Introduction to Dr. Sharon Stills

– Our next guest is Dr. Sharon Stills and she's somebody that I just met in Las Vegas and after talking with her and seeing her energy as I said, we have to get her on our summit.

So I'm really excited to have her here. She is a graduate of the Southwest College of naturopathic medicine in Tempe Arizona, which is one of the foremost accredited medical schools and she specializes in European biological medicine.

She trained with a doctor by the name of Dr. Thomas Rau and maybe we'll talk a little bit about that. I hope I'm saying this right, but he's formerly of the Paris Celsius Clinic, is that right?

Yeah. And Dr. Sharon searches the world for answers to some of the biggest medical questions. She is an expert in menopause, which is what we're gonna talk about today and helping women get through menopause and really see the gift in menopause and and the healing power of menopause, which I think is gonna be a really interesting discussion we're gonna have, but also she she helps patients dealing with cancer diagnosis both in early stage and also latter stage she does so many great things and helping people, She's an expert in pro aging therapies. So there's lots of places we could go today, but welcome to our summit, sharing. It's really great to have you here.

– Thank you. It's my pleasure.

European Biological Medicine and Root-Cause Care

I'm so excited to be here. – Yeah. So tell us a little bit about your background you studied with Dr. Thomas Rau, what were some of the big things that you learned from from him and and things that you are still putting into practice today?

– Oh gosh, yes, well my background is that of a naturopathic physician. However, when I was in medical school many, many years ago now I saw there were certain doctors who were getting fantastic results where no one else was getting results and I'm the kind of person who's like, well I want to know what they're doing, you know, this is where como pays off. And so I learned that they were all using a set of these remedies that were coming from Germany. And so I got curious and at the same time I was working on getting a student rep position with, it was actually thorn which is one of the nutraceutical companies and I was so sure I was going to get this position and I didn't and I was really upset, I couldn't believe they picked someone and didn't pick me.

But what happened was is like, you know, the universe and energy is really always working for us through us whether we know it or not, which is why I'm such a big proponent of really getting connected to it and harnessing it. And I ended up getting offered a job instead as a student representative for this company that was bringing over these remedies from Germany and because that happened, I got thrust into the world of European biological medicine when I was like in my first year, second year of medical school.

And it changed the whole course of my professional life, my personal life. And so I started studying with Dr. Rau and other physicians over in Switzerland, over in Germany, over in Austria.

And it gave me this huge viewpoint of what we were missing here in the States. And unfortunately we were missing a lot. So back then, no one talked about, for example, biological dentistry, it's becoming more popular these days. But I've been working with biological dentists and understanding the connection, the energetic connection, because energy shows up in so many different ways, but we can talk about energy through the acupuncture meridians. And so I've understood and worked with patients that come into my office because they were had a diagnosis of breast cancer.

And I'm like, okay, well you have to go see my biological dentist. And they're like, wait, I came to see you, you're the doctor. And I'm like, yeah, and if you want me to do a good job for you, then we got to clean up your mouth first. So, that was just one of many things that I learned very early on in my career that enabled me to understand the terrain to understand the difference between acidic and alkalinity, to understand the emotional connections occur with different disease processes.

– So what is a quick definition of European biological medicine, What how would you describe that to us? – So bio regulatory medicine, many people are familiar with functional medicine where you're looking for the root cause and to me regulatory medicine is the foundation of that because it's not just looking at what's going on in your microbiome. And how do we replace it?

Which we are we are paying attention to. But it's looking at your energetic, it's looking at your constitution. We all have different energetic constitutions, whether it's from an ayurvedic perspective, a traditional Chinese medicine perspective and ice empathic perspective. We all have different emotional spiritual components. Energy energetic issues affecting us from our ancestors. We also pay attention to the energy of the teeth, to bio photon energy to the cellular communication.

How Menopause Became Her Specialty

So we're looking at things from a much broader perspective where you spend a lot of time looking at the extra cellular matrix which is the space between the cells.

So functional medicine is very folk focused on cellular health. But you can't have healthy cells if the soup they're swimming in is toxic. And that's what we find most people have very clogged extra cellular matrix which is the highway to get good into the cell and to eliminate the waste out of the cell.

– Yeah, well, well, very interesting. And so how did you then become to have one of your specialties be helping people with menopause? How did that come about for you?

– So I actually went to medical school to become a pediatrician. But I like to follow the flow and I really believe that when you set an intention and that you allow what's meant to be for you to find you, that happens. And so right about when I started practicing, this is back in 2002, Suzanne Somers came out with her first book about bioidentical hormone replacement. And a patient came into my practice and was like, I want this, you know, I want I want what she's having.

And so I always had a very open mind. I was a little like, you know, I know, I know that's the dumb blonde from three's company. So I'm not quite sure how the medicine fits in here.

But I said, give me the book, let me read it, you know, let me get back to you in a week and I read it and I thought, wow, dumb blonde makes a lot of sense. And with what I know and my training, I could even build upon this and make it more comprehensive because hormones exist in a body, it's just not doing hormones. And so I did it for her and you know, she got such great results. Her husband sent me flowers.

He was like, thank you very much. I'm having sex again and my wife is back and and then it just grew word of mouse and it just started becoming my specialty.

It was the same with working with patients dealing with a cancer diagnosis. So that's how it happened. And I'm a big believer of physician practice what you preach yourself. And so at this time I started, I was in my early thirties and I started working with all these women, either postmenopausal or going through menopause and helping them and watching them transition and change age backwards in front of my eyes and I was still struggling with like the worst case of PMS, I mean I was just not feeling good.

My hormones were so out of whack. I maybe had like seven days out of a month where I felt somewhat sane and somewhat balanced and I thought, hmm, I better, I better put my money where my mouth is and I better start working on myself.

And so I did, I took what I was doing for them in their stage and applied it to me where I was hormonally in my journey And I balanced my own hormones so much so that when I went through the, when I went through my own menopausal transition, I was 48, about 66 years ago and I didn't even have a hot flash, I just, I was like, yeah, bring it, come on menopause.

I actually climbed Kilimanjaro and stood on the summit to mark my one year transition. And so so it really just became this passion of mine. And as I dug into it, I saw that women are not given the full story, they don't really understand the energy of what this is or you don't have to have our mamas menopause? And it just became something that I became very passionate about changing the conversation and helping women, helping them to get their physical bodies in balance and in alignment.

And As you know, I write menopause and I put the parentheses, I was going to ask you about that, explain that to us. So it's meno and then pauses in the parentheses. So the reason why I do that is because so menopause means the pause, the pausing of your menstrual cycle, but it's this beautiful opportunity to really pause in your life.

And so most women will just say the average age is 50, so you're in your late 40s, you're in your 50s.

Reframing Menopause as a Life Transition

And a lot of women by that time, they may have gotten out of touch with who they are, they're there in their family, their in their career, maybe they're taking care of aging parents but very common to just really beyond that cycle of wake rise work, check the to do list items tv bed and kind of you can just kind of get into this robotic state and maybe you've really forgotten about your body and health and self care.

And so I love for it to be this time where not only is your menstrual cycle pausing, but you you can pause and really take this break and say like where have I been and what are my dreams and what are my goals and what are my passions and what is really important to me and am I am I doing that? Am I embracing that?

And if I am fantastic and if I'm not, which is unfortunately more the case can I bring back in and how can I be the painter of this new palette in this?

I call it the second sacred act of life and how can I, how can I change things? Because our lives are a blip in the and and we, you know, you're not going to orchestrate or make my life for me.

You're not, you know, you're not even going to do that for your wife. It's like we have to take self responsibility of what we desire. And so I often have patients do a eulogy exercise kind of reverse engineer it because and also like how do you want to be remembered?

– Okay – So whatever – For that first part or – For the next part for the whole part like how do you want to be apologized? What do you want people to say about you? You know it was you know a wonderful man and he volunteered so much time and he baked the breast best paleo bread, whatever it is. He was a family man. – Okay.

– And so and then think about like what you want to be remembered for are you actually doing it because now is the time to really recreate to pause and change your life if need be.

So you can live into the things that are important to you, – You know, I love that, that's so empowering, you know, such an empowering way of looking at something that a lot of people fear and and they're afraid of and so even just reframing it that way, you can almost look forward to it, right? I mean, and then knowing that you can be helped through it.

Now, that brings me to one of the questions I wanted to ask you because you say, and and and I can already see how this is coming about by the way you're talking, but you say that that healing begins in the mind set right in the, in the way you start to think about things and in this case you're helping people shift their mindset, but talk a little bit more about how healing begins in the mindset, – So, and I will dive into when you ask me that the first thing that comes to my mind is to how important it is to me because I teach a nine week course how to master your

menopause transition and all the women come to it and what do they want, they want to know what hormones to take, they want to know how to balance their hormones, they want to know what to eat, and that's all important, but my first class we do, all we talk about is mindset because if you don't have a clear view on what healing really means and you don't really look at what you think about healing and in this case with menopause, what you think about aging because we have a lot of negative connotations given to us from society that for a woman to age your, you're not going to be important anymore, you're not going to be beautiful anymore.

You're just, let's just put you out to pasture, your prime is past and you know, let's make way for the young guns and so that is so false and so degrading and so not true and so I really spend time just kind of going through like you have to get really, you have to really look into what are your fears and it's okay if you have fears, it's okay if you have believed what society has taught you, we really got to kind of go through and pick the weeds and see like is that my belief or did I just take that on and do I not even believe that, but I've just been clinging to it because that's what we tend to do. And so looking at, I mean I love my fifties, I would not want to go back and there is, there is just something, it's really true with age comes wisdom and you can't get that in a bottle, you can't as money as many stocks of organic broccoli, you eat, you're not gonna get that wisdom. It's just something that comes from a life lived and experience. So I really go through, even just looking at what, what do you energetically think about healing?

Because I think a lot of us think I'm gonna go to the doctor and, and in my case I'm gonna go to the doctor and I don't want pharmaceuticals, but she's gonna give me the magic vitamin or the magic herb and I wish it was that easy but – But it's good. It's not, it's good.

It's not because they're just being the same version of ourselves. I think, you know, like you said menopause and I think all illnesses are really just an opportunity to grow there. They're just saying, hey, you know, here I am, you can either, you know, be a victim or you can use this to really become even more of who you can be. – Absolutely. I see, I have always seen that with the patients I work with, who are dealing with cancer diagnosis and I see it more and more now with my women who are going through menopause that it's like when you get to that point where you're like, I'm so glad this happened to me, even if it sucked and even if it was painful.

But it gave me the gift. It taught me to be true to myself. It taught me to open my throat and energetically release my throat chakra and speak my truth or stand up for myself and that is kind of the, the human physical vessel condition. And so it's really when we talk about the mind body, there's no way to not have them linked to me.

They are just married. It's a forever marriage, there's no divorce happening here. And so sometimes we're a little tilted in one way and so sometimes we need to focus a little more on the physical, on getting the vessel a little stronger and what we're doing, what we're putting in our mouths.

Mindset, Mindfulness, and Healing

And a lot of times I illness to me always starts out here, it starts in the field and if we don't pay attention, it moves and it moves and then it becomes our physical body and then it expresses ourselves because symptoms are like the sledgehammer, like, hello, wake up, wake up – And the field is very influenced by our mind's.

So yeah, so I'm a big proponent of what you're saying, healing begins in the mindset. So you help people heal their mindset, right? You have a course to do that.

You know, patients come in your coaching them on that. It's almost like the, you know, they're the caterpillar becoming the butterfly, right? You know, they both are great, like a caterpillar school, a butterfly is cool, but they're just different, right? You have to become something that you have within you, but most people don't bring it out until there is some adversity or illness or, or a menopause or things like that. So I love the reframe on that.

Such a beautiful way of thinking about something that so many people are afraid of and I think they're gonna have to suffer and you know, versus I was just actually at a I was actually at a conference on part of the transformational leadership council and there's a lady Lynne twist that was talking about how, you know, a lot of stuff happening in the world and and she was talking about some prophecies and how uh there may be some challenging times, but coming out of it is gonna be so beautiful.

And then she talked about being pregnant, right? So what, you know, you you don't know you're pregnant first all of a sudden you're like not feeling good and and you're throwing up, you're like, oh my God, what's going on? You know, my sick and then you find out you're pregnant and it's like, oh, this is beautiful, right?

So you go through it and and it's maybe not the most pleasant and you help people make it more pleasant, but when you realize the baby is coming, you're excited, right, you're excited to what's coming. And I think that's probably a good metaphor for menopause too. – I love that, and that's I kind of talk about it and I absolutely adore that. I also talk about it, like when you're cycling, you can, you know, you can give birth to a human being and once you go through menopause, that ship has sailed. However now you can give birth to like whatever, you can imagine your creativity, a passion project, new relationships to others, to yourself, to whatever you've been, sometimes, you know, we're putting off things because we're very busy in our family and raising kids, if that's the journey you're taking an and so it's like this exciting time of pregnancy, but not for a physical human for other things in the world.

And that's super exciting. And so again, like you said the word, it's a reframe rather than, oh, this is the end, it's like, no, this is this is the beginning, – Yeah, I love it.

So talk to us more so we mindset is going to be very important. You mentioned hormones, you mentioned diet, what are, what are things that that women should be looking to do as they come into this stage of their life so that they can like, you had, you, you sound like you had about the easiest menopause ever. My wife had it pretty easy to, you know, she said, she got a couple of hot flashes, not not much, but she eats, you know well and she's got a good mindset and you know, yoga practitioner teacher, what are, what are things women can do to get through this phase and and really make it even a more, I don't know, joyful experience, I know is that possible or or empowering experience, what are some of your recommendations and what do you help people do?

– I will give some of those before we go there. I just wanna Bridget with one like mindset to me. The other thing that I got um exposed to fortunately in med school was mindfulness specifically mindfulness based stress reduction with Jon Kabat Zinn and so that became a huge piece of what I do and so I really think giving yourself, and we talk about this a lot when I talk about mindset is giving yourself the gift of presence, of giving yourself the gift of being mindful so that everything you're going through can be profound because sometimes the simplest things in life give us the most joy and are are so profound if we just slow down, breathe and pay attention.

So I just have to can't talk about this without giving – So simple, but yet so few people do it slow down, breathe and be present. – It does sound simple and and it's not my illnesses, they just like you're gonna build your biceps at the gym, you have to build your mindfulness muscle and so it's just something that it's a commitment to a commitment again to being present to experiencing and waking up into your life. So I just wanted to say that as far as – It's so important because it is, it does so many things, it's a recovery action, right? It helps you recover energy and just you know, just just rest. It's almost like you know like sleep helps us recover energy, mindfulness helps us recover energy.

You know I had these chairs behind me and I guarantee you later today I'll be in one of those chairs practicing, you know, doing meditation, practicing mindfulness because I'll have gone, gone, you know, gone hard, gone hard, gone hard and then all of a sudden, you know, you can keep going hard but the quality of your of your results goes way down.

If you don't do something. I used to think I never, I don't have time to meditate and I have time to practice mindful kid, not so much to do and it's like I don't have time not to because I come back so much more refreshed, so much more energized, so much more curious and and creative.

It's just amazing. So I hope people listen to what you're saying, this is a really powerful practice – And what's that Zen saying? Like if you don't have time to meditate and sit for 20 minutes, then sit for an hour.

And so we do, we think we're so busy, but if you don't have time to check in and plug in and connect to yourself. Then you really got to do a time journal and see because often we have plenty of time to scroll on facebook and it's just a little bit of maneuvering and changing our priorities.

So as far as what you were asking though, what else is important? So I'm a big proponent of bio identical hormone replacement, done properly and monitored properly and applied properly. But I think that's a really crucial part because when you go through menopause sometimes it can be really hard to, to harness that I'm pausing and this is great and you know, if you really feel horrible and if you had hormones that just jumped off a cliff, it's very easy to not feel good too.

Hormones, Lifestyle, and Personalized Support

So when I went through menopause, I was pre gaming, I had my hormones balanced and perimenopause. And so I have great compassion for we women who haven't had that opportunity and their hormones have just jumped and they have no serotonin, they have no estrogen, they have no testosterone, they have no dope, I mean they have no progesterone, they have no gabba and they just are feeling like a mess.

And so that goes back to the mind body. We work on the mindset, we work on our energy, but we have to work on the physical vessel and so properly replacing your hormones, making sure you're eating a healthy diet for you, making sure you're hydrated, making sure you're sleeping, making sure you're getting morning sun, putting your feet on the ground, making sure your liver and your bile is flowing, making sure your gut is balanced, Making sure your lymph is flowing, there's a lot of pieces that go into it. And hormones are a big piece of it.

I only do hormones in the context of the whole gestalt of your body and all the systems and making sure everything in our body our hormones, it's a symphony and they all got to play together. They all you wouldn't really focus on the percussion and blow off the woodwind section. You have to pay attention to everything.

– And the hormones are unique. Your the way you treat people is unique to what's going on. And now it's not just here's one prescription take these hormones you're actually looking at which hormones have dropped off the cliff and where they need some support. Is that right?

– Yeah. Absolutely. So there's kind of like a common where some women just have, they just flatlined there D. H. E. A. Is low, the tone is low, their oxytocin, their progesterone.

And then there are other women who still have testosterone production or they still have growth hormone production or so it's very different and yes so it has to be individualized and it's not just, oh you've gone through menopause, here's your hormones, it's like here's your hormones for today, let's see what's going on in three months or six months because things change, our stress levels change the seasons change our diet can change our movement can change. And so it's a very dynamic process that you you commit to as someone who wants to take care of their their body and their health.

And I always talk about because I think we also have this misconception that hormones are for hot flashes when you're going through menopause. And yes, they will help with that. But even if you don't, so I didn't have symptoms as I talked about, but I love my bioidentical hormones.

I take them regularly. I'm never giving them up. I'm going to be buried with them in my opinion. And so because they also strengthen your immune system, they balance your blood sugar.

They protect the brain against Alzheimer's, they protect the bones against osteoporosis, they protect the cardiovascular disease, they protect your breasts against breast cancer.

So they have this long lasting implications on chronic illness and how you age and what happens to you. And I'm I always say, you know, I'm not about just good enough when I'm looking at results with patients, like, yeah, that looks okay and okay, it's okay. But I want optimal.

I want excellence. I want vitality. And so to me, my experience is that part of the aging process for men to includes the proper use of bio identical hormones because we are living so much longer now. I mean, he can biologically live 1 20.

I do a lot of fasting and induced apogee. So I don't mind to 1 30 but I think, I think 1 20 is reasonable and we just don't think like that? I mean we think 70 is old age, but that is, that is so yesterday thinking that is, I'm really passionate about changing how we view aging and what is old.

– I agree. And part of that mindset to, I'm 62 for some reason, I've always thought I'm gonna live to be 119 years old, but you know, as you get into your fifties and sixties, the old mindset is, you know, you're getting old and oh, that little a key, I got the little lake there and you know, part of it is just your mind saying no, you know, I'm not gonna buy into that, right? And then, and then using the types of things, you're talking about two to, to supplement, but the mind is even so critical as you age.

I think at least for me it's been like, cause because you know, part of me was, well, hey, look, when I was younger and someone was 62 I was like, holy crap, like that person's really old now, it's me, I'm like, I don't feel that old, right?

– I know, I remember thinking 40 was like, I mean I'm gonna be 55 next month, it just feels young and it is a mindset like if I have a pain, my pain doesn't go to, oh well I'm just getting old.

This is how it my brain goes to, did I hydrate enough today? Did I eat right? Did I get enough sleep? Because that really is what it is. We When you see like our parents generations who were old by the time they were 50, 60, but how are they living?

How are they expressing their genetics? And we're so ahead of the game with that now with our knowledge and having access to summits and how we think and just health is I mean I've been doing this for well over 20 years and I can just see how health has really become more and more and more mainstream with every year that passes.

– Yeah, yeah, I can remember my father in law who passed away at 90 but you know, and he was pretty active, you know, probably into his eighties, but then there was there was just you could see the fear coming up and I think fear is what happens with a lot of people as they age and you know, he always looked down when he walked and and then you you're literally training your mind that you know, I don't have much time left and and so I love what you're doing, you're helping people with the mindset, but also with the tools that, you know, like bioidentical hormones that they can use and probably your coaching them on, you know, you're not just saying eat a good diet, you're sharing with them what is good for them to eat. I love also the other things you talked about that, you know, you went over pretty quickly but getting sunlight in the morning, putting your feet on the ground. Why are those things so important?

– Oh my gosh, they are. You know, I always say I have like this hashtag not all medicine comes in a pill bottle because truly help doesn't come in a pill bottle and I love my supplements, believe me, I've got a whole cabinet full, but they're a supplement to the things we do.

So putting our feet on the ground and connecting to the earth's electronica. Yes, fair feet and grounding and you know where I live, there's a lot of cactus. So not a good idea to hug a cactus but hugging a tree and connecting it decreases your inflammation.

It resets your nervous system, watching the morning sunrise resets your circadian rhythm. It helps to balance your hormones to create pregnant alone. Move the water, the fourth phase of water in your body.

Grounding, Nature, and Practical Healing Tools

And so there's so many different things that are in nature because nature really heals us and we don't think of nature as medicine. So it's this whole mindset reframe of, oh, you know, and I'll I have a prescription pad that I never prescribed pharmaceuticals on, but I'll write, you know, go to the beach, take a vacation divorce, your husband, like whatever it is you need to do if they're in a bad relationship, you know, so, you know it's just a matter of like what what's going on in your life that's logging your energy and shutting you down and a fantastic way to just set yourself for the day if you're not sleeping, you know, what do we think I'm not sleeping? Can I have something

to help me sleep If you're not sleeping, make it a point to get a in the morning and watch the sunrise and get that exposure to the sun that's going to reset your circadian rhythm.

That's one of the best sleeping aids. You can give yourself if you have inflammation and you have pain, getting your feet on the ground is going to take down your inflammation.

And so there's all these ways to help the body heal that are not by popping a pill whether it's a vitamin or not and then you take your vitamins as a supplement to the life you're living and then you're on fire – When you put your feet on the ground, you're taking on the that energy right? That grounding energy from from nature.

And when you hug a tree, your your energy is connecting with that tree's energy and it's calming you and yeah and the sunlight obviously so powerful and so critical that you know and and it generates vitamin D. Right in our bodies too.

So we get like a burst of vitamins but also that energy so so many great ideas Sharon this has been amazing. Where can people find you, I know that a lot of people gonna wanna work with you or maybe go through your courses, where can they, where can they connect with you and find your work?

– I'm just Dr. Sharon Stills, you can google drstills.com is my website doctors. – S. T. I. L. L. S.com. – Yeah, just D. R. S. T. I. L. L. S.com. – Nine week course on there. Or can they sign up for that where they then get coached by you? How does that work?

– Yeah, we're in the pro, I just finished teaching it live. So we're in the process of making where it'll be available. I love teaching live. I love unity.

I think when women get together and we create community and we learn to listen and receive each other. It's so beautiful. So yeah, you can just check me out and we can do something together – And you're located in Arizona. If people want to come see you, what what city are you in? – I'm in Scottsdale.

Sunny Arizona. Yes, – Beautiful, awesome. So great having you here any final closing words you'd like to leave everybody with? – Just that being in touch with yourself and really getting clear on on what's driving you and learning to regulate your nervous system is really the first step in healing. So if you're, you know whether you're working with me or anyone, but if you're going from this place of, I gotta be fixed, I gotta be fixed, what do I eat?

What do I do that you're, it's not possible to heal. So the first step on any healing journey is really taking an inventory of what you're thinking, what your fears are, learning to breathe, learning to regulate your nervous system because when you can come from this place of trust and understanding how the body heels, then whatever you do, whether it's drinking a green smoothie or even putting your feet on the ground if you're doing it because I have to check it off my list and it's time to do that, then it's not gonna heal you as I honor the earth, I honor the energy I'm receiving. I honor myself for creating this space and you're really present. That is how we heal.

– That's awesome. I love it, That's so powerful. Like you can't, you can't heal while you're fighting a tiger, right? How do people do that though? So now you, you just brought up one more question like what is away because when people get a diagnosis of something or they know they're going through menopause, they do go into that, you know, fight flight or freeze state that that sympathetic nervous system and it's not, it's a state we need sometimes, but it's not the healing state of the nervous system, what's one way that people can get out of that, maybe it is you know even some of the things you talked about like if you really are just honoring that I'm with the earth you you pretty much naturally go into a parasympathetic state right?

Where to Find Dr. Stills and Final Advice

– Yeah I mean I think it's different for everyone because sometimes we have a lot of trauma and it's not so easy to just be like oh you still said I should go breathe here and you know sometimes we can't get out of it and we need to create a team you know and sometimes just taking some too whether it's light or lymphatic movement or using a therapist or doing family constellation work or E. N. D. R. Or trauma clearing.

So there's so many different pieces what I find I've been on my own personal healing journey and it's layers, it's peeling the onion and so I don't know that we ever finish and arrive. We just we get to this place where we can be there and we can go out of it and we cannot freak out and we can gently bring ourselves back to it because I think there's like one thought process out there you know don't feel angry, don't feel this and that's not healthy either if we don't accept and embrace whatever it is we're feeling. So it always brings me back to yeah we have to kind of go through so learning about mindfulness finding an MBS.

Our course online or in your community is a great place to start learning how to breathe and how to pay attention, but don't be afraid to find a team to get professional support if you need it. That's really important.

– Yeah, that's awesome. Well, so such a wonderful message. You have very empowering for everybody, not just women with menopause, but incredible job. Thanks so much for being with us.

This has been awesome. – Thank you.