The Phantom Smell Almost Every Woman in Menopause Reports Transcript

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Welcome and Guest Introduction

Hello. Welcome back to the Future of Menopause Medicine Summit, formerly known as Mastering Your Menopause Transition Summit. This is year five. I'm still your host, doctor Sharon Stills, and still excited over each and every one of these conversations we have that are just so meaningful and so educational and really so impactful for all of you.

And today I've got a very special guest in the house. She's been here before. It's Andrea Donsky, and she is just amazing. She's a researcher. She's a nutritionist.

She is seven time published menopause researcher, but she's just telling me she's got three more coming, so that'll be ten times publish. She's a bestselling author, entrepreneur, all the things.

She hosts a podcast called Menopause Reimagined. She's. We are Morpheus has supplements all like, you're just you're doing everything so amazing. And she has a new book, which I really want to dive into because she does some really interesting research.

So welcome, Andrea, to the summit. You have to grab your book because I see the pretty blue cover, but it's fuzzy back there nourishing menopause. And this just launched in May.

It did. It came out May 5th. So nourishing menopause, powerful nutrition and lifestyle strategies to feel your best. It's my baby. I birth my baby in May.

So yeah, so not that long ago, which is very exciting. It's still a newborn. Still a newborn. Exactly. The night. Not yet, not yet, but soon. I love it so.

I mean, what made you write this book and, like, what went into it and just all the things. Yeah. So I wanted to lots of reasons. So I have daughters and I wanted to be able to leave something for my daughters.

And I have a son, and I wanted them to understand perimenopause and menopause, because when I went into it, like many of us, and I'm sure like yourself, we just, I don't know, I was taken by surprise, I didn't know what was happening, and I was in health and wellness.

Like when I got my first hot flash. I was in health and wellness for 17 years at that point. Yet I knew absolutely nothing about menopause and menopause.

And I thought, well, if I don't know anything, I'm sure a lot of other women don't either. And I was right, because this was a long time ago and I thought, well, I don't want my daughters to not know anything.

So I wanted to leave a book for them. I wanted to leave a legacy for women everywhere. Like the book is so evergreen. It bridges the worlds that I live in.

Why Andrea Wrote Nourishing Menopause

So my bridges allopathic and western and conventional medicine with holistic and integrative health. And that's how I live my life. I live my life based, based on the need for both worlds.

And I feel I felt like I had 26 years of experience in health and wellness. So I've been around a really long time in the health and wellness world. So I thought, I have so much information in my head.

I want to put it down on paper somewhere, and I want to be able to share it in a way that would be meaningful and

long lasting. So those would be the reasons why I wanted to write it.

And it took me three years from the time that I thought, hey, I want to write a book. Okay, Andrea. Like, let's go, let's stop it around. And to actually from concept to when it was released was about three years, but it took me two years of actually writing it.

And the reason it took me so long is because it is based on evidence and research and science. And so there are over 1500 references in the book. And it took me so long to do the research that that's that's mega.

Yeah, it is mad respect. That is a lot of a lot of citations. But that's you know, that's that's important. So what are you know, I want to talk about symptoms because you do a lot of research and work around symptoms.

And I think is it 100 or 120 symptoms. Yeah. So it's 103 plus. It's kind of what we stop counting after 103. But there's 103 plus. And the reason why we looked into the number of symptoms was because years ago, I was at a party with my husband and we ran into an old friend and we were talking about what we were doing, and she had told me she was going to build an app, or she was building an app for menopause symptoms.

And I thought an app for menopause symptoms like, don't you actually have to have a lot of symptoms? And she was like, Andrew. Yeah, there's like 34 to 40 symptoms.

And I thought, wow, that's a lot of symptoms you know. So I went home and I just kind of the way my brain works, Sharon is like, I'm so data driven and I love looking at like at the different research and like on all the different data and different ways.

And I soon realized that there were way more than 34 to 40. There were like 85 plus. And I thought, well, if there are this many, I wonder what other symptoms are out there.

So we launched our very first signs and symptoms survey. So we have 15 surveys on our website right now, ten of which will be published by the end of this year.

Like you were just mentioning. And I thought, well, why don't we ask our community what their symptoms are? And soon we realize that there was more than 103 that we can tie back to being perimenopause and menopause.

So that's what's published in the journal menopause. And it was published in December of 2024. So can you. I mean, that's just amazing because I think we've kind of been taught that menopause is hot flashes and weight gain and mood swings and sleepless nights.

I think those are like the big things that we kind of think about. So can you talk a little bit more? Because I think women deserve to know, and they often get told whether it's just in your head, it's just aging.

They'll suck it up, buttercup, or they get sent down like crazy rabbit holes thinking they have some serious illness or serious cardiovascular problems.

And like, it's just menopause. It's just hormonal shifting. So could you talk a little bit about the more fascinating or interesting or unique ones that you have found that you feel would be valuable for the audience to hear about?

Absolutely. So in my book, chapter two is all about the research that we're doing, and we talk. So I talk about what are the top symptoms. And funny enough, like you said, we think about half lashes, night sweats, moods.

Like you said, exactly everything. But what we realized. So when we got our research published in 2024, we actually had about 2400 responses at the time.

Researching 103+ Menopause Symptoms

Now our survey has over 5300 responses, so it's more than doubled. And what we so all of our research is

ongoing. So that's why I'd love for any of you who or all of you who are watching.

Please go fill out our surveys because your voice is what helps us to keep the the research, you know, up to up to date and current. So what we found is that the number one most common symptom across the board in perimenopause and menopause is fatigue.

And whether that be mental physical fatigue. Number two is brain fog. Number three are sleep issues. Number four memory problems. And number five is anxiety.

So if you continue going down the list, interestingly enough hot flashes are like at the bottom. So they were number ten for a really really really long time.

And now they just slipped to number 11. And so isn't that interesting. So like we think hot flashes because it's it's so synonymous with the word menopause that we think that it's right up there.

But it actually isn't even in the top ten right now. It just fell off. So to me it's been so I opening because other symptoms and not necessarily in the top ten, but just symptoms in general like itchy ears is really common phantom smells.

That's when you smell things that other people don't. So we have I'm going to be published in Phantom Smells in December of this year. And the reason why.

So just in a couple of months. So the reason why I'm excited about that is because I wanted to understand that there's a lot of reasons why we can have phantom smells, but why are we having them in perimenopause and menopause?

And what are the phantom smells that we're experiencing? And we found out that the number one phantom smell that women are experiencing by far is something burning.

So it could be a cigarette, a cigar, campfire, burning electronics, burnt coffee, burnt toast, anything that's burning. And it's not just like, like by a small margin.

We're talking like the majority of women are smelling something burning. And then we have other things like gasoline and sulfur and like, dog poo and cat pee and like some weird ones, but even some, like, good ones, like chocolate chip cookies or muffins.

I'm like, why couldn't I have that? Like, I had like the worst ones? So what's the implication of these phantom smells? Is it a neurological issue? Is it fact dropping?

It's yeah. It's just it's estrogen. Yeah. Hormonal related. Yeah. Of the interesting the old factory system. Yeah. And where does that fall on the list.

Oh you know what. That's a good question. I don't have that at my fingertips. But I can find that out for you. Like it's not as curious. Not in the top 20. But it's very common though.

Like and interestingly enough, so many women will say to me, especially when I talk about it on social media, I'm very big on TikTok and I live on TikTok and Instagram and people will say, you know, oh my gosh, yes, me too.

I didn't realize that's a phantom smell. Like that's called a phantom smell. But the thing is, that's important to note as well is that there can be, like I said, a lot of different reasons for it.

So you always want to get it checked out and get that clean bill of health. So you rule everything out. And then when your doctor comes back and says, I don't know what's causing it, like we can't figure it out, then you'd be like, well, I think it could possibly be a pyramid, applause or menopause symptom.

And the good news is it actually goes away once you're in menopause. So what are like burning tongue? What are some other like unique ones that you find that maybe no one has tied together with?

Yeah, burning mouth burning tongue, burning scalp, burning feet, digestion issues. A lot of that can be tied into perimenopause and menopause. Chapter four in my book actually is all about digestion and why it's changing and what's happening to our body and perimenopause and menopause.

Another really big one is tinnitus and vertigo. A lot of women will experience that and not realize that it's connected to perimenopause or can be connected.

We also have cool flashes. That's something else. So we always hear about hot flashes, but a lot of women will have cool flashes with and without a hot flash.

So another symptom to look out for and maybe speak to your doctor about frozen shoulder. We now know that it was, you know, in 20. I think it was a couple of years ago.

They came out with a research that's connected to perimenopause and menopause. So those are some examples of lesser known but still yet very common symptoms.

So it's not in your head, ladies, you're not crazy. You're just going through a transition and a very, very natural one. When a pause is not a disease it's a it's an opening to a to a new space in chapter in time in life.

Beautiful one in my opinion. So what else is in this beautiful book of yours? So my lane and what I talk about pretty much 24 over seven is a nutrition lifestyle supplements in my research.

So that's really my lane. And I always say I leave hormones to the experts. I'm not an expert in hormones, but we have tools in our toolbox. So we have all of those tools or nutrition lifestyle supplements.

And then we also have our hormones if that's what you choose to do. And that's the route you choose to go down. So I talk a lot about sleep. I have a whole chapter on sleep, a whole chapter on the nervous system, a whole chapter on mindset, because mindset plays a very big role in how we experience symptoms in perimenopause and menopause.

And then and then I also have a chapter on exercise, and we have recipes in the book. So the book is about almost 400 pages, which. Oh my god. Yeah, it's really long actually.

One a funny story when I first wrote it. So Simon and Schuster Canada is my publisher, but it's available everywhere in three formats, actually. And when I first submitted the book, I didn't realize how many words are the word count that they contracted me for.

I guess whatever I was writing my book, I was so busy writing it, and the initial manuscript was like 350,000 words. So Simon and Schuster comes back to me and they're like, we contracted you for 85,000.

Oh, God. You're like, you gave us four books. Yeah. They're like, you kind of have to get rid of like two thirds of it. And I was like, okay. Anyways, they were amazing and they helped me with the editing, thank goodness.

But it does cover so much, so much detail. And truly, because I have so many years of experience in health and wellness, I was able to integrate everything that I've learned as a nutritionist, as somebody who's worked in this world for so long, and then also the research and all the new research that has come out over the years for women in this phase of life.

Not enough, in my opinion, and that's growing, and I'd love to see more resources going to that. But I was able to cover kind of all of that. So that's kind of the gist of the book.

But yeah, it covers so much information. And you can you can implement so many of the tips like actionable tips,

literally after reading the book, like right away without even having to spend a penny, you could start doing some of the things that I recommend.

Lesser-Known Symptoms and What They Mean

Like I also have the chapter on digestion, like I mentioned. So tips on how to like get better digestion, or tips how to get a better night's sleep because we know we're waking up between 2 and 4 a.m., so many of us, right?

So how do we change that so that we can get the rest that we need? Well, let's talk about a few of those. But I want to go back to mindset, because not a lot of people talk about mindset.

And I love that you said that because like we teach a ten week course, Doctor Ben and I, that'll be launching after the summit and the first and it's all about menopause.

And the first week I teach about mindset and I like, oh, a mindset, sister. I love it because you don't hear about mindset. And to me, mindset is the foundation, right?

It's it's so could I'd love to hear like just your views on mindset of what your research has found. Any tips you can share with the ladies watching? Sure. So chapter 12 is the mindset chapter.

Now, when I went to write the chapter because I didn't want to write a book with that didn't have mindset in it, because it plays such a role in our day to day life.

And also side note is in the research that we did on the 103 plus symptoms, we know that nine out of ten of the top ten most common symptoms are actually mental health related, cognitive brain health related.

So that's a huge number that you don't hear anywhere else. That's our research right. So nine out of ten of the top ten most common symptoms are related to brain health mental health and cognitive health.

So we were like definitely we need to cover mindset in the book. And my mother is a therapist. She's a licensed therapist for over 35 years. She is brilliant and she is a practicing clinician.

She has been for all those years. And I was like, you know what, mom, why don't you kind of come in with me and like, oversee the chapter with me? And she was like, I love it, let's do it.

So the entire chapter, yes, it is written by me, but my mother oversaw it. She helped me with the editing. She helped me with the input. She helped me with the research.

So you are actually getting a chapter written by a licensed therapist. So together we were able to combine our knowledge and put out the information. So we cover relationships now, relationships with ourselves, self-love, self-care, but also relationships with our spouses and our partners.

So we cover it from the men's point of view. I have research published on men's perspective of menopause. I talk about that in the book a little bit. So it's really it's a great, great, great chapter.

And then I also found that there was research when I was writing it that said, how we view, how we go into perimenopause and menopause can actually shape how we experience it.

So I really wanted women to have this different perspective. And you alluded to this before. You were like, it's such a great time. It is such an incredible time.

Like, I love being in my 50s. I have to say, however, for many women when they're going through it, and I was one of them. That's why, like, I understand every single woman who is suffering with symptoms because I was there myself.

Like, I, I get it. I had I always joke, I think I had 100 of 103 plus symptoms. I suffered so much back in 2017 to like for a while, until I kind of figured things out and I had to relearn everything.

So I just when we're suffering, we may not see the beauty in menopause yet, but I just want your listeners to know that it does get better. It is such a great time in our life.

So many of us are putting down boundaries. We're coming into our own. We're rediscovering ourselves. Or maybe you're discovering yourself for the first time, like it is a beautiful chapter of our life.

You know, the, you know, the expression we always see, we give zero F's. I don't know if we can swear here. I'm going to keep it clean. But, you know, like a lot of us are just like, I don't have any more time for BS.

Like it's I am who I am, take it or leave it. And it's just we become more empowered, which I love about this time in our life. Do you have any tips for women who are like, afraid of getting old or scared of getting old or just like, no, I won't because like, I agree, like I'm 58 and if you tell me I can go back and be 28, I'd be always in that sweet of you.

But no thank you. Stay right where I am. Thank you very much. But, you know, I'm sure there are women listening who would like, be like, oh my God, doctor still is crazy.

I would give anything to go back to being 28 and any tips on how to like, like the way I look at it, because I used to say I was an anti-aging doctor and now I say I'm a pro aging doctor.

Yeah, because I don't think it pays to be anti something you can't change. It's like swimming up current. You might as well get on a boat and float easily.

So I'm curious what your thoughts are. Yeah I would say the best tip I could give women is to empower yourself to make decisions that can help you with that pro aging.

So for example, what are things that we could do? What can we control. Because there's so much that we can't control. But what can we control? We can control what we're eating.

We can control how we react to things, what our mindset is. We can control what we're putting in and on our bodies. Right. So like how much we're exercising?

Are we moving like those are the things that we can control. So if we're like I always say, every one of us is going to go into menopause if we're blessed to live long enough.

So how is it that we want to choose what is our mindset so that we can, you know, we obviously want to increase our lifespan, but also our health span?

How healthy are we moving into this next phase of our life? Because we're going to be here from anywhere from one third to half of our life.

Nutrition, Lifestyle, and the Book's Practical Guidance

So we'll be here for a long time, right? So what are these choices that we're making that can help improve that health span? So I would just say reading books like buying like nourishing menopause understanding like what is the nutrition?

How much protein should we be getting. What about fiber. Like what are the guidelines that we need to look at? And as I mentioned before, as someone who's been in health and wellness for a very long time, when I was going through this, I was taken by surprise because I thought I knew everything.

I'm like, wait a second, I know how to eat. I know how to exercise, I know how to do this. I know how to do that. And

I knew nothing like absolutely nothing.

I had to relearn everything, and that relearning was able was the foundation for me writing this book because I'm like, well, I had to relearn it. So you can just read the book and you don't have to worry about doing all the learning, spending all the years having to go through what I had to go through.

So here you go. This is what I learned. But the truth is, is. I provide a lot of guidelines because what worked for us before appearing in menopause may not work for us anymore, and it doesn't for so many of us.

And that includes every pretty much every aspect of our life. Yeah. I mean I'm like you get to eat more and do less hard intensity aerobics. Like there's there's some good things going on here if you can wrap your mindset around.

I remember when I first learned like, you know, all this high intensity exercise that I was so addicted to was not going to serve me best in my 50s. It took a little bit of unwinding because I just so believed I had to do that to be healthy.

And so it's, you know, same with how many women do you or do I tell, like, you're not losing weight because you're not eating enough and that, you know, there's some benefits in going, oh, I get to eat more and lose weight.

So there's there's hidden hidden roses all through this aging process. I love that you said that. Sorry to interrupt you. I love that you said that because I think one of the biggest things in the advice that we know, that we hear from doctors, and I've seen this in my research, is, you know, when women come in and they're talking about waking, they're like, the advice are getting is eat less, exercise more.

And it just doesn't work for us anymore. And in chapter five, in my book, I actually give 17 different reasons. We gain weight in Perry, menopause and menopause 17 and I probably could have continued.

But you know, I had to limit my chapter word count as you as I mentioned before. So I stopped at 17. But really one of them is not eating enough. And you are absolutely correct.

We need to make sure we're eating enough so that our body doesn't go into conservation mode. Yeah. And we, you know, in our 50s. Right. So we grew up in the 70s, the 80s where it was like, you know, go do three hours at Lucille Roberts with your leg warmers and Jazzercise and then, you know, don't eat more than 900 calories today.

Like, so that was what we learned was how to, like, lose weight. And, you know, that is not that is not a good plan for for our mature bodies. So what about sleep?

You know, I feel like we got to circle back to that because you said you have so many tips for sleep. And that's something that so many women struggle with.

And yes, I believe foundation is mindset is a lot of the foundation. But also like from a physical perspective, you know, there's the foundation of being hydrated and nutrition and getting sun.

But sleep is like if you don't sleep, you don't heal. You know, I'm like such a super sleeper. I love my sleep and I'm so grateful that I get it every night.

But I know every once in a while, like if I have an off night, I'm a grump. I'm brain fogged, I'm tired. I'm not on my game. And so what could you share with the women listening to help them institute that they could get a better night's sleep because it has such a huge impact on our lives?

Yeah. So I provide so many tips and I have a whole protocol in the book on sleep, and I just want to go back for a second and explain how sleep fits into the symptoms.

So in our signs and symptoms survey I mentioned before, sleep is the third most common symptom and over 66% of women are having issues sleep or 65%. It's a very large number, and most of us are waking up between 2 and 4

a.m..

Mindset, Aging, and Reframing Menopause

So I wanted to understand because the way my brain works, I'm like, okay, so I get it that we're, you know, we're not sleeping. We know that it's something that's pretty common for a lot of us because of progesterone declining steadily and our estrogen fluctuating and all of that.

But like, what are the reasons we're waking up? Like what? And forget the whole, like, hormonal aspect of it. But like, what are the women from their perspective saying that is keeping them awake?

And we know that the number one symptom between the. So we have a sleep survey that was published. And then I have a stress and anxiety survey that was published as well.

All of that in 2024. And between the two surveys, we found out that the number one reason women are waking up between 2 and 4 a.m. is because their cortisol is rising at the wrong time.

It's stress. Stress related. Their mind is racing. They can't turn their brain off. They start thinking about their next day. So once we wake up and our brain starts to go, that's it.

It is so hard to turn it off. So I provide a lot of tips in terms of like before it starts to go off your brain, before it kind of has a mind of its own.

Stop it right there and then. I love using something like EFT is great. I love using ho upon. So these are practices like a Hawaiian practice. So I give women who upon and I tell them about the mantra and repeat the four lines over and over, and you'll fall back as sweet asleep quickly, so you have to catch it.

It's a little bit of like training your muscle. Your your brain is a muscle training that muscle to help you fall back asleep so that it doesn't end up keeping you up for two hours.

So that's just one example of one of the one of the tips that you could do that can help. The other thing we found out is that women are waking up to go to the bathroom.

So some women are waking up every hour on the hour, on the every like hour on the hour to go to the bathroom. And I was like, that's a lot. So if you're waking up more than once a night to pee, that's too much.

So you may want to speak to a doctor or figure out a way that to minimize that and bring that number down. And the number three reason we're waking up is because of night sweats.

So how do we address those? Well, when it comes to stress, I talked about, you know, the middle of the night wake up, but also before you go to bed. Are you doing something that helps to relax your brain?

Are you turning off your technology at least an hour before bed? Are you not, you know, looking at tech or blue light an hour at least an hour before bed.

And if you are, I talk about blue light glasses and we still need more evidence on that. But a lot of people say that they work great. Are we looking at our emails before bed?

I learned the hard way because I used to look at my emails or in bed and I'm like, okay, let me check. And then I got one night, I got an email. It was like a mean email, like from a it wasn't a mean, but it was like an email from a client.

And I was like, whoa. And it set me off. And that was it. My night was done. Couldn't sleep. So not looking at emails before bed, not falling asleep in front of the television if you can.

Setting yourself up for success. Like how cool is your room? Is your room quiet? Do you need blackout blinds? Like is there a light? Is there ambient light from outside?

So what are certain things that you could do to set yourself up for that sleep success that will help you get that better night's sleep? Not eating too close to bed, not exercising.

So all of that is in the book and it provides you with, you know, obviously the tips, but also what some of the research says behind it. Yeah, that's all. That's all so important.

Like I like to data dump like either into a notebook or a journal or sometimes I just have my hello Kitty pad next to my bed. Like what? Back to my like, childhood.

Hello Kitty. I love that I got it. It's the only thing I fight with my granddaughters about. I'm like, no, that's my hello Kitty toy. And then Shelley's win. She's like puppy.

And I'm like, okay, you can have it. Oh, that's so cute. You don't ever think of when I think of hello Kitty. I think of like, because we're such 80s kids, I think about like the remember the puffy stickers we used to have with like, the googly eyes?

When I think of low Kitty, I think of those puffy stickers like, I love you. Oh my God, that's how I got into hello Kitty. It was my sticker collection.

It was like, hello Kitty and Snoopy were like prime Prime stickers, but best and unicorns. I see your wing, a unicorn. I'm like, in unicorns. Yeah, the hello Kitty is definitely stuck with me, but I.

I write it down like I just kind of like take stock of, like, what happened today? Is there anything really stressing me? Was there an interaction that isn't complete?

Is there something I should have done or didn't do or need to do? And I just, like, write it down and I go, okay, brain like it's waiting for you so you don't have to worry about it.

You don't need to think it through. It's going to be waiting for you. If 530 in the morning when you wake up, don't you worry. And just kind of like data dump.

And then I love what you're saying, like, you know, these are free practices, EFT tapping. So powerful. I have a very big crush on Brad Yates. Do you know him?

He's an f t for on YouTube. Okay. I love him, he's so great. But, you know. Yeah, I like, also like metta or like loving kindness meditation where you're praying for yourself, you're praying for loved ones, you're praying for the earth, and you're praying for someone who's troubling you, right?

You're sending love and peace and joy to someone who maybe you're having a little friction with. And so really just, you know, slathering yourself in lavender and magnesium and just all the things you kind of need to go, I'm going to leave you.

You'll be waiting for me tomorrow. But right now my sleep is so important. Yeah, I love that, actually. My doctor who. So I have a my ob gyn. I love her and she's a menopause specialist.

And I've been doing a lot of promotion around my book.

Sleep Strategies and Nighttime Wake-Ups

And a lot of, you know, we're on panels, so she comes with me. She kind of represents the hormone side of it. So she comes with me to all of the events.

She's amazing. She's like my partner in the events. And she texted me today, so she's like, tell me what supplements I need to take. So I gave her a list and I told her before and she was like, oh my God, magnesium is amazing.

I'm sleeping like a baby. So like I'm like, yeah, that's definitely one of the non-negotiables. Like, we need to be taking our mag, which is why we have it at our company.

Like we need to be taking our mag and especially glycemic because it helps us get a better night's sleep. Yeah, night a beautiful thing. And I also love Epsom salt baths because that way you're just getting the transdermal and I'm like, man, don't be chintzy.

Not a cup like seven cups. I like the big bag, you know that, like, big was like like huge like five. Oh, yeah. I'm like one bag. Maybe last me one bath or maybe two.

And then I love, like, magnesium cream. It's so funny because, like, I got some from ro Casa Organics, just a nice magnesium cream. And I was like, put a little on my neck because I hold tension there.

And then I was like, oh, I should put a little on my feet. Like before I know it, I'm like, I might as well do my calves, you know? And before I know it, I'm like slathered and like magnesium from like head to toe.

But it really relaxes you. And I think, you know, what Andrew is talking about is these lifestyle pieces that are so important that we, we've kind of glorified what we can take to get better.

And yes, you know, the first one to say take magnificent take, you know, your hormones, you know, obviously, you know, I'm a big hormone prescriber, but it's like they need to go into a and you mentioned it like you have a chapter on the nervous system.

They need to go into a nervous system that is regulated and attended to. And so I feel part of menopause. And the pausing is like really taking back self-care practice and realizing just how important it is.

And a lot of times when you hear a talk, you know, we just go, well, you need to eat right and sleep right and stress stress less. And but it's like these are like easy things to say, but they take time and attention and energy and focus and consistency to really get the benefits.

And so what Andrea has done is created like a guru, a Bible of menopause and perimenopause here with 1500 citations. No way. So tell us and we're out of time.

But you mentioned something before. And where do we go to take the survey on your website? Because that sounds like something important we should all do for you.

Thank you. Yeah. So if you go to my website is we are Morpheus calm. So my company is Morpheus more us and we made up the word because it's a combination of metamorphosis.

So morph us as a community, so morph us amorphous. So if you go to we are Morpheus and at the top you'll see there's our supplements. You can look at it says shop, you can look at our supplements.

And then if you go to research, it'll have all the difference, all the different surveys. So right now there's 15 we have covered. We've covered so many different topics.

We're going to be launching new ones again this year which I'm so excited about. If there's anybody in your community who's like, hey, I would love you to do research on this, or maybe you and I can team up for a survey.

I actually team up with a lot of doctors for. Cool. Yeah. So for our survey. So, like Doctor James Simon, who is a medical doctor, he is an ob gyn. And he actually was the past president of the Menopause Society.

He wrote my forward and doctor Carrie Jones, who's a Nature path, wrote forward. So I team up with a lot of doctors, and Carey and I actually have a study that's going to be published later this year together.

So I'm always open to new research. What do women want to see looked at in perimenopause and menopause? So you can always message me. I'm pretty much everywhere on social media, so you can always reach out, send me a DM and or through the website and let me know what you want to see.

How do they find you on social media? Is it your name or is it the we are Morpheus? It's actually both. So I am on TikTok and on Instagram at Andrea and at we Are MorphOS.

So you could find us in both, but me at Andrea because then I have my team who's at we we are Morpheus. So I don't always see it. So if you if you did me at Andrew that would be awesome.

Okay. And then to purchase your book I'm assuming on your website or Amazon or anywhere is that. Yeah. So I would say if you're in the US the best place is Amazon.com or you go to Barnes and Noble.

Com so online is the best place. And if you're in Canada then it's in bookstores. Or you can find it again on Amazon. So yeah, pretty much everywhere in Canada.

A little bit more to the online part. If you're in the US and if you're around the world, we do have an audio version I heard, like in Australia they have the audio book.

Where to Find the Book, Surveys, and Andrea Online

And so we have different there's three formats that you can get it in. Awesome. Well go buy her book because I know I'm going to go buy it. See these 1500 citations.

That's just so impressive. And go follow her on Instagram and go do her surveys. And yeah, just all the things like she's such a gift to all of us and the work she's doing.

And so it's just a beautiful thing. So go support her, go check her out, go learn from her. And thank you. Thank you for being here. And congratulations on, you know, a book.

People always say when are you writing your book? And I'm like, well, I just birthed this clinic. And it's a similar timeline of what it takes to do a book.

I mean, a book is no, especially when it's so heavily researched. And so I'm so grateful for people like you who write the books that I don't have time to write right now, because I'm raising the roof on this clinic so that women can come and have a place to heal and have a place to do therapies and regulate their nervous system and all the things.

So we all contribute in beautiful ways. And so, oh, I love it, and thank you for what you do and everything you do in the menopause space. And I can't wait to visit your clinic one day.

I was telling you before we went live, I'm like, I have to go visit your clinic. Like it just sounds incredible and women are so blessed to have you because finding practitioners who understand what we're going through in perimenopause and menopause, that's a gift to.

So thank you for everything that you do for us. Thank you, thank you. Well beautiful as always. So thank you all for being here and learning alongside with me.

And we'll be back for another talk. So stay tuned and sending you all lots of love.