health, but the health of your future health, but the health of your future generations and you can really, you generations and you can really, you know, flip the script if even if you know, flip the script if even if you have, you know, genetic family history have, you know, genetic family history that is maybe concerning, you still have that is maybe concerning, you still have power to turn that around to some power to turn that around to some degree.

degree. degree. So, I love it. I I think this is such an So, I love it.

How much time can we actually buy?

I I think this is such an incredible opportunity in this time incredible opportunity in this time frame to be able to make these changes frame to be able to make these changes for that reason also. How much time can for that reason also. How much time can we really buy? Again, I'm not saying we really buy? Again, I'm not saying that you can just be having babies that you can just be having babies naturally into like your 50s or 60s.

naturally into like your 50s or 60s. Probably not likely at this point. But Probably not likely at this point. But being able to have a normal time frame being able to have a normal time frame into your later 30s, I think is very into your later 30s, I think is very reasonable to expect. Um and especially reasonable to expect. Um and especially if the the aging that is happening in if the the aging that is happening in your body is going faster, you can your body is going faster, you can absolutely push that off to a more absolutely push that off to a more normal place. So, it does depend on normal place. So, it does depend on where we are in that, the state of our where we are in that, the state of our health, and how much time we might be health, and how much time we might be able to buy and what things we really able to buy and what things we really need to do um to change those things.

need to do um to change those things. But we'll talk about the levers that we But we'll talk about the levers that we can pull. And on one hand, the things can pull. And on one hand, the things that impact our ovarian aging and can that impact our ovarian aging and can negatively impact it, make it go faster.

negatively impact it, make it go faster. But then on the flip side of that, what But then on the flip side of that, what can we then do to slow down that can we then do to slow down that process? And again, be able to process? And

again, be able to potentially buy some more time.

potentially buy some more time.

Blood sugar and metabolic health as drivers of ovarian aging

So, the main things that are causing So, the main things that are causing aging on our ovaries, and again, our aging on our ovaries, and again, our overall cells as well, one of the big overall cells as well, one of the big things are metabolic health and blood things are metabolic health and blood sugar.

sugar. sugar. This is something that I feel like is This is something that I feel like is talked about more often now, but still talked about more often now, but still not talked about enough. Cuz I feel like not talked about enough. Cuz I feel like for so many of us, we're like, "I don't for so many of us, we're like, "I don't know. My hemoglobin A1C is fine. I'm not know. My hemoglobin A1C is fine. I'm not diabetic. This isn't an issue for me." diabetic. This isn't an issue for me." But still, if you're on a blood sugar But still, if you're on a blood sugar roller coaster, where say you're waking roller coaster, where say you're waking up, drinking coffee, not eating up, drinking coffee, not eating breakfast, you're really stressed out, breakfast, you're really stressed out, so your you know, your cortisol is so your you know, your cortisol is spiking, that can mess with your blood spiking, that can mess with your blood sugar and spike your blood sugar, can sugar and spike your blood sugar, can drop your blood sugar, and then you're drop your blood sugar, and then you're starving all of a sudden and you're starving all of a sudden and you're eating a big meal that has a lot of eating a big meal that has a lot of carbs cuz that's what you're craving, carbs cuz that's what you're craving, and then that spikes your blood sugar, and then that spikes your blood sugar, and then you're crashing mid-afternoon, and then you're crashing mid-afternoon, and maybe, you know, reaching for more and maybe, you know, reaching for more coffee, more sugar.

coffee, more sugar. Those things are signs that you are on a Those things are signs that you are on a blood sugar roller coaster. You know, if blood sugar roller coaster. You know, if you're getting, you know, you're you're you're getting, you know, you're you're starving hangry between meals, you're starving hangry between meals, you're getting shaky even between meals, or getting shaky even between meals, or feeling unwell, that could be signs of feeling unwell, that could be signs of your blood sugar crashing.

your blood sugar crashing. And and we don't want that. You know, And and we don't want that. You know, our insulin levels are our insulin our insulin levels are our insulin That's a hormone that helps control our That's a hormone that helps control our blood sugar.

blood sugar. And our insulin, if it is going up and And our insulin, if it is going up and down, even if our blood sugar is staying down, even if our blood sugar is staying in a relatively normal place, even if in a relatively normal place, even if we're not diabetic, if our insulin is we're not diabetic, if our insulin is spiking up and down, going crazy, then spiking up and down, going crazy, then that can actually impact your metabolic that can actually impact your metabolic health and signal to your ovaries health and signal to your ovaries that we're having some problems. Our that we're having some problems. Our ovaries are really sensitive tissues ovaries are really sensitive tissues because because because as you can imagine, our bodies are as you can imagine, our bodies are smart, and as we evolved, smart, and as we evolved, we kind of have this safety mechanism in we kind of have this safety mechanism in place where if life is too stressful, if place where if life is too stressful, if there is starvation, if we're running there is starvation, if we're running away from the tiger, then that is not an away from the tiger, then that is not an ideal time to reproduce. And so, our ideal time to reproduce. And so, our bodies learned over time that, "Hey, bodies learned over time that, "Hey, this is you know, let's cut this off if this is you know, let's cut this off if we're in survival mode." Cuz also, we're in survival mode." Cuz also, you know, having babies is not an ideal you know, having babies is not an ideal or a necessary thing to do when we're or a necessary thing to do when we're just trying to survive.

just trying to survive. So, our ovarian tissue is very sensitive So, our ovarian tissue is very sensitive to stress for this reason. to stress for this reason.

And if we're stressed out, And if we're stressed out, and blood sugar is one of those, you and blood sugar is one of

those, you know, things that know, things that trigger stress in our body, then our trigger stress in our body, then our ovaries can kind of go into shutdown ovaries can kind of go into shutdown mode a little bit, and we can stop mode a little bit, and we can stop ovulating.

ovulating. ovulating. We can have irregular ovulation, we can We can have irregular ovulation, we can have less progesterone production, have less progesterone production, things can start going haywire things can start going haywire when our blood sugar is going crazy. It when our blood sugar is going crazy. It can also negatively impact egg quality can also negatively impact egg quality because of this. Because again, we're in because of this. Because again, we're in survival mode, our resources are not survival mode, our resources are not being applied to this, you know, being applied to this, you know, unnecessary unnecessary unnecessary thing, our fertility, and and we're not thing, our fertility, and and we're not going to get all the resources we need going to get all the resources we need to really create really healthy eggs.

to really create really healthy eggs.

What to eat to support stable blood sugar and healthy ovulation

So, kind of on the flip side of this, So, kind of on the flip side of this, and I'll just kind of I'm going to kind and I'll just kind of I'm going to kind of go back and forth, so it's really of go back and forth, so it's really applicable. The things that we can do applicable. The things that we can do then are to support stable blood sugar.

then are to support stable blood sugar. So, hey, let's eat breakfast in the So, hey, let's eat breakfast in the morning with protein. I usually morning with protein. I usually recommend, you know, eating within an recommend, you know, eating within an hour of waking with at least 30 g of hour of waking with at least 30 g of protein is a great rule of thumb protein is a great rule of thumb to give your body the nourishment right to give your body the nourishment right away, that no matter what comes in your away, that no matter what comes in your day, your body's like, "Cool. I started day, your body's like, "Cool. I started with nourishment. I've got the resources with nourishment. I've got the resources that I need." That's a great signal.

that I need." That's a great signal. Maybe not having coffee first thing. I'm Maybe not having coffee first thing. I'm not against people having coffee in the not against people having coffee in the morning. I feel like on the internet morning. I feel like on the internet there's this big conversation around, there's this big conversation around, "Don't have coffee on an empty stomach." "Don't have coffee on an empty stomach." Some people can get away with that. But Some people can get away with that. But again, if you're stressed, if you're, again, if you're stressed, if you're, you know, busy running out the door to you know, busy running out the door to work, then just having coffee, which is work, then just having coffee, which is going to, you know, kind of stimulate going to, you know, kind of stimulate and stress your body a little bit more, and stress your body a little bit more, not a good idea. So, maybe having it a not a good idea. So, maybe having it a little bit later in the morning.

little bit later in the morning. If you're going to have that, you know, If you're going to have that, you know, have it with food, can just change the have it with food, can just change the way that your body's again perceiving way that your body's again perceiving that that food as information.

that that food as information. And it sets you up for a better day. And it sets you up for a better day. Then, eating steady meals. I, you know, Then, eating steady meals. I, you know, three meals a day, it's boring, but it three meals a day, it's boring, but it works for a reason. You know, having works for a reason. You know, having that lunch, having a good protein-filled that lunch, having a good protein-filled lunch, getting that fiber, color of lunch, getting that fiber, color of plants, maybe being mindful about the plants, maybe being mindful about the starchy carbohydrates, the really starchy carbohydrates, the really refined foods that could spike your refined foods that could spike your blood sugar.

blood sugar. And just you can't eating enough, eating And just you can't eating enough, eating nourishing food, plain and simple, is nourishing food, plain and simple, is going to keep your blood sugar more going to keep your blood sugar more steady. That gives your ovaries a great steady. That gives your ovaries a great green light to say, "Hey, we're good. We green light to say, "Hey, we're good. We have steady nourishment coming in. We have

steady nourishment coming in. We have all the supplies we need. Go ahead have all the supplies we need. Go ahead and put resources into creating these and put resources into creating these beautiful, lovely, healthy eggs. Keep on beautiful, lovely, healthy eggs. Keep on ovulating on time. We're good." So, very ovulating on time. We're good." So, very important. And the other thing, again, important.

Stress, the nervous system, and the survival reproduction connection

And the other thing, again, another thing that can impact our another thing that can impact our ovarian aging is stress and nervous ovarian aging is stress and nervous system. Just like I was saying, exactly system. Just like I was saying, exactly that description of, you know, our that description of, you know, our safety and survival mode, it's going to safety and survival mode, it's going to cut off, you know, ovulation, it's going cut off, you know, ovulation, it's going to cut cut off reproduction. And so, we to cut cut off reproduction. And so, we don't want that to happen. So, keep don't want that to happen. So, keep stress in check, support your nervous stress in check, support your nervous system. How many of us are running in system. How many of us are running in survival mode all the time for no survival mode all the time for no reason, right? We we're busy, we've got reason, right? We we're busy, we've got these meetings, we've got these these meetings, we've got these deadlines, and we're like, "Oh, this is deadlines, and we're like, "Oh, this is so important." And I just we take it as, so important." And I just we take it as, you know, survival. Our body's you know, survival. Our body's perceiving it as survival when it really perceiving it as survival when it really isn't life or death.

isn't life or death. And so, we need to downgrade that, give And so, we need to downgrade that, give our body and our nervous system all our body and our nervous system all these signals of, "Hey, we're safe." these signals of, "Hey, we're safe." One of the biggest ways of doing that is One of the biggest ways of doing that is to let our nervous system chill out and to let our nervous system chill out and not always be pushing and rushing and not always be pushing and rushing and doing all these things, doing things to doing all these things, doing things to tell our body that it's time to just tell our body that it's time to just chill, support our parasympathetic chill, support our parasympathetic nervous system, nervous system, which is our rest, digest, and reproduce which is our rest, digest, and reproduce um part of our autonomic nervous system, um part of our autonomic nervous system, as opposed to fight, flight, or freeze.

as opposed to fight, flight, or freeze.

Practical ways to support your parasympathetic nervous system

So, really doing things to support that, So, really doing things to support that, which can be as simple as getting out in which can be as simple as getting out in nature, taking some big deep breaths, nature, taking some big deep breaths, diaphragm- diaphragmatic breaths, not diaphragm- diaphragmatic breaths, not just up in your chest, but really belly just up in your chest, but really belly breaths, signal your vagus nerve, breaths, signal your vagus nerve, which is a, you know, the primary nerve which is a, you know, the primary nerve of our uh parasympathetic nervous of our uh parasympathetic nervous system. You know, doing breath work, system. You know, doing breath work, grounding, you know, even gargling, grounding, you know, even gargling, humming, these things also trigger our humming, these things also trigger our vagus nerve. So, having these some of vagus nerve. So, having these some of these things as a part of our daily life these things as a part of our daily life can have a really big impact on our can have a really big impact on our body's perception of stress. Even if we body's perception of stress. Even if we still have a busy job, even if we have a still have a busy job, even if we have a lot of, you know, spinning plates in our lot of, you know, spinning plates in our lives, and a lot of, you know, um lives, and a lot of, you know, um responsibilities, responsibilities, responsibilities, we can still give our body that signal we can still give our body that signal that hey, it's it's all good. I have the that hey, it's it's all good. I have the capacity to deal with this.

capacity to deal with this. And and this doesn't have to be And and this doesn't have to be something that I'm just, you know, it something that I'm just, you know, it pushing through in fight or flight all pushing through in fight or flight all the time. The next thing is the time. The next thing is inflammation. So, inflammation can inflammation.

Inflammation and how it damages ovarian tissue

So, inflammation can absolutely speed up the aging process on absolutely speed up the aging process on our cells. Basically, inflammation is a our cells. Basically, inflammation is a normal response in our immune system.

normal response in our immune system. Think about, you know, you get a cut. Think about, you know, you get a cut. You want that to become of inflamed You want that to become of inflamed because that is going to bring all these because that is going to bring all these healing immune cells to that area, keep healing immune cells to that area, keep you from getting an infection, heal up you from getting an infection, heal up the wound. That is, you know, absolutely the wound. That is, you know, absolutely necessary and purposeful.

necessary and purposeful. But, But, But, nowadays, we have a lot of insults on nowadays, we have a lot of insults on our health that cause unnecessary our health that cause unnecessary inflammation, chronic, steady, systemic inflammation, chronic, steady, systemic inflammation where our body is just, you inflammation where our body is just, you know, overreacting in a sense to an know, overreacting in a sense to an insult and there's just immune insult and there's just immune activation going on all the time. And activation going on all the time. And that can then create unnecessary damage that can then create unnecessary damage on our cells, start causing wear and on our cells, start causing wear and tear in our tissues, our cells. And this tear in our tissues, our cells. And this is not ideal. Again, especially on the is not ideal. Again, especially on the ovaries, which are very sensitive to ovaries, which are very sensitive to those kind of inputs. We don't want those kind of inputs. We don't want that. Even things like autoimmune that. Even things like autoimmune disease, there's certain autoimmune disease, there's certain autoimmune conditions that can even cross-react and conditions that can even cross-react and attack the ovaries, which is especially attack the ovaries, which is especially not ideal.

not ideal. So, we really want to calm down the So, we really want to calm down the immune system, make the immune system immune system, make the immune system feel safe that there isn't a threat. If feel safe that there isn't a threat. If there is a threat, like an infection, there is a threat, like an infection, you know, a virus, bacteria, you know, a virus, bacteria, something like that, toxins that our body like that, toxins that our body perceives as a foreign invader that it perceives as a foreign invader that it is trying to get rid of, those things we is trying to get rid of, those things we really want to remove from our body.

really want to remove from our body. And then we want to give the right, And then we want to give the right, again, signaling to our body that it is again, signaling to our body that it is safe, calm down inflammation.

safe, calm down inflammation. One of the biggest things there is our One of the biggest things there is our diet. An anti-inflammatory diet you may diet. An anti-inflammatory diet you may have heard of. Basically, what that is have heard of.

Anti-inflammatory diet: what to eat and what to limit

Basically, what that is is a a whole plant a whole food-based is a a whole plant a whole food-based diet. diet. diet. Limiting processed artificial foods and Limiting processed artificial foods and really supporting eating a lot of really supporting eating a lot of colorful vegetables, plants in general, colorful vegetables, plants in general, you know, getting a lot of variety in you know, getting a lot of variety in our diet.

our diet. Organic, grass-fed lean meats, you know, Organic, grass-fed lean meats, you know, these are the things that our body it these are the things that our body it signals to heal, calm down. You know, signals to heal, calm down. You know, the colors in food in plants in the colors in food in plants in particular are different antioxidants particular are different antioxidants that go in and fight free radicals, that go in and fight free radicals, fight damage happening on our cells, and fight damage happening on our cells, and that is essential for what we're talking that is essential for what we're talking about here, so important and so powerful about here, so important and so powerful to be getting those foods in because to be getting those foods in because they're truly medicine to our body. And they're truly medicine to our body. And limiting, again, the the things that limiting, again, the the things that cause inflammation in our diet. So, cause inflammation in our diet. So, again, processed foods, seed oils, um again, processed foods, seed oils, um you know, excessive amounts of like you know, excessive amounts of like dairy foods. I'm not dairy foods. I'm not across the board opposed to dairy, but across the board opposed to dairy, but it can be really inflammatory. Gluten it can be really inflammatory. Gluten and wheat, especially processed wheat and

wheat, especially processed wheat from the US, can be very inflammatory.

from the US, can be very inflammatory. Um again, not everyone needs to 100% Um again, not everyone needs to 100% avoid gluten, but these things can be avoid gluten, but these things can be very inflammatory. People can be very very inflammatory. People can be very reactive to them. They're top of the reactive to them. They're top of the list when it comes to food reactions.

list when it comes to food reactions. So, something to be aware of. Alcohol, So, something to be aware of. Alcohol, of course, is really inflammatory. It's of course, is really inflammatory. It's literally a poison to our bodies, so I'm literally a poison to our bodies, so I'm sorry, but there's no way around it that sorry, but there's no way around it that it's just never going to be a good part it's just never going to be a good part of your diet. It's never going to be of your diet. It's never going to be supportive of your health. So, something supportive of your health. So, something to consider. And then, of course, to consider. And then, of course, smoking, things like that are absolutely smoking, things like that are absolutely an issue when it comes to causing an issue when it comes to causing inflammation, damaging our ovaries and inflammation, damaging our ovaries and our cellular health. I also like to note our cellular health. I also like to note here charred foods, candied, here charred foods, candied, caramelized, like foods that have been caramelized, like foods that have been cooked on high heat, fried, oh my gosh.

cooked on high heat, fried, oh my gosh. These also create AGEs in our body, These also create AGEs in our body, which are advanced glycation end which are advanced glycation end products, which are so inflammatory.

products, which are so inflammatory. They cause a lot of oxidative stress on They cause a lot of oxidative stress on our body. Those are really ones to be our body. Those are really ones to be really mindful, too. Again, just say no really mindful, too. Again, just say no to fried foods in general, especially if to fried foods in general, especially if you're really trying to support your you're really trying to support your health, or really limit them. But even health, or really limit them. But even you know, eating a lot of charred foods, you know, eating a lot of charred foods, if you're just always barbecuing, you if you're just always barbecuing, you know, maybe something to watch out for.

know, maybe something to watch out for. Even like toasting your toast where it's Even like toasting your toast where it's like very, you know, charred could be a like very, you know, charred could be a little bit too much if it's just all of little bit too much if it's just all of the time. So, something to be aware of the time. So, something to be aware of that it can be very simple to then, you that it can be very simple to then, you know, choose lower heat ways of cooking know, choose lower heat ways of cooking that can really positively influence that can really positively influence your inflammation, your inflammation, your oxidative stress levels. So, your oxidative stress levels. So, something to consider there.

something to consider there. Um I also wanted to mention to our gut Um I also wanted to mention to our gut health can have a really big impact on health can have a really big impact on inflammation as well. So, if you have inflammation as well.

Gut health and leaky gut as a source of systemic inflammation

So, if you have leaky gut, which is basically increased leaky gut, which is basically increased intestinal permeability, you know, intestinal permeability, you know, damage to your gut lining, damage to your gut lining, um that can come with medications, it um that can come with medications, it can come with diet, stress, all of these can come with diet, stress, all of these things that we've already talked about things that we've already talked about so far, so far, then that can also be a really big then that can also be a really big source of inflammation. So, whether or source of inflammation. So, whether or not you have symptoms that go along with not you have symptoms that go along with your digestion, like having bloating or your digestion, like having bloating or having, you know, irregular bowel having, you know, irregular bowel movements, movements, movements, you could still have inflammation there you could still have inflammation there that is a big driver of systemic that is a big driver of systemic inflammation. So, if you're on a journey inflammation. So, if you're on a journey of looking for inflammation, that's of looking for inflammation, that's really an important place to look. It really an important place to look. It also is a big driver of autoimmunity. If also is a big driver of autoimmunity. If we have issues in our gut and we're we have issues in our gut and we're reacting to certain foods, that can be a reacting to certain foods, that can be a big trigger for

developing autoimmunity big trigger for developing autoimmunity because our gut lining is just because our gut lining is just surrounded by immune cells and immune surrounded by immune cells and immune tissues. So, that can be a big issue tissues. So, that can be a big issue there, too. Our mitochondrial health is there, too. Our mitochondrial health is a really big part of this conversation, a really big part of this conversation, too. And if you don't remember, our too. And if you don't remember, our mitochondria are the powerhouses of the mitochondria are the powerhouses of the cells, but also they act as sort of, you cells, but also they act as sort of, you know, detectors of our environment as know, detectors of our environment as well. They're very sensitive to well.

Mitochondrial health and why it matters

They're very sensitive to environmental toxins and stressors. environmental toxins and stressors. And they can become damaged. They can And they can become damaged. They can stop, you know, reproducing well and stop, you know, reproducing well and creating new healthy mitochondria creating new healthy mitochondria when we have some of these things at when we have some of these things at play. So, that's largely the This is one play. So, that's largely the This is one of the big things we're talking about.

of the big things we're talking about. But then again, on the flip side, and But then again, on the flip side, and how we do support that, supporting our how we do support that, supporting our mitochondria, are really big opportunity mitochondria, are really big opportunity to improve all these things and slow to improve all these things and slow down the aging process. Also, just to down the aging process. Also, just to help us feel great and energetic and, help us feel great and energetic and, you know, help things function you know, help things function appropriately. We really want a healthy appropriately. We really want a healthy mitochondria.

mitochondria. mitochondria. And the foundations of our health are And the foundations of our health are going to be really supportive and going to be really supportive and important here. So, getting enough important here. So, getting enough sleep, sleep, sleep, getting appropriate movement, you know, getting appropriate movement, you know, not too strenuous, but also not not not too strenuous, but also not not strenuous enough, is a great, you know, strenuous enough, is a great, you know, rule of thumb to just simplify it down.

rule of thumb to just simplify it down. And getting those key nutrients from our And getting those key nutrients from our food, like I was mentioning, that color, food, like I was mentioning, that color, all those antioxidants, are going to all those antioxidants, are going to just nourish our mitochondria. And, you just nourish our mitochondria. And, you know, know, know, trying to avoid those environmental trying to avoid those environmental toxins exposures that are going to toxins exposures that are going to damage mitochondria. On the note of damage mitochondria. On the note of toxins, toxins, toxins, you again may have heard of endocrine you again may have heard of endocrine disrupting chemicals. Basically, those disrupting chemicals. Basically, those are chemicals in our environment that are chemicals in our environment that particularly impact our hormones. So, particularly impact our hormones. So, these are especially ones that we want these are especially ones that we want to watch out for. They're rampant in our to watch out for.

Endocrine disrupting chemicals and how to reduce your exposure

They're rampant in our environment, you know, in our personal environment, you know, in our personal care products, in our scented candles, care products, in our scented candles, in our cleaning products in our house.

in our cleaning products in our house. You know, they're everywhere. And You know, they're everywhere. And it is within our control, also, to be it is within our control, also, to be able to make changes there. So, while it able to make changes there. So, while it sucks that we have to be really on point sucks that we have to be really on point and, you know, educate ourselves to be and, you know, educate ourselves to be able to avoid these things, it can able to avoid these things, it can create a huge change create a huge change with relatively, you know, little with relatively, you know, little resistance. Meaning like, yes, you have resistance. Meaning like, yes, you have to find the products and switch out your to find the products and switch out your products, but once you do that, you're products, but once you do that, you're good. And you can just be on autopilot good. And you can just be on autopilot again using those cleaner products and again using those cleaner products and knowing that you're not putting extra knowing that you're not putting extra chemicals into your body every single chemicals into your body

every single day. So, something to really consider.

day. So, something to really consider. The big ones that I usually recommend The big ones that I usually recommend avoiding are parabens and phthalates in avoiding are parabens and phthalates in our beauty products especially, so try our beauty products especially, so try to, you know, limit those. You can also to, you know, limit those. You can also go to ewg.org, go to ewg.org, the Environmental Working Group, and the Environmental Working Group, and they have a whole database. There are they have a whole database. There are also apps like the Yuka app that you can also apps like the Yuka app that you can look at your products, look at the look at your products, look at the ingredients, and feel empowered in ingredients, and feel empowered in making some different choices. So, making some different choices. So, keep in mind that this is general, you keep in mind that this is general, you know, generalized information for the know, generalized information for the average person. This may be a little bit average person. This may be a little bit different for you depending on, you different for you depending on, you know, what's going on in your health, know, what's going on in your health, but these are some great starting points but these are some great starting points to, you know, again, try to limit the to, you know, again, try to limit the negative effects that could be coming in negative effects that could be coming in from your environment, from your from your environment, from your lifestyle, and really give some positive lifestyle, and really give some positive input into your health, and be able to input into your health, and be able to slow things down a bit. I'm not slow things down a bit. I'm not going to slow things down a bit. I'm not going to go into too much detail in terms of go into too much detail in terms of supplementation that we can do to supplementation that we can do to support ovarian health, but know that support ovarian health, but know that there that's another layer on top of the there that's another layer on top of the foundational things. The foundations are foundational things. The foundations are still still still honestly going to be the most important honestly going to be the most important things, but there can be some things, but there can be some supplementation that helps in addition.

supplementation that helps in addition. I will just mention, you know, a couple I will just mention, you know, a couple of things that can be really huge here, of things that can be really huge here, particularly antioxidants. CoQ10 is, you particularly antioxidants.

Supplementation: CoQ10, ALA, PQQ, and urolithin A

CoQ10 is, you know, the gold standard when it comes to know, the gold standard when it comes to supporting our ovarian health and supporting our ovarian health and fertility. So, that is one that's tried fertility. So, that is one that's tried and true. And then other antioxidants and true. And then other antioxidants that I really like to use here are that I really like to use here are things like alpha-lipoic acid, CoQ, things like alpha-lipoic acid, CoQ, there are things like urolithin A there are things like urolithin A that are a bit newer on the market, and that are a bit newer on the market, and and we may not have direct evidence and we may not have direct evidence quite yet with ovarian aging, but sign, quite yet with ovarian aging, but sign, you know, proof that it can help with you know, proof that it can help with aging process in general, so I still aging process in general, so I still like to use them there for this sort of like to use them there for this sort of anti-aging protocol. I I truly don't anti-aging protocol. I I truly don't like that term anti-aging, but I think like that term anti-aging, but I think if you've been listening so far, you if you've been listening so far, you understand what I'm saying that it's not understand what I'm saying that it's not we're trying not to age, but we're we're trying not to age, but we're trying to slow down the process and trying to slow down the process and really support our longevity. So, with really support our longevity. So, with these things, again, my hope would be these things, again, my hope would be that you know, you can that you know, you can look at the big picture of the process look at the big picture of the process that's happening in your body, on your that's happening in your body, on your ovaries, and be able to make some really ovaries, and be able to make some really targeted changes in your life to be able targeted changes in your life to be able to slow this process down a bit.

to slow this process down a bit.

Getting personalized information about your ovarian age

And if it's happening more quickly than And if it's happening more quickly than it should, if you're already doing it should, if you're already doing things right, then great, but getting things right, then great, but getting the

information to really know where you the information to really know where you stand can be really helpful here to stand can be really helpful here to understand, you know, understand, you know, what you need to do to support that, and what you need to do to support that, and then really being able to incorporate then really being able to incorporate this into your lifestyle, this into your lifestyle, and not stress about it and feel like and not stress about it and feel like you have this laundry list of things you you have this laundry list of things you should do, but really be able to create should do, but really be able to create this beautiful lifestyle for yourself this beautiful lifestyle for yourself that is supportive of your goals, that is supportive of your goals, because you know, while it is so much because you know, while it is so much harder harder harder to live a healthy life nowadays, and it to live a healthy life nowadays, and it often times comes with extra work, often times comes with extra work, you know, you have to go out of your way you know, you have to go out of your way to to get these products that don't to to get these products that don't have, you know, chemicals in them. We have, you know, chemicals in them. We have to go out of our way to spend more have to go out of our way to spend more to buy organic and all that. It's It's to buy organic and all that. It's It's really unfortunate, really unfortunate, you know, where the world is right now, you know, where the world is right now, especially in the US.

especially in the US. But, you can still, you know, get your But, you can still, you know, get your resources, find, okay, here's where I'm resources, find, okay, here's where I'm going to get my, you know, fresh going to get my, you know, fresh produce. Here's where I'm going to get produce. Here's where I'm going to get my products. These are the brands I like my products. These are the brands I like to use. You can create this template for to use. You can create this template for yourself. Again, go on autopilot with it yourself. Again, go on autopilot with it and just have it be part of your life, and just have it be part of your life, and know that you are doing this for a and know that you are doing this for a really important reason. I know it's really important reason. I know it's it's hard to make these changes it's hard to make these changes when we don't know why we're doing it.

when we don't know why we're doing it. We're like, "Okay, I'm just taking this We're like, "Okay, I'm just taking this supplement. I'm just taking, you know, supplement. I'm just taking, you know, eating this diet." And we can get so eating this diet." And we can get so burned out on it if we don't stay in burned out on it if we don't stay in alignment with our true why. And for you alignment with our true why. And for you again, if your why is that you want to again, if your why is that you want to have really healthy babies, you want to have really healthy babies, you want to have that opportunity to have you know, have that opportunity to have you know, not just one kid, but two kids. You not just one kid, but two kids.

Making it sustainable, building a lifestyle not a checklist

You know, whatever your dream is, know, whatever your dream is, then again, creating that lifestyle then again, creating that lifestyle that's really going to support that and that's really going to support that and be in alignment with that, I think then be in alignment with that, I think then makes it so much simpler and honestly makes it so much simpler and honestly easier cuz we're like, "Yep, I'm going easier cuz we're like, "Yep, I'm going to eat my vegetable because I know I'm to eat my vegetable because I know I'm nourishing my ovaries and this is going nourishing my ovaries and this is going to support my overall health. And I to support my overall health. And I promise you, it is not for nothing. You promise you, it is not for nothing. You know, it isn't maybe just that one know, it isn't maybe just that one thing, that one serving of broccoli, for thing, that one serving of broccoli, for example, that's going to, you know, example, that's going to, you know, change your entire health trajectory.

change your entire health trajectory. But if you keep showing up consistently But if you keep showing up consistently with these things, it will 100% with these things, it will 100% have a positive impact on your life have a positive impact on your life and your fertility, and your hormonal and your fertility, and your hormonal health, and your longevity, and all of health, and your longevity, and all of it.

it. it. And also keep in mind, you know, a note And also keep in mind, you know, a note here that when we talk about the here that when we talk about the foundations, I also like to mention that foundations, I also like to mention that community, community, community, joy, fun are also really important. It joy, fun are also really important. It isn't all about just doing the work and, isn't all about just doing the work and, you know, everything's so hard and we you know, everything's so hard and we have to force everything. It's also have to force everything. It's also about just enjoying life right now in about just enjoying life right now in this present moment and that will also

this present moment and that will also positively impact your health, too.

positively impact your health, too. Community, there are incredible studies Community, there are incredible studies to show how important community is on to show how important community is on our health. So, also keep that in mind.

our health. So, also keep that in mind. You know, reach out, make a new friend, You know, reach out, make a new friend, find a support group, whatever it needs find a support group, whatever it needs to be to to support you in that aspect to be to to support you in that aspect of your health, and just go have some of your health, and just go have some fun, too. So, with that, again, to kind fun, too.

Wrap up and action steps

So, with that, again, to kind of wrap up, you know, the goal here is of wrap up, you know, the goal here is really to to you know, see if we're really to to you know, see if we're having more rapid aging happening having more rapid aging happening ourselves and slow that down so that we ourselves and slow that down so that we they can then, you know, buy ourselves they can then, you know, buy ourselves some time, achieve our goals of having some time, achieve our goals of having this healthy babies, and then also, this healthy babies, and then also, ideally, long-term ideally, long-term lower our risks of some of the things lower our risks of some of the things like cardiovascular disease, like cardiovascular disease, osteoporosis, dementia, that do go osteoporosis, dementia, that do go higher with menopause, and can go even higher with menopause, and can go even higher if this process is happening more higher if this process is happening more quickly. You know, if you've been quickly. You know, if you've been listening to this podcast for a while listening to this podcast for a while that I love talking about action steps that I love talking about action steps as well, because I don't want you just as well, because I don't want you just listening and getting the information listening and getting the information and then, you know, doing nothing about and then, you know, doing nothing about it, forgetting about it. I would love it, forgetting about it. I would love for you to take something away from this for you to take something away from this that's really going to positively impact that's really going to positively impact your health and well-being. So, if you your health and well-being. So, if you have a moment right now, if you're not have a moment right now, if you're not driving or something, maybe create a driving or something, maybe create a voice note for yourself. Write something voice note for yourself. Write something down. Put something in your calendar. I down. Put something in your calendar. I love putting things in the in the love putting things in the in the calendar. That's when they're they'll calendar. That's when they're they'll actually happen.

actually happen. To even just make one positive change To even just make one positive change based off of the things that you've based off of the things that you've heard today, maybe, you know, plan to heard today, maybe, you know, plan to eat breakfast tomorrow. Plan out what eat breakfast tomorrow. Plan out what you're going to get. Go to the grocery you're going to get. Go to the grocery store to get those ingredients.

store to get those ingredients. Or, you know, schedule yourself for your Or, you know, schedule yourself for your bedtime wind-down routine so you can get bedtime wind-down routine so you can get to bed sooner and get that 8 hours of to bed sooner and get that 8 hours of sleep.

sleep. sleep. Whatever it's going to be, Whatever it's going to be, I implore you to at least write one I implore you to at least write one thing down right now and take action on thing down right now and take action on it so that you can really start to it so that you can really start to improve this, improve your well-being improve this, improve your well-being right now. If you have questions about right now. If you have questions about this, please reach out. I love to hear this, please reach out. I love to hear from you. I love to hear what questions from you. I love to hear what questions you have. If you, you know, have any you have. If you, you know, have any confusion over some of these topics, confusion over some of these topics, please reach out. And also, if you need please reach out. And also, if you need some support here, you know, if you want some support here, you know, if you want to look into your health and really to look into your health and really understand if you have some of these understand if you have some of these drivers of more rapid ovarian aging, if drivers of more rapid ovarian aging, if you want to check your ovarian age, um you want to check your ovarian age, um then then then I'd be happy to support you with that.

I'd be happy to support you with that. Um so, feel free to reach out. Um we Um so, feel free to reach out. Um we always have that linked in the show always have that linked in the show notes below. Um so, you can reach out notes below. Um so, you can reach out reach out to us there. You can also find reach out to us there. You can also find me on Instagram at Dr. Miranda Naylor, me on Instagram at Dr. Miranda Naylor, and you can just DM me.

and you can just DM me. I'd be happy to start a conversation I'd be happy to start a conversation with you and be able to support you. with you and be able to support you.

All right. Enjoy your your new found All right. Enjoy your your new found healthy ovarian aging lifestyle, and healthy ovarian aging lifestyle, and