The Testosterone Code: Why Hormone Health Starts Beyond Testosterone Transcript

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Podcast Introduction and Guest Welcome

Yeah, so testosterone is a super important hormone as we all know. What we have found is often times symptoms will lead us to systems. And what I mean by that is, if somebody comes with a particular symptom, let's say they think that they're low testosterone, is it really being hormonally driven or is that a pathway that's perhaps being blocked because of something further upstream?

Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I am Christine Genovese, creator of the Soul Intelligence Method.

We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically. with real proven strategies, protocols and tools you can use in your practice today.

Hello, everyone, and welcome back to your favorite podcast, The Holistic Truth. We're going to talk about health and we're gonna address it from the mind, body and the soul.

I am your host, Jamie Dorley, I'm CEO of Nutritional Frontiers with my co-host, our Chief Growth Officer, Christine Genovese. Welcome back, Kristine. Thanks, Jay.

I'm so excited about our next guest. He's a client of ours for a number of years and has done incredible things. And he gets to hang out in Mexico most of the time.

Well, at the Holist of Truth, we are focused on our mission to make the world healthy, and he's done this with his wife and thousands of people, not only in the Texas area, now south of the board, as we would once say.

And he is so generous with this time. He trains health care professionals. Um, he treats patients and I'm really excited to talk about his topic today, the testosterone code.

So let's give a nice warm welcome to Dr. Andrew Shepard. How are we doing today, doc? Fantastic.

Dr. Shepard's Chiropractic Origin Story

Thanks, Jamie. Thank you, Christine. So happy and excited that we could finally pull all the strings together to make this happen today. You are a world traveler.

I mean, from around the world and living in the U S now Mexico. And I think you're zooming in today from Florida. Is that correct? That is correct. Yes.

It's been a little whirlwind. So let's hear a little bit before we jump into testosterone code, which I'm fascinated with. I've been a big fan of testosterone and hormone replacement and really, um, customizing programs for people to get the results.

But how did you even get into chiropractic and functional medicine? Because some people believe it or not, I still meet people and they're like, what do you do?

I never heard of that. I'm like, what world do you live in? So I was exposed to chiropractic and nutrition at a much younger age. Everyone has their unique journey.

Was this a personal experience or family or friends or parents? How did you learn about chiropractic and Nutrition?

And what was the inspiration for you to pursue that career path?

Well, Jamie, I literally fell into it and I mean that absolutely, literally. I was going through law school and, uh, was in the ski team for New Zealand and.

And I fell off a 40 foot cliff. When I woke up in hospital with multiple fractures, um, and not having a particularly great day. Um, A week later, I was out of the hospital in my wheelchair.

And long story short, everyone expected me to go down the traditional medicine route. I chose not to. A friend of mine said, have you tried a chiropractor?

And I'm like, a Chiro what? I couldn't even pronounce it, let alone spell it or I had much conception as to what it was. But I went to see him in wheelchair, he went through his diagnostics and he asked me, or asked him one simple question.

Doc, can you help me? His answer was, honestly, I'm not sure, but I am pretty sure I will not make you any worse. So that transparency and that honesty was enough for me.

And six months later, he had me out of the wheelchair using nutrition, using adjustments, balancing the nervous system. This was 30 plus years ago, so this was before we had all the technology that we have today with our lasers, our PMF machines.

everything. So this truly was holistic medicine at grassroots level. I thought I got to do this. This is fantastic. You can impact somebody's life without the need for necessarily drugs and surgeries first.

And so I switched gears, switched careers, finished out law school, moved to the U. S., went to Parker, which I believed and still do to be the best chiropractic school.

Got out of school and realized, OK, well, I got a degree, but I still know nothing. So I was so passionate about nutrition and I just started to try and learn going through school in all the nutrition clubs.

And I went and got another two and a half year degree in clinical nutrition because I wanted to know more. And that's where I started working really closely with clinical nutrition and we could just see the results that you are able to get were absolutely fantastic so powerful when just using the body's natural ability to be able heal.

So yeah, that's, I mean, my story from that perspective, 23 years in clinical practice in Plano, Texas, and then COVID hit and, you know, they weren't super kind to us in Texas.

So my wife and I decided to start an online company where we taught our method to coaches, to other practitioners, other physicians. And it's 100% whole food nutrition based.

Obviously the nervous system is a huge important part, but it has been fantastic. It has given us the opportunity to be able to move across the other side of the world.

We have a global company now. Life Visions and our partner company, The Functional CEO, where we literally help people to understand that not only if you want to, you have the opportunity to get out of your brick and mortar and kind of will teach you to do what we do so you can increase your impact.

Or if, if hadn't thought about functional medicine within your practice, we can show you perhaps some ways to to make that more effective and efficient.

Wow, what an incredible story, Christina. I'm still on the 40-foot cliff here, this guy. Law school, ski club, six months in the wheelchair. Unbelievable.

It sounds like a Dr. Joe Dispenza story. Right? I couldn't get it off quick enough. That was my next words was, Dr

Joe, when he got hit on his bicycle.

And they told me we'd never walk again, let alone doing anything else. I mean, it's a very similar type. And the reason I asked, because a lot of chiropractors, this becomes a second career.

Why Testosterone Requires a Systems Approach

You know, you, for a first, but you kind of should get a major shift from law school to this. That's very common with chiropractors. They have a personal experience.

Um, they were in a situation maybe not as bad as yours, when they have a miraculous recovery, and it's almost like God says to them, hey, this is what you need to do.

This is your calling. So, wow. Blown away, Christine, once again. Well, I know today's topic is called the testosterone code. So I feel like you two need to carry most of this conversation.

Although my understanding is women need testosterone too. Dog, why don't you kick us off with why you chose that topic today and how it relates to your practice currently.

Yeah, so testosterone is a super important hormone as we all know, but in our hierarchy what we have found is often times symptoms will lead us to systems.

And what I mean by that is, if somebody comes with a particular symptom, let's say they think that they're low testosterone, is it really being hormonally driven or is that a pathway that perhaps is being blocked because of something further upstream?

So the reason we call it the testosterone code is we want to unlock the pieces of the puzzle to determine if testosterone itself is actually at dysfunction or could it be the fact that the metabolic system is dysfunctional and we have slow liver clearance Could it be the fact that the gastrointestinal tract is not able to absorb sufficient nutrients?

Could there be a malfunction and a disconnection between the hypothalamic axis function? So that's why we kind of call it the testosterone code because we believe that in order to make a significant impact into balancing endocrine system and hormones, everything else, your metabolic system, you're ATP production has to be on point in order to make a long lasting impact into the hormone that we're talking about, which in this case is testosterone.

Yeah, Doc, a lot of times people think that testosterone is just libido, right? However, we know it's involved in so many other things. Can you share some of the other thing that, testosterone and why it is so important for not only a male, but also for a female?

Yeah, and it is equally important for a male as well as a female. Some of the major physiological functions that testosterone are going to impact is our mood, our focus, out concentration, energy levels, strong bone density, the ability to be able to put on lean muscle mass and or maintain it.

One of things we see as we age and particularly so with women If there's an imbalance between the estrogens and the androgans, we're going to see a lot of muscle wasting.

So it's really important to be able to actually keep a track on that. You see, I hadn't even got to libido yet. Well, that's where we want to go, baby.

From a guy's perspective, you know, if we're not getting that morning wood, okay, that is probably a sign. Is that a technical term? I believe it is. Very scientific, of course.

Follow the science stuff. That was at the back of Grey's Anatomy, not the front. Uh, and so, you know, it is, is going to have an effect on our libido.

Now as, as a man, if we are potentially suffering with erectile dysfunction, If we, uh, potentially just feeling less of a, man. Um, that of course is we're going want to investigate testosterone's role in that.

Testosterone's Role in Men and Women

Interesting. So why is it so important for a woman? Because I remember getting my blood work done and being told, wow, you have really good testosterone for women.

I'm like, oh, good, I am glad something is working in the right direction. But why it is so You know, that's a really good question too, Christine. And I want to just touch on lab markers just for a second, because we have ranges, right?

So when you get your results back, if one of the markers was testosterone and you fell somewhere between the low normal and the high normal, the average physician will look at that and say, good, your testosterone is good.

From our perspective and looking from our hierarchy, we're going to say okay, well, it's within a range, but is that range too high? Is that rage too low?

So we want to almost take a step backward and take look now at all of the other contributing factors. Where are the estrogens? The three of those. Where's our prolactin?

Where is our LSH? where's out FSH, where is out sex-binding globular hormone? All of these are going to give us a better picture as to whether that statement, which is blanket of your testosterone is good, is really a true statement as how your body is functioning.

Because there's a difference between not being sick and actually being truly well and truly healthy, right? So maybe… What would be the optimal range for a woman versus the optimum range of a man?

Kind of what do you look for? That is a question that is going to be absolutely 100% specific to the individual because we're going want to know what those other markers are, what's going on with their metabolic health.

Is there HbA1c off the charts? Because if we're driving blood sugar too high, that's going to dysregulate all the endocrine system further down. If the liver is not able to clear estrogens, if the liberal liver, is now able produce balance levels of LDL and HDL, we are going have dysfunction with that testosterone.

Now, if somebody's medicated and we're using a statin or using something else, now those other factors have to play in as well. So I think that's why those ranges really are so wide on the labs because it's specific.

Like when you were training, Jamie, I imagine your testosterone level was, you know, your really working to get that significantly higher. I know when I was doing competitions, i wanted to see my testosterone well over 800. Um, you know, because I felt better, I had more energy.

I have much better lean muscle mass, but that's super inappropriate number for, the average person walking around out there. And I think that that is why we see those ranges being so wide.

So somebody is in optimal levels. All their metabolic health is good, their blood sugars are good. Their hormones are good. Insulin is good, A1C. Where would you like that for a male testosterone 500 to a thousand?

Is that about right? I like to see it in there. Yeah. And what about for female? Cause I know Christine is very curious if hers is in the optimal range.

I'd like see at least 80 to 200. Interesting. Wow. All right. Looks like I need some testosterone, James. Little boost, little boost. I might need a boost Is that really why, like, if someone comes in and they're saying, hey, I think I need testosterone, is that why you don't just start on testosterone?

You're looking at all the different key markers of hormones, not just testosterone. Yeah, that's exactly it. Because otherwise we'd just be simply taking a band-aid approach, right?

If somebody comes and and first of all, we talked about some of the potential symptoms of low testosterone which are the low libido, the muscle wasting, the mood swings, none of those by themselves would lead to a diagnosis of necessarily low testosterone.

So then the questions have to be asked a little deeper. And we love to use a mix of the subject of questions to really dig deep and have somebody think about their overall health platform from the metabolic to the GI to endocrine.

Lab Ranges, Metabolic Health, and Hormone Context

One of our favorite sayings is we don't guess, we test. We want the object of data. Otherwise, we're just kind of flying blind and if we listen to somebody who has any of those symptoms and just go in and start to try and elevate testosterone, that may be inappropriate.

So I know you've taught me before, you know, that when somebody's metabolic health is struggling, right, if their blood sugars are off and their inflammation is higher, the body will prioritize.

So what are often some of the metabolic factors involved that you can connect to why some these hormones would be low? Yeah. Well, blood sugar is definitely a big one.

And so is ATP production. Oftentimes when the body's under chronic long-term stress, it's going to dysregulate cortisol. Now with cortisol being produced by the adrenals and having that feedback loop with the hypothalamus and the pituitary is needed to to be in balance in order for the body to allow itself to come further downstream and have a healthy endocrine system.

If it's stuck in that fight or flight where it is really just trying to survive, the major organs that are going to eat up the ATP production are gonna be your brain, your eyes and your cardiovascular.

So it doesn't necessarily leave a whole lot of extra space for that trickle down to keep the hormones in balanced. So then we want to make sure that we're looking at our DHEA levels as well, also produced by the adrenal glands.

And again, sometimes the body will disprioritize actual endocrine balance when it's in that chronic fight or flight. That chronic flight or fight can be for somebody who's over training.

you know going to the gym and working out is fantastic as long as your body has the capacity to be able to heal and repair in the down times and I see so many people and i've been guilty of it in past years over training and over-training and wondering why i'm plateauing with my results or perhaps even going backwards Say absolutely.

The body can't recover. I know, uh, you know recently on the Sunday, um, I was quite tired to get up late. When I take a nap and I'm like, Oh, need to go to the gym.

Christine's like no, she needs to rest today. Had trained like six days in a row between Pilates and weights. And I think, ah, that's a good point. You know, the flip side of that is some people will undertrain too, right?

You say, oh, you only need 30, 45 minutes, but by the time you warm up in the gym, it may not be enough time. So using DHEA and what types of testosterone do you use?

Do you used pellets, use injectables, do use creams, sublinguals, what do find that one of the ways or you just do it through supplementation. How are you working with people's hormone levels?

So all of the above, Jamie, and that was beautifully posed. Yes, that's exactly right. It's our preference to start more conservatively. So, you know, we're huge fans of Testo 180 product.

That is the base on all our endocrine protocols, because we've found that that is incredibly effective and efficient. Are there times and places for things like pellets, creams, injectables?

Absolutely. But we let the data drive those kinds of decisions and also the individual's specific goals because some people only want to go down the new surgical route.

Some people want jump straight to TRT. I think our job as physicians is just to listen, to collect enough information, provide options for the clients so that they can make the best informed decision.

Do you recommend Testo 180 for women as well? Yes. Okay, to drive the testosterone. Particularly, and I love how the two different products, one has dimmed, the other does not.

So that's going to be a choice as well, because are we wanting to support overall hormone production and perhaps slow down estrogen potential dominance?

Or are just wanting give a little wake up to the gonads to say, hey, can we start producing a testosterone or are we trying to signal the pituitary and the hypothalamus to get that message down?

Because sometimes lower testosterone levels can be a signaling issue. You know, is it necessarily a dysfunction or is that a signalling issue or a clearance issue, or production issue?

So those are all the little pieces that would lead towards choosing which particular route that you would want to take with somebody.

Metabolic Stress, Overtraining, and DHEA Support

Yeah, we've always recommended doing a test to 181 to two caps for female and then three to four caps per male. And the interesting one is a DHEA. I've been in this field long enough that DHA was actually a schedule three steroid in the nineties and it became over the counter.

and I love D HEA, I think the challenge has been that a lot of them were oral and that's not very well absorbed orally. So we have the. transdermal cream at Nutritional Frontiers.

And I love applying that to the forearms and applying it like this. What type of dose do you like to use for DHEA trans dermal creams? So your cream, I like use that one.

If it's a male and they're training and if they are over 35, i will do that five days a week cycle. I'd like do it before bed. If somebody is just and that's if again Jamie, I like to go back to the object of testing.

If we're looking and seeing that DHEA is in a good route, good place, then we can be much more conservative. So for maintenance for somebody that may be one pump one time every three days kind of thing.

And you can find your sweet spot or for somebody who's really deficient and we're able to see that, it may be two pumps, seven days a week. Well, I'm very curious because I hear test, don't guess, right?

I love it. Hello. My doctor, call her Dr. Vampire because she does 24 vows of blood. So I got to go get blood work again done real soon. I am not really excited, but I'll go and get it, um, But no, no I like how she has all the functional testing.

I know our industry is kind of swung back and forth to where we're doing too much testing, but I like some fundamental foundational testing. So if someone's a new patient of yours, what type of testing do you feel is the most important to do that you have to deal with everybody?

We've got to figure out what's going on with the metabolics. First of all, we have a proprietary questionnaire that is what we call our biometric health evaluation, which essentially goes through the five major physiological groupings

of the body and really just makes the client have really deep down, in-depth understanding of their own body from a subjective perspective.

That will guide us, obviously, along with the initial intake as to what their specific goals are, as which test is likely to be the most appropriate. But if I were to have to throw a dart and say, every time we are going to get the absolute best results for a client by just choosing one test, it's going be a full metabolic profile.

So is that the typical full-metabolic profile with blood work? Correct, yes. Okay, great. You know, one of my concerns is There's a lot of young people that listen to our show and that are fans and, you know, friends and colleagues and things like that.

And I've been around the bodybuilding scene and fitness scene for, gosh, over 40 years. I was lucky that when I training at a young age, I got great advice from an older guy and he says, look, train naturally for at least 10 years because your hormone levels are great.

Cause there was guys I would see use testosterone at young aged and they would blow up and then they was shrink back down. And I was glad he gave me that advice.

So I stuck into the natural route for years. Um, you know, so my concern is like a lot of these young guys or girls even are going too quick online. Now you can buy a lotta stuff online, So what's your advice to these types of people?

Because I'm very concerned that they're getting bad advice, guided with their, knows what they are buying from China and, um, It may be labeled as one thing, but it's probably something that's a lot more hardcore and cheaper, maybe like a raw testosterone that they're buying.

So what's your advice to some of these people in their younger ages that I feel they should be optimizing their natural hormones first? Yeah, and I completely agree with that on all of those factors because there is a lot of potentially harmful products that are easily available now.

And I think social media in some ways has done the healthcare industry a disservice because you don't actually need to have a whole particularly large skill set to say something.

If somebody chooses to believe what they hear on a TikTok or on Instagram, And that advice is not true advice that is going to be beneficial for that person's body.

Things can go south really, really quickly.

Testing Strategy and Safe Hormone Optimization

It isn't expensive to get basic metabolic testing. So I think if somebody is curious about that. Just get some baselines so that you know exactly where you are and do that at least every four months.

If you're going to use things that are potentially artificial and can potentially have impact on organs like your kidneys, your liver can have an impact.

On your blood sugar and your glucose levels. Now, personally, having been an athlete since I was 16, I think I've tried almost every protein powder on the planet.

There are all kinds of natural supplements. You know, we can utilize creatines. We can use bioidenticals. That would be my preferred route. And I totally agree with that advice that you heard all those years ago, Jamie, of let your body just slowly.

It's God gave it as an incredibly powerful adaptable machine. When it's got lack of interference and it has got the right nutrition, it will do exactly what you're asking and hoping for it to do.

Awesome. Well, I was curious about something. There's got to be something, and I know you mentioned that you go system by system and you kind of start upstream to kind figure out why there might be a testosterone issue or whether there even is.

But isn't there something between the GI system in testosterone? Yeah, absolutely. So the GI is our second brain, right? And so it's incredibly important because it releases so many enzymes and prohormones to the entire endocrine system.

And again, we just go back to absorption. If the gut is not able to correctly absorb nutrients, even super, super high quality nutrients if they're simply passing through, are not going to have a healing or a restorative or beneficial benefit to the body.

So we need to make sure And again, with the subject of questionnaires, it will really lead you towards, is there potential dysbiosis in the gut? Are the microbiomes potentially out of balance?

Um, are we having issues with, the colon, Are we seeing flip-flop, diarrhea, constipation, all of those kinds of things. If we're seeing any of that, that's all about malabsorption, potentially leaky gut.

and we're going to see dysregulation tied into the endocrine system simply because of that. So it's very important that that step is not overlooked. Sometimes it can be supported concurrently.

We always like to follow the hierarchy of the body with the metabolic, the GI, ultimately in ending up in the endocrine system, but it's a feedback loop also.

All of that needs to continue to be able to circulate around. So multiple systems can be worked on at the exact same time. It doesn't have to necessarily be one thing completely cleared because the body doesn' t really work like that.

It's a dynamic organism and every system plays very intricately together. So to simply isolate one particular hormone or one system sometimes is not appropriate.

I heard you mention a couple of times that you like to start with the metabolic system. You're focused on the energy of the person first. Why do you start there when so many of our colleagues start in the gut?

Right. And we take it back to ATP production. In the absence of sufficient energy, the body can only prioritize certain systems and will limit its production because it's in that fight or flight and that survival state rather than a state of being able to open everything up.

So encompassed in the metabolic system is going to be, how's the liver? functioning? How's the gallbladder functioning, how is the ability of cholesterol to be produced, where is its balance, what do our triglycerides look like, What does our A1C level look, like what is our fasting glucose look.

So we're getting an awful lot of information about multiple systems that all need to function at least an optimal level in order to make almost like uncover the next piece of the puzzle.

Okay, cool. So what are some of the things that you do to support energy? What are the nutritional supplements or regimens or protocols that like to use?

Well, I think power fuel has got to be a rock star. I would agree. I gotta tell you, that is my go-to. That is going to be pretty much in almost all metabolic profiles.

Because, you know, I don't need to tell your guys the ingredients, but the DMG, the coenzyme Q10 are just, they are the basics for metabolic capacity, right?

Gut Health, Energy, and Nutritional Support

So we're needing to make sure when we trying to get healing and stabilization within the metabolics, Those need to be there and most people are deficient in that.

Also, because we're looking at C-reactive protein and overall inflammation in the metabolic, many many times X-flame is another fantastic one and I like that because the power fuel and the X flame is easily combined together.

And I feel like they get a really good synergistic result from that perspective as well. And one of our go-tos is your liver gallbladder tincture, because that just helps to work on clearance levels, helps work to on overall filtration, overall balance, and overall inflammation within the body.

So I would say those are three of the many tools that we utilize. I love it. So what do you do when you actually discover, you go through all these systems and you all your detective work, what you when actually find that it is a testosterone issue?

So once it actually is a testosterone issue and all the pathways have been cleared, then it's OK, are we just a little bit low? Are we needing to or wanting to really significantly elevate?

So that's the conversation now with the client, and that will drive the next step of the journey. It could quite potentially be utilizing the testo products, the DHEA products or it could be OK, you need to have a conversation with your PCP because that is outside my personal scope of practice to investigate.

either pellet therapy, injectables, whatever is going to get the best result for the client, but while still supporting all of the systems from a nutraceutical perspective.

Because I don't believe that the two are mutually exclusive. I think as long as we're continuing to have that complete support, we are going get a better result, for that individual client.

That's amazing. Well, very good. Jamie. You mentioned before about overtraining and testosterone and hormones. What are your thoughts on recovery as far as, you know, with the, to prevent sarcopenia and to maximize the hormones?

You know I do my protein shakes every day. I did my super creatine, and you mentioned power fuel. What were your thought on the first the protein shake that we offer and then also dietary recommendations?

Yeah, and I think you hit the nail on the head saying that you utilize the protein shakes, Jamie. That's a fantastic way to make sure that we're getting all of our essential and non-essential branch chain aminos in.

And that's become increasingly difficult to be able to get from a dietary perspective because our food chain seems to getting worse and worse. So in my opinion, supplementation is not optional anymore.

It's essential if you want to have a body that is truly well, truly able to rest, recover, repair. So my go-to is always going to be the protein shakes.

I love the The collagen powders, the new one that you have just put out. Um, that's fantastic. Is that the clean collagen protein to shake or the collagen five drink?

Both. Great answer. And of course, you know, your, um, The whey protein the best. Best way. Yeah. Yes. Interesting. I've been using the collagen five drink myself, combining it with the GI.

Cause I had some tests on and the little GI work and then combining with this super creatine. So I'd been as my pre-workout and I tell you what my recovery has been fantastic.

And I have to attest that to the college in five drinks. Because it's the only thing I really changed. And, um, yeah, I still do my shakes, but the collagen five drink is cause it's a lighter drink.

So pre-workout, like taking us to the gym, you know, add some water to it to kind of dilute it. But I think the combination with that, the super creatine and GI.

It's given me a lot of repair, not only for the gut, but also for muscle. So what are your thoughts on doing pre-workout drinks like that? Because I don't use any stimulants.

If I do coffee two, three times a week, that's a whole lot. I even do decaf. But I'm not into these pre workout drinks, Doc. Do you see what people are consuming?

You can't walk around any gym without seeing a monster can in someone's hand, can you? Yeah. And that is just wow. So, you know, it's funny, You have almost the exact same pre-workout drink that I do.

I use the PowerFuel, I used the Super Creatine, and I bounce between either the X-Fame, if I know I'm going to go super hard and heavy on a leg day perhaps, and or the collagen.

So those are my four, but usually there's only three in my workout. And that's every single time, because not only do I feel like I can lift better, But I Feel like i recover better and I fell like it helps with my sleep.

So I'm always making sure. Yeah. Because at the end of the day, if the body's not able to sleep and rest properly, right. And if our cortisol levels and our blood sugar are constantly doing this yo-yo at nighttime while we're trying to.

We're going to be woken up somewhere in that two to 4 a.m. Your body is going say, would you please go take a pee so that I can get back to processing and repairing and actually get some sleep.

Recovery, Sleep, and Practical Supplement Routines

I think he's talking to me now, Christine. I was going to say, huh? That sounds really familiar, Doc. I got to tell you, it is probably 70% of the patients and clients that we talk to that have that.

And if and when we stabilize the blood sugar, nine times out of 10, that either significantly decreases or goes away. I think my secret weapon is taking 4 mag complete.

That before bed knocks me out and occasionally I'll throw in a little relax to kind of get my muscles to calm down a bit and then I'm usually good. I am a huge fan of that relax for recovery as well.

Yeah. And I found that personally really, really effective. I love that. That's our muscle relaxer formula. Um, you know, and I also, uh, never leave home without my calm day.

Cause you never know what kind of day you might have to keep your nervous system under control. So that also helps to regulate me too, during the day, well, I cannot believe that we're coming to the end of our time together.

I feel like we just got started. Warmed up. Have so many questions, maybe, even off the record, but now because you Again, years ago, 30, 40 years, ago when I got into working out, you know, testosterone was really something like the professionals or elite athletes would use.

But now I think with the internet, these hormone clinics popped up everywhere. I mean, it's become very fashionable to do it. And now you're adding in peptides and you adding over-the-counters.

It's becoming more and more complex. So I highly recommend people that are listening, contact Dr. Shepherd if he's accepting new patients, and we'll ask him here in a minute, because you need a healthcare professional to do this.

You can't do it, you know, with a gym guru, or you can do on your own, looking at someone's internet posts. with a health care professional, get all the testing done so you can do it in a healthy way and either completely eliminate all potential side effects or at least greatly minimize them.

And I think the best way to do that is through a healthcare professional. So are you accepting new patients? Yes, absolutely. And that was a really important thing that you just touched on there, Jamie too, the minimizing the potential symptoms.

Because when you do fly rogue and you this by yourself, if you're not keeping an eye on your red blood cells, If you are not keep an an on potential estrogen spikes, you will have detrimental effects.

Just having somebody in your corner to be able to oversee that. is incredibly important, particularly for anybody who's new to this and thinking, oh, I got this down.

Well, Dr. Shepherd, how do people find you if they would like to work with you? Yeah. So I'm readily contactable on my email, which is drkashepherd at aol.com.

And Shepherd is spelled the same way as in the Bible. No extra P's or A's. Otherwise they will not find me. Um, and also we have experiencelifevisions.

com and thefunctionalceo. Outstanding. Well, we love the opportunity to spend time with you today. I'm so excited that we were able to get this episode in, albeit hurricanes and crazy travel and all the craziness that happens.

And so glad that, uh, have you scheduled for an upcoming episode as well, um, on a different topic. So excited to continue, our healthy journey with, you, as a client and a friend.

Thanks so much, Christine, of course. Thanks, Dr. Shepherd.

Final Advice, Contact Info, and Closing Remarks

You really clear up a lot of misunderstandings in our field and, more importantly, give hope to people out there that, you know, maybe are struggling and not really sure which way to go.

So, I highly recommend you contact Dr Shepherd and his team. They got very generous with their wisdom and education, and they get incredible results. And that's really what our sole objective is at The Holistic Truth is better results and a better value for everyone.

So thanks for joining us so much. We appreciate it. You guys have a great day and great week and have great fall and enjoy our fourth quarter. And I want to say thanks to all of our listeners.

Very grateful for every one and God bless everybody. Thanks for tuning in to the Holistic Truth Podcast. If this episode spoke to you, please follow the show and share it with someone ready to take charge of their wellbeing.

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