Teens on the Pill: How Birth Control May Be Sabotaging Hormone Health | Nat Kringoudis Transcript

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Birth Control And Hormone Maturation

If you're prescribing birth control and If you're prescribing birth control and using birth control in teen years, using birth control in teen years, you're halting the maturation of sex you're halting the maturation of sex hormones. Any hormone imbalance that hormones. Any hormone imbalance that existed before you went on birth control existed before you went on birth control is going to be there when you're not on is going to be there when you're not on birth control any longer. To me, it's a birth control any longer. To me, it's a disservice and it's lazy medicine disservice and it's lazy medicine instead of all the lies that we tell our instead of all the lies that we tell our children. That is the number one thing children.

Teen Birth Control Risks Explained

That is the number one thing that we need to be doing. Okay, so I'm that we need to be doing. Okay, so I'm going to get right into it. As a Chinese going to get right into it. As a Chinese medicine expert and also an expert on medicine expert and also an expert on women's health, what do you want to make women's health, what do you want to make sure we cover today about teen health sure we cover today about teen health and what we're getting wrong in taking and what we're getting wrong in taking care of our teens?

care of our teens? >> I think the biggest pressing issue I see >> I think the biggest pressing issue I see is teens being prescribed birth control is teens being prescribed birth control and the long-term implications that we and the long-term implications that we think that has.

think that has. >> Okay, these are fighting words. You need >> Okay, these are fighting words. You need to explain what you mean. to explain what you mean.

>> What we know is that the maturity of sex >> What we know is that the maturity of sex hormones doesn't really happen till hormones doesn't really happen till around the age of 21. So effectively, if around the age of 21. So effectively, if you're prescribing birth control and you're prescribing birth control and using birth control in teen years, using birth control in teen years, you're halting the maturation of sex you're halting the maturation of sex hormones, hormones, hormones, >> which means that for so many women, and >> which means that for so many women, and we've all heard this, girls are we've all heard this, girls are prescribed birth control for so many prescribed birth control for so many reasons, missing periods, which is reasons, missing periods, which is ridiculous. Um, but everything from acne ridiculous. Um, but everything from acne to mood swings to anxiety to you name to mood swings to anxiety to you name it, it's a solution at this point in it, it's a solution at this point in time medically.

time medically. What that means, however, is that these What that means, however, is that these women come off birth control 10, 20 women come off birth control 10, 20 years later when they want children only years later when they want children only to discover that those problems are to discover that those problems are still there. But because their hormones still there. But because their hormones haven't gone through that maturation, haven't gone through that maturation, they pick up where they left off. So they pick up where they left off. So effectively, effectively, effectively, >> someone who was starting birth control >> someone who was starting birth control at 16 comes off birth control at 36, but at 16 comes off birth control at 36, but they they're going back to their they they're going back to their 16year-old self. So that process can 16year-old self. So that process can then effectively continue. So it's a then effectively continue. So it's a it's a problem. And what research shows it's a problem. And what research shows is that the later someone uses birth is that the later someone uses birth control, the less of an issue it is long control, the less of an issue it is long term. So allowing that maturation to term. So allowing that maturation to happen is important. Now I personally happen is important. Now I personally don't advocate for birth control uh don't advocate for birth control uh generally speaking for lots of reasons.

generally speaking for lots of reasons. Contraception is one thing, but using it Contraception is one thing, but using it to solve a problem is another. Right.

to solve a problem is another. Right. You You You >> mean an unrelated health problem. >> mean an unrelated health problem. >> Correct. I'm not here to say you >> Correct. I'm not here to say you shouldn't use it. I'm here to say be shouldn't use it. I'm here to say be informed. Understand what it does.

informed. Understand what it does. understand what that means and then make understand what that means and then make a decision based on that. But what we a decision based on that. But what we see is a range of problems that could see is a range of problems that could have been avoided had that 16year-old have been avoided had that 16year-old been that health been addressed in the been that health been addressed in the first place. No one's looking at the first place. No one's looking at the root cause at that point in time. And root cause at that point in time. And that's also because the solution isn't that's also because the solution isn't necessarily a medical problem. It's not necessarily a medical problem. It's not a druggable problem. It's actually a a druggable problem. It's actually a lifestyle issue uh or something that's lifestyle issue uh or something that's inherited, but it's still treatable.

inherited, but it's still treatable. It's just not medically treatable. Can It's just not medically treatable.

Endocrine Disruptors And Early Puberty

Can you give some examples of what you see you give some examples of what you see as the major lifestyle driven root as the major lifestyle driven root causes for kids today?

causes for kids today? >> Well, we're seeing teens go through >> Well, we're seeing teens go through puberty earlier and that's a result of puberty earlier and that's a result of endocrine disruptors that we know are in endocrine disruptors that we know are in our chemicals, in our body products, our our chemicals, in our body products, our cleaning products, our shampoos, cleaning products, our shampoos, conditioners, anything we effectively conditioners, anything we effectively put on us and in us, we absorb that and put on us and in us, we absorb that and we know that that disrupts our hormones.

we know that that disrupts our hormones. So, I would say that's probably the So, I would say that's probably the number one. And that's not necessarily number one. And that's not necessarily uh just that can be inherited. It's not uh just that can be inherited. It's not just the child themselves. We don't even just the child themselves. We don't even know this. We only know a little bit know this. We only know a little bit about this information, but it's a about this information, but it's a reason enough for us to go what's reason enough for us to go what's different to 50 years ago. And what are different to 50 years ago. And what are we seeing? And that is one big we seeing? And that is one big difference. When I first started talking difference. When I first started talking about teen health, I think it's about teen health, I think it's important to say the reason I started important to say the reason I started doing this is because I made my splash doing this is because I made my splash into the industry in fertility and I was into the industry in fertility and I was writing books about fertility. And one writing books about fertility. And one day I was like, half of the problems day I was like, half of the problems we're seeing are avoidable. Had the teen we're seeing are avoidable. Had the teen had there been conversation around teen had there been conversation around teen health and had the teen been addressed health and had the teen been addressed at that point in time I wouldn't need to at that point in time I wouldn't need to write fertility books because we write fertility books because we wouldn't be in this situation and to the wouldn't be in this situation and to the your point the second reason that I see your point the second reason that I see is modern lifestyle our pace of is modern lifestyle our pace of lifestyle a lot of us live in cities lifestyle a lot of us live in cities there's pollutants the water quality there's pollutants the water quality it's environmental at that point but it's environmental at that point but also environmental in terms of our also environmental in terms of our stress levels as well we're living stress levels as well we're living fast-paced lives what we even fast-paced lives what we even The pressure that we even see teens The pressure that we even see teens under is incredible to perform, to get under is incredible to perform, to get the grades, to know where they're going the grades, to know where they're going next. Like this has not really been our next. Like this has not really been our life until now.

life until now. >> Yeah. I think about this in from the >> Yeah. I think about this in from the perspective too of just

the nervous perspective too of just the nervous system in us. So the brain is developing system in us. So the brain is developing as well as the reproductive system. We as well as the reproductive system. We know they need so much more time to do know they need so much more time to do that. They need all the way till 24 and that. They need all the way till 24 and they're getting stimulated 24/7 by the they're getting stimulated 24/7 by the blue light which is disrupting their blue light which is disrupting their circadian rhythms which can't be great circadian rhythms which can't be great for hormones. but they're also always for hormones.

Modern Stress And Teen Hormones

but they're also always one text away from their bully, from the one text away from their bully, from the friend that's talking behind their back, friend that's talking behind their back, you know, feeling the social pressure to you know, feeling the social pressure to be on all the time and there's no away be on all the time and there's no away from anymore. I agree with this. I also from anymore. I agree with this. I also think that we're having children later.

think that we're having children later. The relevance becomes a gap. That means The relevance becomes a gap. That means how relevant am I to my child how relevant am I to my child um in terms of just knowing how to um in terms of just knowing how to interact with them. I see a lot of interact with them. I see a lot of people and I hate to say this but I see people and I hate to say this but I see a lot of people that I don't even it's a lot of people that I don't even it's like did you really want to have like did you really want to have children or did you do that just because children or did you do that just because that's what society tells us that we that's what society tells us that we need to do need to do >> but we're delaying that as well we're >> but we're delaying that as well we're having children later now there's having children later now there's nothing wrong with that but we have to nothing wrong with that but we have to stay relevant to our children as well stay relevant to our children as well and how do we do that what we and how we and how do we do that what we and how we were parented was very interesting were parented was very interesting because there was a big gap between because there was a big gap between right we were you're laughing but we right we were you're laughing but we were sneaking out of the house and we were sneaking out of the house and we would teens go for would teens go for >> and how do we even stay relevant? How do >> and how do we even stay relevant? How do we connect with our teenagers? I think we connect with our teenagers? I think this is a big part of the conversation.

this is a big part of the conversation. I'm not out of it yet. I've got a I'm not out of it yet. I've got a 17-year-old and a 13-year-old. But one 17-year-old and a 13-year-old. But one thing I was always adamant was that I thing I was always adamant was that I was going to have a relationship and the was going to have a relationship and the teen years were going to be the best teen years were going to be the best years because also everyone was telling years because also everyone was telling me how they're the worst.

me how they're the worst. >> And you expected a teenager to misbehave >> And you expected a teenager to misbehave and it's their god-given right to sneak and it's their god-given right to sneak out of the house. Maybe it is. But also, out of the house. Maybe it is. But also, if we continue to have conversations if we continue to have conversations with our children, and I think this is with our children, and I think this is an important thing to talk about, then an important thing to talk about, then we can stay somewhat relevant. We can we can stay somewhat relevant. We can have our finger on the pulse. They can have our finger on the pulse. They can have a relationship with us that's not have a relationship with us that's not just a mother and a daughter. It's just a mother and a daughter. It's actually a relationship and there's actually a relationship and there's connection. And I think for my connection. And I think for my generation, that was missing. Things are generation, that was missing. Things are changing. It's it's the landscape is changing. It's it's the landscape is different. Teenagers now they are far different. Teenagers now they are far more socially aware. If you look at even more socially aware. If you look at even I was speaking to someone yesterday and I was speaking to someone yesterday and they were talking about a alcohol event they were talking about a alcohol event that they were hosting and they're like that they were hosting and they're like these kids aren't drinking anymore.

these kids aren't drinking anymore. What's wrong with them? What's wrong with them? >> Right? And I'm like how great is that >> Right? And I'm like how great is that that that's the problem that we're that that's the problem that we're seeing. They are far more socially seeing. They are far more socially aware. They are healthier than ever. So aware. They are healthier than ever. So there's an opportunity really to bridge there's an opportunity really to bridge

this gap right now. and the education is this gap right now. and the education is better, but it's still not great.

better, but it's still not great. There's still a long way to go on that. There's still a long way to go on that. >> So, what would you tell your fellow >> So, what would you tell your fellow parents who are navigating that 12 to parents who are navigating that 12 to 17? Cuz that's you're right in puberty 17?

When Sex Education Should Start

Cuz that's you're right in puberty and you're right in that identity and you're right in that identity maturation where it's a new a new maturation where it's a new a new exploration every day.

exploration every day. >> I would actually take it further back >> I would actually take it further back than that. I would take it back to the than that. I would take it back to the moment that your child says to you, moment that your child says to you, "Hey, mom, where did I come from?" "Hey, mom, where did I come from?" Instead of all the lies that we tell our Instead of all the lies that we tell our children, the stalk brought you. That's children, the stalk brought you. That's horrendous. Like imagine flying through horrendous. Like imagine flying through the air and then landing on someone's the air and then landing on someone's doorstep. No. Um, you know, ask your doorstep. No. Um, you know, ask your father. That's a great one that often father. That's a great one that often people would say of that's what my mom people would say of that's what my mom used to say. Ask your father, he'll tell used to say. Ask your father, he'll tell you as if that's going to happen. That's you as if that's going to happen. That's a conversation I think that it's really a conversation I think that it's really important. I mean, it doesn't matter who important. I mean, it doesn't matter who has the conversation, but I think it's has the conversation, but I think it's about having it then and there.

about having it then and there. >> Yeah. >> Yeah. >> Yeah. >> Children are not attached. When you say >> Children are not attached. When you say mom has eggs, dad has sperm, that comes mom has eggs, dad has sperm, that comes together, that's conception, that's what together, that's conception, that's what makes a baby. A three or four year old makes a baby. A three or four year old generally will accept that. Go, oh yeah, generally will accept that. Go, oh yeah, okay, that makes sense. They're not okay, that makes sense. They're not asking how and when and what happens.

asking how and when and what happens. They just they need just the facts. Now, They just they need just the facts. Now, if they're ready to ask the next if they're ready to ask the next question, they'll start asking the next question, they'll start asking the next question. And I think children when question. And I think children when they're ready to learn, they'll ask, they're ready to learn, they'll ask, right? If we are having these right? If we are having these conversations and it's an evolving conversations and it's an evolving conversation throughout the younger conversation throughout the younger years, by the time we get to the teens, years, by the time we get to the teens, it's not some big conversation that it's not some big conversation that needs to happen. It's needs to happen. It's >> scary. Now, we're going to finally >> scary.

Leading By Example As Parents

Now, we're going to finally address this thing that you're not address this thing that you're not allowed to talk about with allowed to talk about with >> That's right. So, I think it actually >> That's right. So, I think it actually starts when we're starts when we're >> parenting small children to have these >> parenting small children to have these right conversations then to make it right conversations then to make it easier in the teen years. And then I easier in the teen years. And then I think the teen years what I in my think the teen years what I in my experience and what I've seen we cannot experience and what I've seen we cannot make anyone do anything. We cannot make make anyone do anything. We cannot make our teenagers behave the way we want to.

our teenagers behave the way we want to. We a need to lead by example We a need to lead by example >> and we b need to have an open continual >> and we b need to have an open continual conversation that the door is always conversation that the door is always open. I want my children I want to be open. I want my children I want to be the first person they call when there's the first person they call when there's a problem not the last.

a problem not the last. >> For me I pro my parents probably would >> For me I pro my parents probably would have been the last person. So, I want have been the last person. So, I want that conversation to to continue to that conversation to to continue to evolve, not just about my reproductive evolve, not just about my reproductive health and and having uh sexual health and and having uh sexual experiences and those sorts of things, experiences and those sorts of things, but just in generally speaking across but just in generally speaking across the board. I think it's not this is not the board. I think it's not this is not just an issue about sexual health. This just an issue about sexual health. This is a broader issue about everything when is a broader issue about everything when it comes to teens because they're going it comes to teens because they're going through what they're going through and through what they're going through and we joke about it as adults. We're like, we joke about it as adults. We're like, "Oh, to be 17 again, all the worries of "Oh, to be 17 again, all the worries of the world on your shoulders." but to the world on your shoulders." but to them it's their first experiences of a them it's their first experiences of a lot of feelings and emotions. So I think lot of feelings and emotions. So I think we've got to have that awareness as well we've got to have that awareness as well and not kind of segregate them at the and not kind of segregate them at the same time. So it's an open conversation same time. So it's an open conversation >> that we get to continue to have. And >> that we get to continue to have. And finally, it's leading by example. If finally, it's leading by example. If you're sitting there as an adult and you you're sitting there as an adult and you have horrendous menstrual cycles, you have horrendous menstrual cycles, you have every health problem that you can have every health problem that you can think of and you're sitting there hating think of and you're sitting there hating on that, why is your teenager going to on that, why is your teenager going to want to subscribe to that?

want to subscribe to that? >> Absolutely. My mom used to say in front >> Absolutely. My mom used to say in front of strangers or you know they would they of strangers or you know they would they would comment on my body as if I wasn't would comment on my body as if I wasn't standing there. It was very weird and standing there. It was very weird and like oh you got so tall. She yep she's like oh you got so tall. She yep she's all legs didn't get those from me and all legs didn't get those from me and then she would say about her my sister then she would say about her my sister she unfortunately got my legs. She got she unfortunately got my legs. She got the short end of the stick. Like just the short end of the stick. Like just commenting on this is in a way that's commenting on this is in a way that's very shaming and bizarre. So of course very shaming and bizarre. So of course I'm not going to go to her for the the I'm not going to go to her for the the deeper scarier stuff, you know, or deeper scarier stuff, you know, or watching her hate on her body. And I watching her hate on her body. And I definitely learned from my parents the definitely learned from my parents the American dream, which is push through American dream, which is push through till you're dead. You are weak if you till you're dead. You are weak if you slow down and ask what's wrong. You just slow down and ask what's wrong. You just got to work till you literally can't got to work till you literally can't even walk anymore cuz even walk anymore cuz >> it happened to my dad.

>> it happened to my dad. >> So I think this is all relevant when it >> So I think this is all relevant when it comes to health. comes to health. >> Yeah.

>> Yeah. >> Yeah. >> In terms of the what that does to our >> In terms of the what that does to our stress hormones and sex hormones and how stress hormones and sex hormones and how they really interplay with each other.

they really interplay with each other. And if these teenagers are already And if these teenagers are already confused about how things unfold and confused about how things unfold and where they need to be and what's their where they need to be and what's their place in the world and then they don't place in the world and then they don't get the communication, I think that's a get the communication, I think that's a really big problem. And I think that we really big problem. And I think that we can change that just through awareness.

can change that just through awareness. It's not even like taking a supplement It's not even like taking a supplement or doing something else. It's actually or doing something else. It's actually let's have these conversations. Let's let's have these conversations. Let's lighten the load. Let's be responsible lighten the load. Let's be responsible in the sense of what kind of example am in the sense of what kind of example am I setting? And that comes down to am I I setting? And that comes down to am I taking care of myself? What supplements taking care of myself? What supplements am I taking? What how do I eat? Like am I taking? What how do I eat? Like what I call that is home base. How do what I call that is home base. How do you create a home base for your

teen you create a home base for your teen that they're going to stray? That's what that they're going to stray? That's what they do. But that home base is where they do. But that home base is where they come back to. And I had this they come back to. And I had this experience. I did have despite what experience. I did have despite what we're talking about a extremely healthy we're talking about a extremely healthy upbringing. And so when I moved away and upbringing. And so when I moved away and I ate fast food every night and I burnt I ate fast food every night and I burnt the candle at both ends, at one point in the candle at both ends, at one point in time something in my mind went, "Hang time something in my mind went, "Hang on, this doesn't feel right." and I on, this doesn't feel right." and I returned to what I call home base and returned to what I call home base and that was what I knew to be a healthy that was what I knew to be a healthy foundation. So I think these things are foundation. So I think these things are really important to set up long-term really important to set up long-term health, long-term fertility and beyond health, long-term fertility and beyond fertility.

fertility. fertility. >> Yeah. They're watching what you do, not >> Yeah. They're watching what you do, not what you say. So with that foundation in what you say. So with that foundation in place, when it's time to have these place, when it's time to have these difficult conversations and when they difficult conversations and when they get pressure from their GP or whoever get pressure from their GP or whoever you're taking them to to just go on the you're taking them to to just go on the pill early, you know, 16, 15, 14, 13, 12 pill early, you know, 16, 15, 14, 13, 12 to resolve to have a quick fix for the to resolve to have a quick fix for the skin issue or the mood issue. Um, what skin issue or the mood issue. Um, what is in the parents toolkit at that point?

is in the parents toolkit at that point?

Irregular Periods At 16 Explained

I think the first really important thing I think the first really important thing to know is that around the age of 16, to know is that around the age of 16, it's extremely normal for uh woman, it's extremely normal for uh woman, young girls hormones to kind of go a young girls hormones to kind of go a little bit wonky, little bit sideways.

little bit wonky, little bit sideways. >> And this is the time where periods will >> And this is the time where periods will become irregular that the body mimics a become irregular that the body mimics a polycystic ovarian syndrome pattern for polycystic ovarian syndrome pattern for a little while. A lot of moms don't know a little while. A lot of moms don't know this and so we panic cuz that looks like this and so we panic cuz that looks like potentially missing periods or uh potentially missing periods or uh irregular cycles, a little bit of weight irregular cycles, a little bit of weight gain, acne. This is where those changes gain, acne. This is where those changes are really seen and they're temporary.

are really seen and they're temporary. >> No one talks about the fact that they're >> No one talks about the fact that they're temporary. So if at 16 a young woman temporary. So if at 16 a young woman starts to experience these changes, the starts to experience these changes, the mother panics, we go to the doctor and mother panics, we go to the doctor and this is when birth control is often this is when birth control is often what's the recommendation at that point what's the recommendation at that point in time. Especially for a teen who's in time. Especially for a teen who's like a whole week on of that, let alone like a whole week on of that, let alone three months is the end of the world.

three months is the end of the world. >> Absolutely. So knowing that it's very >> Absolutely. So knowing that it's very normal for cycles to become irregular normal for cycles to become irregular around the age of 16 for a couple of around the age of 16 for a couple of years, I think is extremely important.

years, I think is extremely important. It's also where we start to see a little It's also where we start to see a little bit more stress from outside, you know, bit more stress from outside, you know, where we're looking at uh our studies where we're looking at uh our studies and what we're what our career might and what we're what our career might look like. There's a lot of pressure at look like. There's a lot of pressure at that time that also will contribute to that time that also will contribute to the issue. So I think just knowing that the issue. So I think just knowing that alone means you can take a breather. You alone means you can take a breather. You don't need to panic. It's not don't need to panic. It's not necessarily a permanent situation where necessarily a permanent situation where there are

no periods or missing periods there are no periods or missing periods or or regular cycles. I understand the or or regular cycles. I understand the convenience of knowing when your period convenience of knowing when your period is coming for it's stressful for young is coming for it's stressful for young girls as well. But I think at the same girls as well. But I think at the same time teaching them about their bodies, time teaching them about their bodies, teaching them about their menstrual teaching them about their menstrual cycles, about their ovulation patterns, cycles, about their ovulation patterns, when they're fertile, when they're not.

when they're fertile, when they're not. And also the other thing at this point And also the other thing at this point in time is a lot of mothers panic in time is a lot of mothers panic because their daughters become sexually because their daughters become sexually active. So it's another reason that active. So it's another reason that they're prescribed birth control. And I they're prescribed birth control. And I think this piece of education becomes think this piece of education becomes extremely important to un help them extremely important to un help them understand when I'm fertile potentially understand when I'm fertile potentially only 3 days of the cycle. Are you only 3 days of the cycle. Are you fertile for why would we flatline fertile for why would we flatline hormones hormones hormones >> with birth control?

>> with birth control? >> Stop sexual maturity. >> Stop sexual maturity.

Long Term Risks Of The Pill

>> Absolutely. We know unfortunately that >> Absolutely. We know unfortunately that that the pill is considered a type one that the pill is considered a type one carinogen like there are long-term carinogen like there are long-term issues and and so I think just knowing issues and and so I think just knowing that allows you to make good choices. I that allows you to make good choices. I have been asked many times okay now well have been asked many times okay now well if my daughter's not going on birth if my daughter's not going on birth control what is she doing? I really control what is she doing? I really think first and foremost her think first and foremost her understanding her body and her menstrual understanding her body and her menstrual cycle is the most important thing anyone cycle is the most important thing anyone can give their teen. The second thing is can give their teen. The second thing is if she knows when she's fertile and when if she knows when she's fertile and when she's not, and should she be intimate she's not, and should she be intimate with somebody in a time where she's with somebody in a time where she's fertile, that's where I would say, okay, fertile, that's where I would say, okay, well, that's where you would use plan B.

well, that's where you would use plan B. But that's not an ongoing contraceptive But that's not an ongoing contraceptive method. method. method. >> That's something that you can use in an >> That's something that you can use in an emergency.

emergency. emergency. >> But I think knowing if you know your >> But I think knowing if you know your cycle, cycle, cycle, >> then the a lot of these issues become >> then the a lot of these issues become null and void because you don't need to null and void because you don't need to panic. You cannot fall pregnant every panic. You cannot fall pregnant every day. So teaching her that I think is day. So teaching her that I think is really important. And so knowing that really important. And so knowing that when you go to a GP or a medical when you go to a GP or a medical provider that's prescribing birth provider that's prescribing birth control at that point in time, if you control at that point in time, if you know these things, then you can be more know these things, then you can be more equipped and better armed to make better equipped and better armed to make better long-term choices.

long-term choices. >> And if you've developed your >> And if you've developed your relationship with your child to talk relationship with your child to talk about sexual maturity and being about sexual maturity and being responsible for your body, like if responsible for your body, like if you're old enough to have sex, then you're old enough to have sex, then you're old enough to track your cycle you're old enough to track your cycle and be responsible for your choices.

and be responsible for your choices. >> Absolutely. But this all starts from >> Absolutely. But this all starts from even a younger age when a woman first even a younger age when a woman first starts menstruating to have that starts menstruating to have that awareness come in awareness come in >> to learn that piece >> to learn that

piece >> to learn that piece then and there.

>> to learn that piece then and there. Absolutely. Absolutely. Absolutely. >> I know it's a really tough and complex >> I know it's a really tough and complex conversation. Um what I want to fully conversation. Um what I want to fully lay out the landscape for as somebody's lay out the landscape for as somebody's considering delaying birth control from considering delaying birth control from that first time you get pressure to get that first time you get pressure to get put on it, you know, until as far into put on it, you know, until as far into sexual maturity as possible. What are sexual maturity as possible. What are some of the other consequences of being some of the other consequences of being on birth control long term? like we know on birth control long term? like we know there's a a lot of like a toxicant there's a a lot of like a toxicant inflammatory cascade. How does that show inflammatory cascade. How does that show up?

up? up?

Gut Health And Hormone Imbalance

>> There are so many ways that that shows >> There are so many ways that that shows up and we're learning more and more. I up and we're learning more and more. I can't and like I said before, we know can't and like I said before, we know it's a type one carinogen. So, I think it's a type one carinogen. So, I think it it's not the only thing that's going it it's not the only thing that's going to trigger problems down the track, but to trigger problems down the track, but it is certainly a contributing factor.

it is certainly a contributing factor. We know that it also takes a really big We know that it also takes a really big toll on the liver and when it comes to toll on the liver and when it comes to our detox pathways, it can really mess our detox pathways, it can really mess things up there as well.

things up there as well. >> Also, the prevalence of candida >> Also, the prevalence of candida overgrowth and the so you get lots of overgrowth and the so you get lots of long-term gut issues and that can long-term gut issues and that can contribute to depression in and of contribute to depression in and of itself.

itself. itself. >> Birth control, unfortunately, the pill >> Birth control, unfortunately, the pill especially, um, it absolutely upsets the especially, um, it absolutely upsets the microbiome. It absolutely robs the body microbiome. It absolutely robs the body of essential vitamins and minerals. only of essential vitamins and minerals. only the only vitamin and mineral that the only vitamin and mineral that doesn't seem to uh deplete is iron. And doesn't seem to uh deplete is iron. And even then though, if the gut's not even then though, if the gut's not absorbing properly anymore, you're going absorbing properly anymore, you're going to end up iron deficient for other to end up iron deficient for other reasons.

reasons. reasons. >> So, we know that there's that gut piece >> So, we know that there's that gut piece for sure with the gut integrity on the for sure with the gut integrity on the whole. But that's all that's all whole. But that's all that's all medications. That's unfortunately that's medications. That's unfortunately that's the implications. So, we know that that the implications. So, we know that that is definitely a factor. We know that is definitely a factor. We know that this can contribute to things like this can contribute to things like irregular cycles down the track, irregular cycles down the track, infertility, infertility, infertility, uh PCOS, post pill PCOS is a real issue uh PCOS, post pill PCOS is a real issue that we see. There's pretty much any that we see. There's pretty much any hormone imbalance that existed before hormone imbalance that existed before you went on birth control is going to be you went on birth control is going to be there when you're not on birth control there when you're not on birth control any longer and some because of all of any longer and some because of all of these things that we're talking about.

these things that we're talking about. It really does deplete the body on every It really does deplete the body on every level. And to your point also that level. And to your point also that inflammatory piece is also something inflammatory piece is also something that you know we need to consider when that you know we need to consider when someone's coming off birth control. So, someone's coming off birth control. So, if somebody is on it, setting themselves if somebody is on it, setting themselves up, taking, you know, a great uh up, taking, you know, a great uh minerals and vitamins and things that minerals and vitamins and things that are really supportive, probiotics, are

really supportive, probiotics, prebiotics, prebiotics, prebiotics, knowing, however, that that's not knowing, however, that that's not necessarily a a license that you can, necessarily a a license that you can, you know, freely do whatever you like, you know, freely do whatever you like, that you can't the birth control, the that you can't the birth control, the effect that that has is bigger than any effect that that has is bigger than any of these things, but it's still being of these things, but it's still being proactive at the same time. Yeah.

proactive at the same time. Yeah. >> Um, I used to say if a patient came to >> Um, I used to say if a patient came to me and they were on birth control, I me and they were on birth control, I used to say, "I can't help you until used to say, "I can't help you until you're not taking birth control you're not taking birth control anymore." And I've changed my stance on anymore." And I've changed my stance on that. I can of course support people and that. I can of course support people and meet them where they're at. But very meet them where they're at. But very often their problems don't go away until often their problems don't go away until they cease taking it because it is more they cease taking it because it is more controlling than a lot of the things controlling than a lot of the things that we can offer them.

that we can offer them. >> So, I think just knowing these things is >> So, I think just knowing these things is very important. But any hormone very important. But any hormone imbalance that was pre-existing will imbalance that was pre-existing will still be there. It cannot solve that still be there. It cannot solve that problem.

problem. problem. >> Right? And let's talk too about the >> Right? And let's talk too about the birth control detox problem because we birth control detox problem because we know whenever we stop taking a know whenever we stop taking a medication, the body has to go through medication, the body has to go through the whole process of starting to the whole process of starting to mobilize out those residues from the mobilize out those residues from the tissues and that's hard on the liver.

tissues and that's hard on the liver. It's hard on the endocrine system. It's It's hard on the endocrine system. It's hard on the gut. Um for any medication hard on the gut.

Post Pill Detox And Liver Support

Um for any medication and I think that we're still in this and I think that we're still in this gray zone like wilderness of what gray zone like wilderness of what happens to women after they come off of happens to women after they come off of birth control. It's really important to birth control. It's really important to start that whole process straight away.

start that whole process straight away. Like some women will wait. We often see Like some women will wait. We often see that they will their skin will flare that they will their skin will flare around six months later. Their hair will around six months later. Their hair will start to fall out potentially. So don't start to fall out potentially. So don't wait. If you're coming off birth wait. If you're coming off birth control, then be proactive from the control, then be proactive from the absolute beginning. This is where you absolute beginning. This is where you and I look at every way that I can help and I look at every way that I can help someone to support their detox pathways someone to support their detox pathways at this point in time to eliminate this at this point in time to eliminate this as quickly as possible. Nothing crazy.

as quickly as possible. Nothing crazy. the normal things that we would think the normal things that we would think about. How do I support my lymphatics?

about. How do I support my lymphatics? How do I start to sweat more? How do I How do I start to sweat more? How do I support the liver with certain support the liver with certain supplements?

supplements? supplements? >> Make sure you're moving your bowels >> Make sure you're moving your bowels because otherwise you'll reveal my because otherwise you'll reveal my number one thing. If someone says to me, number one thing. If someone says to me, "How do I fix my teen's health?" I'm "How do I fix my teen's health?" I'm like, "Just make sure they're moving like, "Just make sure they're moving their bowels every day." Like, that is their bowels every day." Like, that is the number one thing that we need to be the number one thing that we need to be

doing.

doing. doing. >> That's number one thing I say to >> That's number one thing I say to parents, too. If they're not moving parents, too. If they're not moving their bowels every day, expect an their bowels every day, expect an increase in behavior issues. Like, it's increase in behavior issues. Like, it's just gonna happen. Sarah, just gonna happen. Sarah, >> to that point, teenagers, I think, are >> to that point, teenagers, I think, are the probably the most temperamental the probably the most temperamental >> that we're going to see and at least as >> that we're going to see and at least as our responsibility as adults to take our responsibility as adults to take care of. Some might argue toddlers might care of. Some might argue toddlers might be temperamental, but I think teens, be temperamental, but I think teens, there's a whole lot more going on for a there's a whole lot more going on for a teenager, right? Again, what's the very teenager, right? Again, what's the very least that I can get someone to do to at least that I can get someone to do to at least have an impact? So, this is where least have an impact? So, this is where the I think moving the bows is really the I think moving the bows is really important because it's just one thing.

important because it's just one thing. If you present to a teenager, we're If you present to a teenager, we're going to do all of these things. They're going to do all of these things. They're going to be like, "Oh, hell no. I don't going to be like, "Oh, hell no. I don't have I don't Why are you doing this to have I don't Why are you doing this to me for why can't I live my best life me for why can't I live my best life like my best friend does?" So, starting like my best friend does?" So, starting with that and how do I mean to me with that and how do I mean to me there's a gut piece to that and a liver there's a gut piece to that and a liver piece to that that is super important.

piece to that that is super important. So, it's a good measure, however, for So, it's a good measure, however, for someone that's just learning about their someone that's just learning about their body to be able to go, okay, have I body to be able to go, okay, have I moved my bows today? It's the one thing moved my bows today? It's the one thing that I need to know. And I al also say that I need to know. And I al also say to teenagers as well, if you are doing to teenagers as well, if you are doing that, your skin will clear up because that, your skin will clear up because they don't actually care about the they don't actually care about the mechanics. They care about how they mechanics. They care about how they look. So I think being able to use the look. So I think being able to use the the vanity piece of that actually moves the vanity piece of that actually moves the needle for them. They'll do it the needle for them. They'll do it because they're going to have clearer because they're going to have clearer skin. They'll do it because, you know, skin. They'll do it because, you know, they're going to have healthier hair, they're going to have healthier hair, less oily hair. These sorts of things less oily hair. These sorts of things that we see when there are hormone that we see when there are hormone imbalances. And again, these hormone imbalances. And again, these hormone imbalances are temporary at that time.

imbalances are temporary at that time. So we just want to support them through So we just want to support them through that. It's not like we have to fix them that. It's not like we have to fix them necessarily at that point in time. It's necessarily at that point in time.

Acne, Accutane And Root Causes

It's about supporting them through these about supporting them through these changes so that their body can regulate changes so that their body can regulate things more quickly.

things more quickly. >> And I think we talked so much about the >> And I think we talked so much about the birth control used for um suppressing birth control used for um suppressing skin issues that we have to also mention skin issues that we have to also mention Accutane because like Michael, my Accutane because like Michael, my husband, as you know well, he was put on husband, as you know well, he was put on Accutane and as a teenager and Accutane and as a teenager and absolutely ruined his cognitive absolutely ruined his cognitive abilities and set his liver up for abilities and set his liver up for really long-term suffering and it has really long-term suffering and it has taken him decades. was absolutely his taken him decades. was absolutely his on-ramp to MCCAST to not being able to on-ramp to MCCAST to not being able to deal with the mold that he was exposed deal with the mold that he was exposed to. And so, we have to stop looking at to. And so, we have to stop looking at these drugs as short-term band-aids for these drugs as short-term band-aids for our teens.

our teens. >> Yeah. >> Yeah. >> Yeah. >> And work with them, >> And work with them, >> you know, whatever they're willing to >> you know, whatever they're willing to do, like you say, so that we don't set do, like you say, so that we don't set them up for decades of suffering them up for decades of suffering afterwards.

afterwards. afterwards. >> It's so true. And it's not it's so much >> It's so true. And it's not it's so much easier to do that when they're a easier to do that when they're a teenager than at any other time.

teenager than at any other time. >> The longer these things are left >> The longer these things are left unattended to, the bigger the problem unattended to, the bigger the problem becomes. M becomes. M >> and absolutely acne is just a sign that >> and absolutely acne is just a sign that there's a lot going on inside that needs there's a lot going on inside that needs to be addressed.

to be addressed. >> But it's we're very good at treating the >> But it's we're very good at treating the symptom without looking at the root symptom without looking at the root cause. And it's how do we come back to cause. And it's how do we come back to what's actually happening here? Where what's actually happening here? Where are the imbalances? And obviously are the imbalances? And obviously starting with the gut is a really great starting with the gut is a really great first step. But I think doing it in the first step. But I think doing it in the right way. I think so often we we go in right way. I think so often we we go in with the gut really gungho. we flare with the gut really gungho. we flare more and then we give up because also more and then we give up because also we're probably trying to do things on we're probably trying to do things on our own when we maybe need to actually our own when we maybe need to actually seek some guidance.

seek some guidance. >> I want to give you a chance as we wrap >> I want to give you a chance as we wrap up today to speak directly to your up today to speak directly to your colleagues who are hormone specialists, colleagues who are hormone specialists, fertility specialists, and are putting fertility specialists, and are putting teens on these drugs. Um, what would you teens on these drugs.

A Message To Hormone Specialists

Um, what would you like to say to them right now? I mean, I like to say to them right now? I mean, I think I would like to say let's get back think I would like to say let's get back to root cause medicine and really be to root cause medicine and really be able to ask questions as to why would able to ask questions as to why would somebody be presenting with irregular somebody be presenting with irregular periods or acne or painful periods or periods or acne or painful periods or whatever it is the presentation is whatever it is the presentation is >> and really get back to the fundamentals.

>> and really get back to the fundamentals. It's a brilliant opportunity to set them It's a brilliant opportunity to set them up for long-term health. So, using the up for long-term health. So, using the feedback rather than just being quick to feedback rather than just being quick to prescribe something. Now I know also prescribe something. Now I know also that many of my colleagues might have 10 that many of my colleagues might have 10 minutes at best with their patients. So minutes at best with their patients. So how do you have these conversations to how do you have these conversations to educate them that symptoms are just educate them that symptoms are just signs and clues for what's actually signs and clues for what's actually happening in the internal land internal happening in the internal land internal landscape of the body and let's start to landscape of the body and let's start to treat this from that level rather than treat this from that level rather than being reactive to a problem. And I think being reactive to a problem. And I think if we can just really start to come back if we can just really start to come back to that and remember that the later we to that and remember that the later we delay birth control or the longer we delay birth control or the longer we delay birth control rather, the less delay birth control rather, the less implications there are. I think that's implications there are. I think that's such an important message for everybody such an important message for everybody to really take home. And I know we've to really take home. And I know we've talked about it already, but I think talked about it already, but I think that is actually the most important that is actually the most important thing. It's to me it's a disservice and thing. It's to me it's a disservice and it's lazy medicine it's lazy medicine >> if we're not looking at why a problem is >> if we're not looking at why a problem is happening.

happening. happening. >> That's a great point and and I also the >> That's a great point and and I also the

informed consent piece, right? So, I informed consent piece, right? So, I almost went on Accutane. I went into the almost went on Accutane. I went into the health center in college and I went in health center in college and I went in asking for it. I know so many of my asking for it. I know so many of my friends went in asking for birth friends went in asking for birth control. Put me on it. Here's the one I control. Put me on it. Here's the one I want. They'd already made a decision want. They'd already made a decision based on what their friends were doing.

based on what their friends were doing. And I came in asking for Accutane. And And I came in asking for Accutane. And the way the nurse sat me down and walked the way the nurse sat me down and walked me through the side effects made me say, me through the side effects made me say, "You know what? I'm going to take a "You know what? I'm going to take a little longer." And I'm so grateful that little longer." And I'm so grateful that I got I actually got that informed I got I actually got that informed consent. So, thanks so much for doing consent. So, thanks so much for doing that.

that. that. >> Comes down to education and having these >> Comes down to education and having these conversations and talking more about it. conversations and talking more about it.

Ultimately, it comes down to always Ultimately, it comes down to always asking why. asking why. >> Beautifully said. Thanks for all your >> Beautifully said. Thanks for all your advocacy work in this space. N advocacy work in this space. N >> thank you so much for having me today.

>> thank you so much for having me today. >> Thanks for spending this time with us >> Thanks for spending this time with us today. I know these conversations can today. I know these conversations can bring up a lot and I want you to have bring up a lot and I want you to have room to sit with what you learned and room to sit with what you learned and let it land in your own body. If you let it land in your own body. If you want more support or you're curious want more support or you're curious about the next step on your healing about the next step on your healing path, you can always connect with me.

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