Introduction to Hormone Heroines and thyroid health

One of the most overlooked aspects of weight gain is insulin production or insulin surges and insulin secretions. And when you have all of these insulin spikes and insulinsurges, and you start to become more insulin resistant, It communicates with the thyroid to down-regulate your metabolism.

You really cannot store fat without the presence of insulin. Understanding and recognizing the foods that we're eating that are contributing to these insulin surges are imperative.

Do you feel like your hormones have turned against you? Trust us, you're not alone. We're Dr. Serena and Dr Heidi and on Hormone Heroines we explore all the root causes that are behind hormone imbalances and we teach you how to thrive through them.

Join us for real talk, expert tips and even a few laughs. Hello and welcome back to Hormone Heroines. Today we're going to be talking about thyroid and we are going be speaking with Dr.

Heather Stone who is one of the top functional medicine practitioners in the world. She has over 20 years of clinical experience in private practice. During that time she has successfully helped thousands of women overcome the symptoms of hypothyroidism and Hashimoto's thyroiditis.

Her thyroid transformation blueprint has been used by hundreds of doctors and thus has helped countless women return to happy, healthy and lean. Her mission is to change the face of healthcare through her private practice, books, master classes, webinars, education programs, and retreats on her ranch in Texas.

Hello and welcome Dr. Heather Stone. Thank you for having me.

Dr. Heather Stoneu2019s personal Hashimotou2019s journey

Great. Well, I'm very excited because I have autoimmune thyroiditis. I has Hashimoto's. However, have done a lot of work on myself and now I am in remission and I've been able to do the things I need to so I not having to take like libofiroxine or leothrionine, or anything like that.

So this is definitely something that hits home to me. personally, but let's talk about you and how you kind of got inspired to build a healthcare practice for women who suffer from low thyroid and Hashimoto's like a lot of us actually do.

Yeah, you know, for me, it was a personal journey, just like most healthcare practitioners, that get into this space. So I was struggling with all the typical symptoms of low-thyroid.

I had low energy and my menstrual cycles were really off and I went to a traditional or conventional doctor, OB-GYN, and I did get something very valuable out of that visit.

First of all, he said everything was normal, nothing's going on with your thyroid, I think you're exercising too much, which is why you don't have menstrual cycles.

And then as he's leaving, He's like, oh, by the way, You're probably not going to be able to have babies on your own. You'll have issues with fertility.

So just come back when you're ready for fertility treatment. And I was like, first of all, a little annoyed. Secondly, I said, wait a second. He just said I wasn't having a menstrual cycle because I exercising too much, but I'm like 50 pounds overweight.

At the time, I had some background knowledge that yes, women who have very low body fat, when they exercise too much, their menstrual cycles can stop.

I'm like, that is not me. And that's not why I am not having menstruation issues and none of this makes sense. So as frustrating as that experience was, it is what was really the turning point for me because I was like I not going to have this life.

Like I have to figure this out and once I did figure it out, I like oh my gosh. There are literally millions of women who do not have access to this information.

They don't know how to handle and look at the underlying root causes. And so that became my mission to really change the face of healthcare and start to empower women to understand what their bodies are communicating with them.

and to let them really know and understand that they don't have to live with symptoms. And it really doesn't to be the traditional life is just this way, you know, as we start to age.

Right, right. Yeah, we definitely hear that a lot. I think one of the things that we always try to talk to our patients about, too, is you need to learn how to advocate for yourself.

Yes, I had a really similar experience to you, although I um, don't have a thyroid issue. I ended up with the same, like you're exercising and that's causing all these issues with your cycle.

And so I really resonate with her story. That's why I got into healthcare as well. It was like, I'm not going to accept these answers. So on that note for women, what is your number one tip that you give someone who, who is looking to experience a Thyroid transformation?

Well, I think first of all, you know, and this is not necessarily just for women who have low thyroid, but I ultimately you have to understand that your body's not working against you.

It's always working for you, it's trying the best that it can to survive.

Root causes, comprehensive testing, and thyroid labs

And so when we have symptoms and when have disease processes and things going on, It's our body's way of communicating with you or us that something is not right.

And so a lot of times we get frustrated when our bodies aren't seemingly cooperating and we can kind of beat ourselves up and think that's something wrong with us when in reality the body is just trying to communicate.

When we have a symptom, it means that there is some kind underlying imbalance that hasn't been resolved. And so you can try a gajillion things and start to think like, oh my gosh, something's wrong with me because these gagillion thing didn't work.

But when we are just trying things without understanding the underlying root cause, that can lead to a lot of frustration. So really digging in and figuring out what is the root causes or causes, there's rarely one, what are the underlining root contributing to this symptom or disease process and then go about resolution in that way instead of guessing and your body will cooperate.

I think that's such an amazing message because I see on social media all the time people are trying all these different things and you know it's working or like sometimes it works for one person it doesn't work for the next person and they're like what's wrong with me and it don't have the same issue underneath you probably need a little bit more digging to figure out what that really causes.

You have a different issue causing those same symptoms because there's let's be honest with hormones a lot of

the same symptoms overlap with everything.

A lot thyroid symptoms overlapped with perimenopause, postmenopausal or PCOS or PMDD. They all kind of play off of each other. Even a high cortisol picture kind acts like a low thyroid picture or even a hyperthyroid picture.

So you really have to figure out what's going on before you can really actually treat it. And it's a different treatment depending on what actually kind going.

With that in mind, What have you found to be the most important health practices that you have used to overcome low thyroid and Hashimoto's? Well, I think the most important thing is to really do comprehensive testing.

Because like you said, you can have dysglycemia, which means you have a blood sugar issue. Whether it's hypoglycemias or insulin resistance, PCOS, You can a have blood-sugar variability issue, those symptoms look exactly like low thyroid.

Those symptoms like exactly postmenopausal. Like you could literally put those symptom over all these labels that we give ourselves. And so in order to stop the frustration and stop guessing at all these things, we really need to do comprehensive testing so that you can customize a treatment plan.

The other day I was looking on social media and I just digging in a little bit to see like what is the sentiment and energy around diabetes. I'm like, what are people looking for and looking at?

And you know, it's interesting because all the stuff on social media, the reels that get hundreds of thousands or even millions of views, is like the five things to reverse diabetes.

And I wish that was the case. I wish it was just eat five foods and you could totally turn diabetes around. Now, I'm not saying that maybe those five food do help, but when we're dealing with chronic degenerative diseases, there's not usually like one quick fix.

There's no one magic supplement or one magical food that's going to turn the body around, the bodies much more complex than that and the cool thing is that when you test and you can figure out what are the top priorities, like what the biggest underlying imbalances that are going to move the needle the most?

And you start working on those, the body starts to respond amazingly quick. Yeah, it definitely does. We've had somebody else on here, a few other people talking about thyroid testing.

What are your preferred testing routes and what is everything that you tested? Because I know what we do, but I love learning anything new that we can get our hands on.

Yeah, I think it's important to first talk about what is the testing that we look at for thyroid. But then we also have to realize that thyroid doesn't work by itself.

Like the thyroid works with the whole entire body and we like to single out an organ or a system, but every single thing is connected. And so when we look at thyroid, there's 12 different markers that make up my thyroid panel.

Now one of those markers is really for Graves' disease, so we don't order that on every single person, but for the most part on everybody we order a TSH, we ordered a free and total T4, a Free and Total T3, We order free thyroxine index, T3 uptake, reverse T.

Those are the main ones that we're ordering so that you can understand thyroid physiology. What really is a kind of like a fallacy is to think that can evaluate thyroid metabolism by looking at a TSH.

Because the TSH, as you guys know, is made by the pituitary and it's just a communication signal to the thyroid to make hormones. But once the thyroid makes hormones, now the TSH can be off because of a pitutary problem that has nothing really to do with the Thyroid.

All thyroid metabolism happens outside of the thyroid. Like once you make T4 or once take T-4, what happens after that is not in the thyroids, it's in other parts of your body.

And what regulates and what the Thyroid hormones depend on is the communication from everything else. From your blood sugar, from inflammation, toxic load, there's all kinds of things that impact thyroid physiology and vice versa.

So yes, it's important to run a complete thyroid panel so that you can understand what's going on with thyroid physiology. But if you want to understand, so once you understand the what, you have to go even deeper to understanding the why.

Looking at hormones and blood sugar and liver function and gut health and kidney function, and toxic load, all of those things are going to impact your thyroid function in metabolism.

So on that note, testing is obviously a big factor, but what would you say are the top three things that doctors get wrong when they're trying to manage a woman who has these hypothyroid issues or thyroid issues in general?

I would say the top three things. Number one, they don't test enough, right? They're mostly just doing a TSH and maybe they do a t4, but they're not doing free t-4.

They are just the basic stuff because that's how classically that has been trained because their solution is thyroid hormones. So you're really not going to do much with all those other tests if the only thing in your toolbox is Thyroid Hormone Replacement.

Common mistakes in thyroid and Hashimotou2019s care

I mean, they don't really have any use for all of those other labs. Number two is most of the time they really go into and understand the mechanism of autoimmunity in Hashimoto's.

That's the number one cause of low thyroid, yet all they're doing is replacing thyroid hormones. Even though that's really important, this whole autoimmune mechanism that is going on underneath the surface is creating much bigger issues.

for women and even though their thyroid hormones might be normal on labs, they have this underlying autoimmune issue happening. It's putting them at risk for other auto immune diseases and thyroid cancer.

And I would say lastly, to really be so myopic and that they're just looking at thyroid because what happens is once you're labeled with low thyroid, like every symptom you have is associated with a low-thyroid and they don't keep investigating.

they're not looking at hormones, they are not look at blood sugar, and they aren't looking all those other things because you've been labeled with low thyroid.

And then patients are like, but I still have all these symptoms. Then doctors will say, well, you just need to go exercise and eat less or just go lose weight and those symptoms will get better.

Or they say what do you expect? You have low-thyroid, that's kind of like just how life is going to be now. they shift and say, you're postmenopausal.

So that's what it's like when you are post menopause, so just get used to it. And so I think that those are the top three biggest mistakes that are made.

Yeah, we see that a lot, honestly, because we're naturopathic doctors. We were taught to run all of the labs, right? So we run the antibodies. Also, just checking to see if there is Graves' disease, because sometimes Grave's disease can be hyper or hypo and kind of go back and forth.

And we need to know what's happening. Autoimmune disease in naturopathic school, we're taught how to really go into what is causing the inflammation in the body that is, causing your immune system to attack your own body.

So you can calm that inflammation down. And I try to explain that to patients all the time. They're like, no, it's not an immune disease. I'm going to have it forever.

and I am always going have to do this and do that. If we get rid of the information and we got rid off the offending causes, It can come down and like we just retested my thyroid antibodies, which were skyrocketed two years ago.

and now they're completely negative. All of them are completely negatively. My thyroid is completely normal, and I'm not on levothyroxine anymore. So it can be done.

You just have to figure out what is causing it. In my case, it was stress, so that was hard. Yeah, I think that's probably one of the most overlooked underlying root causes is stress.

And I that you could be doing every single thing right. Then you're like, what else is there? What else could going on? And then I'm like let's take a step back.

You're so stressed out. Well, I think the biggest thing with that is learning how to manage stress or respond to stress. And also, we get addicted to those stress hormones, so we start to create the stress even though there may not be a lot of external stress, but I thing that's really overlooked and we have a lotta control over how we respond the the stressed that going on in our lives.

Yeah, I like to tell people that, you know, when you go into the doctor, a lot of times as a woman you get told like, oh, it's just stress and like. Yeah, it might be just stress, but that's huge.

Stress isn't just stressed. stress impacts us immensely. So yeah, we should always dig deeper, But we also always acknowledge that stress can hugely impact your health and work on it.

Yeah. That being said, We were talking a little bit about weight. What do you feel like is the most common mistake that women make when they're trying to lose weight or ultimately reverse all of their thyroid symptoms as a whole?

Yeah, I think for the most part, when we're talking about weight, one of the over looked aspects of weight gain is insulin production or insulin surges and insulin secretions.

And essentially when you have all of these insulin spikes and insulinsurges, and you start to become more insulin resistant, It communicates with the thyroid to down-regulate your metabolism, your metabolic rate, right?

You really cannot store fat without the presence of insulin. So understanding and recognizing the foods that we're eating that are contributing to these insulin surges are imperative.

Stress, insulin, and weight gain

The other thing that is really cool, I wear a CGM almost all the time and I started using that in my practice as a standard because one of the things that we have a tendency to do is to think that our blood sugar and these insulin surges are only related to the foods that were eating.

but insulin surges and high blood sugar, even dysregulated blood, sugar can be as a consequence of underlying infections, inflammation, the stress response.

And so that's what wearing a CGM for me has really been very eye-opening because my blood-sugar can completely perfect, but if I have a stressful moment or event, it can go way up.

I'm like, what in the world did what is my blood sugar doing? And why is it doing that? I take a step back. It's not what I was eating. Yeah, cortisol is a stress response.

And that's how the body responds, right? When you're in a state of stress, you've got to run, fight or hide and you have to mobilize glucose to be able to do that.

And so, despite what you're eating, your blood sugar can really be dysregulated based on some of those other underlying issues. And, so I think bloodsugar, for me, as a rule of thumb, if a patient is dealing with a weight issue, it's almost always there's an underlying blood-sugare issue.

Now, could the thyroid be related? Absolutely. But we've got to really address this blood suger issue as primary thing. The other thing, people think they don't have a blood sugar problem because they've gone to their doctor and their doctors says everything looks fine.

But they're usually, conventionally speaking, everything look fine in the conventional model as long as they do not have pre-diabetes or diabetes. This whole blood-sugar thing starts way before you ever get diagnosed with pre diabetes or Yeah, we definitely have a lot of conversations with people about that.

We do a of obviously diet, nutrition and movement and all of those things because your body works as a whole, right? Like you can't just do one thing.

You have to have all the things together. Speaking of all other things, together, I know your thyroid blueprint has seven pillars. So can you quickly lay out all seven of the pillars of your Thyroid Transformation Blueprint and highlight maybe one or two of them that you feel are the most important for Sure.

Yep. And so the blueprint, you really do need to go in order to get the best results. One of the biggest mistakes, I think, is people will go from pillar one to pillar number four.

We're skipping the steps. And so let me give you some context. Pillar number one is you have to have a constant pursuit of your goals. So first of all, we have have goals, We have too back those goals up with motivations.

You know, New Year's resolutions are broken or forgotten by the middle of February every single year because we don't have any motivations tied to those goal.

What are you passionate about? What do you love about life? what are looking forward to? Where do want your future to look like? because what we do today is going to determine what our life is gonna look like in the next five to ten years.

Now, pillar number two is that you have to have comprehensive testing, right? And, you know, for us, like a standard is all of those markers that I talked about with the thyroid, and I did forget thyroid antibodies.

So yes, all of those are thyroid markers, plus looking at everything else, your blood sugar, looking your kidney, liver, inflammatory markers. All of that in the blood, but also looking out your hormones and your adrenals and cortisol and looking in your gut and like your toxic load.

So first, you've got to have really comprehensive testing. And then the third pillar is that you need a comprehensive diagnosis and analysis of those labs.

I think so many times we like to stick a diagnosis with one lab marker. Like for example, we've kind of been taught and trained, like if you look at a hemoglobin A1c, you kind of functional medicine is to be able to take all of these labs and look at the patterns and understand what the pattern are telling you and be to determine what is the highest priority.

So you're not stuck treating every single little lab marker. That's not really how functional medicine work. So you've got to be able to put a whole case together with all the pieces.

And so that's pillar number three is the proper diagnosis and analysis.

The seven pillars of the Thyroid Transformation Blueprint

Remember, for the audience, you're not just diagnosing disease. First, yes, if you have a disease or you a major problem that tells us the what, but then you got have the appropriate information to tell you why you had that.

And then pillar number four, once you have the analysis, you can do customized treatment plans or customized care for someone so that we're no longer guessing.

We get stuck where we have a problem and we go on social media and they say, take the supplement, try these five foods, do these things. And we try that and were like, that didn't work for me.

Then we end up with a cabinet full of half-eaten supplements And all these things, lotions and potions, and you know I'm guilty of that too at times because we didn't have a customized treatment plan and we're really just guessing at what is going to be the solution.

And then pillar number five is that you really need a coach to help you through this process. to put this all together so it doesn't take you 20 years to figure it out.

And most people don't have 20-years to do it. Why would you want it to take that long when you have people that have already figured it? Because I think most of the time, people start and stop at the same process, the problem like a million times.

Like they start on this health journey and they go into a valley or they have a problem that they can't overcome. And so they give up and then they back at one again, right?

And if you have coach, they kind of help you through those difficulties, those challenges or what we might think of as a problems so that you keep moving forward.

And the other part of that whole pillar five is not only do you need a coach, but you to be coachable. So you have to like really actually care about your health more than anybody else, because if somebody else cares more about health, you're always in the wrong position.

They're going to pushing you there. It's not going be fun for anybody. And then pillar number six is you have to continue to retest, right? So you've got to make sure that you're moving in the right direction.

The issues you were working on are being resolved and your body changes and heals faster than we even think is imaginable when you are working the underlying root cause.

So we don't want to keep working something that's been resolved, so once it's resolved we move on to the next priority. And so pillar seven is continuing to customize care throughout this whole journey.

Yeah. Yeah, we definitely see that a lot. And especially the coaching thing is like, one of the biggest problems we run into is people don't want to be coached, but then they are upset that nothing's changing.

You have to do the work too. We can't magically make it go away. But I think one part with the Coaching that is really, really good for people is making sure that you're explaining why you need to keep going through something.

Because if it feels like nothing is happening, that's when you want to stop, right? Like if you feel like you've hit a plateau, it's like I'm doing all the things, but nothing's happening.

Having the coach there to explain why it is going to take another couple of weeks, another month, you know, to actually see the difference, I think really, really helps people to get over that hump and stay the course.

Sure. I was just talking to my, one of my health coaches this morning and she said, Dr. Heather, I have to really pay attention because when people are getting into more deeper detox phases after they have been feeling really good

and we've been supporting detoxification.

And then when we get to, really pushing the toxins out of the system. Maybe their energy starts to wane a bit, maybe their weight loss kind of slows down a little bit.

Maybe they don't, their sleeping isn't as good as it was. And they think they're going backwards and they they are getting worse. But it really, and if you didn't know better, you might be thinking that, but we on the other side, we're like, This is kind of like great.

This was amazing. Your body is clearing toxins. It's actually evident. Now we know we can kind rate is different, so we can kind of adjust based on the patient.

But having someone say, don't give up, like this is normal, you're just on other side of feeling amazing, and maybe even preventing dementia in the next five to 10 years.

If you didn't have that coach, You would have stopped, gone back to old habits, started again at one. And then it's like, keep doing this thing and never making progress.

So on that note of making sure people can move forward, what traits have you been able to identify in women that really let you know they have a very good chance of transforming their thyroid, their health, and really their life?

You know, the number one thing is that women who get great results, they prioritize their health, meaning their heath is their number-one priority. And that doesn't mean like you stop all responsibility.

I had patients say, well, Dr. Heather, it's not possible for me just to focus and make my health my number 1 priority, I'm like, It is, and it doesn't mean you don't start stop taking care of your kids and you Don't stop going to work.

But what it does mean is that when your health is your priority, you work this health and this lifestyle into your life. You know, You may make a different decision when you go out to eat.

Maybe you become more prepared when You're traveling. Or like with me, I had two boys that played baseball. I was literally at the baseball, at baseball tournaments for all weekend, three days straight.

So it meant that maybe I didn't go to the fast food restaurants and McDonald's like the team was going to. Maybe I would just a little more prepared and I did make that choice or we went somewhere else.

It means that when you have a challenge, we are looking for solutions instead of, you know, stopping when we have challenge and saying, oh, okay, just can't do it anymore.

That is the single most important thing is that you make your health your number one priority. Secondly, you understand that your Health is a journey.

It is A lifetime like your your journey with your heath doesn't end until you take your last breath. Sometimes people think like, oh, I'm going to lose weight.

And then once you lose Weight, You're like oh okay, i can just go back to eating the way i did and you are surprised that the weight didn't stay off. So it's like your health is like this journey.

It's this lifestyle. You're always trying to work with the body to maintain optimal health. And then you have to be in a place where you're no longer willing to tolerate where your at.

That's the only time people make change. Nobody likes making change, it is terrible. But if you can create like in your mind, the change is less painful than staying where you're at, then you are going to get good results.

Mindset, gluten, and choosing the right provider

For example, I think we should not eat gluten if we have Hashimoto's, right? The studies would actually indicate that. So for so many people, they think, oh my God, how could you possibly give up gluten?

like the most important, like how do you give up the croissants and the cereals and breads and it's just so delicious. I can't imagine my life without gluten.

That person is going to suffer when they have to get gluten out. But if in your mind you'd switch that and you said gluten is toxic, gluten like rat poison, every time I eat it, it is gonna make the immune system attack my thyroid.

I suffer not one single bit from keeping gluten out of my diet because my mindset is completely different because in my mind, it's like rat poison. Who would voluntarily eat rat poisoned?

And so it really is just a shift in your mindset, whether it is more painful to get it out or to keep it in. I'm so glad you tell people not to eat gluten because we do the same thing and people look at us like we're crazy.

And I just like, no, I am serious. I like your psoriasis. So it's huge for psoriasis too. Stop eating gluten. My dad has psariasis. He will not listen to me though.

Our families are never the best patients. stop eating gluten and I was like you stop eatin gluten you won't have all that stuff and there won' be the freaking dry skin everywhere in your house and you know you could get rid of all of this and he just but um yeah I don't eat any gluten because to me it is toxic as well yeah yeah although I do have to say I Do miss croissants and that is one thing that I wish I could have Yeah.

That's right. So I went to France last year and I enjoyed a croissant. I'm just going to say, but I will tell you, it did not seemingly flare me up like it does here.

However, blood sugar still does go up in France and Italy. Yeah, so minimal, minimize it versus like completely stay away from it in Europe. But we got to minimize, we gotta eliminate it here Yeah.

Oh, for sure. I think so many of your messages that you just said are so powerful, but just I, think what's really important for people to know is that, yeah, it is a journey.

And like we just, said sometimes we choose to eat that croissant because it's worth it to make those choices. But a lot of the power is knowing what the triggers are and then making those choices like, okay, I'm going to prioritize my health, but sometimes I'll feed the soul like when I am in France and have that croissant and it's okay to not give up when you have those moments like okay now I just got to get back on track.

Yeah, I think perfection is the biggest sabotager because we all think that if we're not perfect, then what's the use, right? And so I just tell my patients do 2% better every day, just do two percent better.

And when your body is in a state of really good balance, like for me, i'm probably 80 to 90 percent really. Good. Then the other 10 to 20 percent, don't worry about it too much, but I always am checking in.

I'm always looking at my labs, I am always seeing, and sometimes I swing too far over to that 20-30%. I got to check myself. So then I've got get back into it.

And so it's an ebb and flow, it is not beating yourself up, not giving up. It's just continuing to work with your body and where you are and at times giving yourself grace.

Yeah, exactly. And we tell people that too. Once you get off track, you can get back on track. That's the thing you need to remember. It's not, oh, well, I screwed up, so I guess I'm just going to keep screwing up.

No, You can back back track it's fine. You know, it might take a little bit longer for you to feel better, but just get it back. And to kind of wrap things up, what should women be looking for when choosing a healthcare provider so that they know that their finding somebody who is going to actually help them through this path to happiness and

being lean and healthy for the rest of their lives?

You know, if it was me looking for a practitioner, like if I was going to go look for, a healthcare practitioner. What I would look, for was what kind of experience does this clinician have with the condition that I am dealing with?

So I, would, look. For patient testimonials, I. Would, have they had their own personal experience. I find that when healthcare practitioners don't practice what they preach, it's very difficult to coach someone through the ups and downs of what their going through.

I can spot a practitioner that doesn't practise what the preach in a second because they can talk about what it means to be gluten free or why I should go gluten-free but ask them how to do it.

They're like, well, you just do. That's not, no, you read a lot of labels and you have to find all new variants. Yeah, because they don't know the ins and outs.

They don t know, the challenges that you h ave to overcome. So honestly, that's what I would look for. I wou lk for someone who does it and has done it before.

And I wo d look, for somebody who has a l t of experience and expertise with this particular issue that y ou're looking at or dealing with. All right, well, I think that's a great place to wrap up, leaves it on a really powerful note for people on what they can do next to make a big change in their lives.

So thank you, Dr. Heather Stone for being on here today. It was a very great conversation and we'll see you next time listeners. You know how us women are always just pushing through it, and then when we go to find help, we're often not taken seriously or told, oh, that's just part of being a woman.

Yeah, We've lived through prioritizing everybody else and that our own health falls to the wayside. That's why we started blossoming longevity by women or women.

We created programs that meet women where they are, addressing the root causes and all of the struggles that come with every stage of life. Like our vitality program.

It reconnects you with your youth and your life so that you can thrive through the years. And with Clarity, we go beyond the skin to restore your health, clear your complexion so you can feel radiant from the inside out.

With our Silhouette program, We help you reclaim your strength, optimize your metabolism, and your body composition so that you feel great in your own body again.

And, with Harmony, you rebalance your hormones to heal from within so your can be vibrant and ready to take on the world. That is why it's time to stop saddling and start flourishing.

Visit blossominglongevity.com today. Thanks for watching Hormone Heroines. If this episode spoke to you, follow the show and share it with someone who also needs to hear it.

And write a review. That helps more people find their way back to balance. See you next week.