Intro and Hormone Heroines Welcome

Listen to your grandma when she said that you have to eat your veggies. She was absolutely correct. Don't eat fat. Well, we forgot that there is good fat and bad fat, so we have too stay away from bad-fat, but we need good- fat for our body.

90% of our brain is if you don't need fat your brain not going to function. So make sure you're eating those good fats. Your olive oil, your avocado oil your avocados and such, nuts and seeds.

These are great good fat. So these are the basics that you can start doing like from the diet perspective. Remove the bad foods, include the good foods.

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

Join us for real talk, expert tips and even a few laughs. Hello and welcome back to Hormone Heroines. Today we're going to be talking about why Hashimoto's patients don't get better and how to reverse it.

So we are going start talking with Dr. Anshul Gupta, a board certified family medicine and functional medicine expert who helps patients reverse Hashimoto's disease through his virtual practice, research and his best selling book.

Welcome Dr Guptah. Thank you so much for having me over here. You are doing an amazing work, both of you. The content and the kind of information you're sharing, I think is helping a lot of people.

Hashimoto's Basics and Common Symptoms

Yes, you too. And we're very excited to pick your brain about Hashimoto's. I personally have Hashimoto's, so I'm very exciting to hear what you have to say.

So let's dive right in. Can you explain to our listeners what is Hashemoto and what are the most common symptoms that you see with Hashima? Absolutely so Hashimoto's is an autoimmune condition of thyroid gland where your body is producing antibodies which starts a very slow destruction of the thyroid glands and ultimately most people are diagnosed with what we call as hypothyroidism or low thyroid and they prescribe this medicine called levothyroxine for it.

Now unfortunately most people are not knowing that the actual reason for their hypothyroidism or low thyroid is actually Hashimoto's disease because they're not doing the full testing for it.

Now in terms of the symptoms for it, you know, the most common symptoms that people will go through is that they will have weight issues, unable to lose weight or they're gaining weight.

They will feel fatigue or tired a lot of times, they'll have brain fog issues. A lot times they have gut related symptoms, either constipation, bloating, indigestion issues They will have a lot of menstrual issues, infertility issues in women.

We are seeing on a rise because of Hashimoto's. Feeling cold all the time. Like even in a normal temperature room, they will feel cold a lots of times.

And plus mood changes. They'll have low mood like anxiety, stress. So a whole bunch of symptoms that goes

along with this disease. Yeah. Yeah, you're familiar with some of those.

Very familiar. Especially the cold one. But what got you interested in Hajimoto's patients and can you share some your personal story? Yeah, so actually like in functional medicine world, you know, we have this joke like anybody new MD we meet, he said, You know what's your personal story of entering into functional Medicine?

Because when we go to the med school, We are trained just to believe in conventional medicine and nothing else, right? Something has to happen in a personal life that ties us into the functional medicines now.

So for me, like, you know, after I completed my family medicine residency, I was into a very busy private practice, but just a couple of years into my practice.

I started having a lot of issues. Like started gaining a load of weight, even though I did not change anything in my diet or in. Workouts. was again, very tired to the point that I had to take a nap during my lunch hour, just to function through the day.

And at the end of the. Day, You know? Like I. Was feeling brain foggy where I could not concentrate on just anything else.

Dr. Gupta's Personal Health Journey

And plus on top of that, I was having this horrible, horrible stomach pain. You know, the pain will just hit me suddenly during the day, during night and I had no idea what was doing it.

Well, initially I thought, you know like maybe it's acid reflux, so I started taking medicine for it, it was not getting better. I added a second medicine and a third medicine.

Then I thought, maybe I'm not a smart doctor, so I need to start seeing specialists who can help me out. And we did tons of testing, you know, like we do blood work, ultrasounds, endoscopies.

They had no idea. Everything was normal. The added even more medications at that point of time. I was in my early 30s, taking more than five medications and still not feeling good.

That hit me suddenly, do I have to do this for the rest of my life? So that's where somebody suggested, why don't you look into functional medicine? People like you who don t have answers, go to functional medicines.

So I got trained into function medicine, applied those protocols within one month of changing my diet, working on some supplements. My stomach pain was completely gone.

Within four months, I was off on medications. I lost more than 40 pounds during the time. And plus my energy levels increased so much that I even participated in a 5K rugged maniac.

And I was never an aesthetic person in my life. So for me to do that was like a big achievement. Nice. Then I started looking for, okay, well, I need to help other people.

Within a few months of changing things, this was drastic. Something is out there. I got this opportunity to work at the Cleveland Clinic functional medicine department.

They were doing research into functional medicines and that's where my passion was. And landed over there and started working. What I realized was that I'm attracting these kinds of patients where they're all middle-aged women.

had similar issues as mine. They had weight problems, they were tired, brain fog, gut issues and one thing was common, They all had Hashimoto's disease.

they all were taking medications but still not feeling good. So then I completely resonated, I started looking why that was happening, why these females are not getting better, what is out there that we are missing out into.

So I researched, developed my three-step process, applied it into my patients, saw amazing results. Not only their quality of life improved, within a few months we will see amazing result in terms of improving energy, improving brain fog, losing weight, but what we saw was that, we were able to reverse their antibodies.

Literally their antibodies which are too high came back very low or sometimes even to normal levels which was never unheard of. So that was an amazing thing I said okay well this makes sense so I wrote the book, shared this with people so that I can help more and more women with Hashimoto's disease.

Yeah, we definitely see it a lot, especially in women, and we see in some men, but not as often as women. Why do you think females still continue to suffer with Hashimoto's symptoms?

And also, since you were talking about your book, can you tell us more about the mitothyroid connection that you talk about in your books? Absolutely, first of all you know like this is a very common question that you why do females get Hashimoto's disease or why are they much more affected from it.

So we do not have a complete answer like we have not done any research studies on it but I feel the reason is that the female hormone complexity is higher as compared to males.

You know females have much hormones and what we realize is all the hormones are connected with each other. So it is like a symphony when one organ in the symphonies not working, the whole symphony goes down the drain.

Why Women Are More Affected and the Mitochondria Link

So similarly in females, like, you know, if it's estrogen or your progesterone, or any other hormones that goes out of sync that affects your thyroid issues and also triggers Hashimoto's disease.

That's the reason what we are seeing is that a lot of females will get diagnosed with Hashimoto disease either like when they start the menstrual periods, at early ages.

Or after they deliver a baby, during the postpartum phase, they get diagnosed with Hashimoto's disease. Or once they enter perimenopausal and menoposal age, again, the get diagnose with that.

So that's where that hormonal changes or shifts triggers autoimmunity production and leads to Hashimoto's. Yeah. What does this mitothyroid connection, how does it get broken in the Hashimaoto patients?

Absolutely. So first of all, interesting factor was that, you know, most of the people, even in conventional world, what we are looking at Hashimoto's disease is a thyroid disease.

Technically, once you start the thyroid medicine, which is the levothyroxine, people should get better. But the research study shows that more than 60% of people who have Hashimoto's are taking thyroid medicines.

Their levels are in the normal range, but still continue to suffer from symptoms. So that again got me thinking that why is that the case? This is not making sense.

So then I realized that all of the symptoms that people go through Hashimoto's disease are actually mitochondrial symptoms. What is mitochondria? We have learned in like eighth grade, the ninth grade we have this teeny tiny organelle called mitochondrion which is present in our cells, which gives us energy.

It's kind of energy production house for our body. Now, interestingly, there is a connection between thyroid and mitochondria. Thyroid controls the mitochondrion, but now we know that actually mitochondrial also controls a thyroid.

So when your mitochondry is not working, it doesn't produce energy, so you feel tired. Mitochondria, the highest concentration is in your brain. Obviously, brain fog is another symptom for it.

My mitochondri are responsible for your gut motility and gut functioning. Again, that's the reason you have gut related symptoms. So literally each and every symptom that is associated with Hashimoto's is mitochondrial symptoms and the reason being these antibodies which are produced in Hashimoto disease not only damages the thyroid but damages also the mitochondria also.

Again there was another study done which actually looked at the Thyroid tissue of people with hashimoto disease you know after they died and looked it under the microscope.

What they realized was that each and every thyroid tissue has high concentration of mitochondria but those are all dysfunctional mitochondrion. So basically those mitochondrial were there but they were not functioning and that's the reason they are not able to produce thyroid hormone as well as the majority of the symptoms were going on.

Now, the follow up question was that what is damaging these mitochondria? Why are we having these triggers in Hashimoto's disease? So again, through my research, I identified five major root causes which leads to Hashimoto's and mitochondrial disease.

So the first cause over here was food sensitivity. Now food is medicine, but unfortunately, wrong foods start triggering our immune system and causes damages to it.

Yeah, we deal with that a lot. Exactly. This is happening more and more common. You know, like as you know most of the common foods is gluten, right? We know that gluten is most people are getting sensitive, creates havocs in the system.

So that's one thing. We are realizing dairies and other food which is causing a lot of issues over here that people kind of being sensitive especially in Hashimoto's world.

And then there are other unknown things which are like soy and corn. Some people might be sensitive. So food sensitivities causes leaky gut, which is the damage to the gut which ultimately is a trigger for Hashimoto's disease.

So that's number one root cause over here. The second root causes exposure to toxins. Unfortunately, in the current world we are living in, every day we're producing new and new synthetic chemicals which are being poured into our environment.

Now, over the course of months to years, slowly and slowly these chemicals start getting exposed to our body and get accumulated in our thyroid gland.

Root Causes: Food Sensitivities, Toxins, Deficiencies, Stress, and Infections

And one day, they reach a toxic level which again breaks down our immune barriers and leads to Hashimoto's disease. So that's the second reason. The third reason over here is nutritional deficiencies.

Thyroid need specific vitamins and minerals, specifically minerals like magnesium, selenium, zinc, B vitamins, vitamin D. A lot of our food itself is deficient into these vitamins.

And most people don't even check these, vitamins in minerals through the regular blood work. So they don' know about it. That again links to triggering of Hashimoto's disease.

The fourth factor is stress. Again, the current scenario we are living in, you know, stress is everywhere, whether it is personal stress, financial stress or geopolitical stress.

That all again leads to triggering Hashimoto's disease because of the adrenal dysfunctions. And the last one comes is the infections piece of it. We have known for a long time reactivation of Epstein-Barr virus has been linked to

Hashimoto's disease.

But now new research studies also is showing that long COVID is also another triggering factor for Hashimoto disease and the third one is parasites or bad bacteria in the gut.

Now again, they have been link to hashimoto disease So these are the five major root causes which combined together leads to triggering of Hashimoto's disease damage to the mitothyroid connection.

Okay. So can you, just because most of our audience is not in the medical world, can kind of talk a little bit more about what toxins and how they're triggering the Hashimoto's kind a cascade?

So toxins are chemicals which are external to our body. Okay, we have known some age old toxins which have heavy metals like lead and mercury. We know that lead basically melts our brain.

So that's the reason we were removing the lead paints. Mercury similarly also gets accumulated in our thyroid gland and leads to the immune barrier and causing it.

Now, the newer toxins are the chemicals as well as the mold toxins. Interestingly, like, you know, we have now research studies which supports that when we get exposed to mold, it accumulates in our system, leads to production of mycotoxins, which leads something called SERS, Which is basically chronic inflammatory response syndrome that ultimately triggers Hashimoto's disease.

So what happens is that our thyroid is like a sponge. Even small amount of toxins that our body get exposed to, they ultimately get, you know, go through our bloodstream, but they, ultimately goes to the thyroid gland and gets deposited over there.

So again, time and again over the course of months, two years, when finally there is a toxic level, They start damaging our thyroid glands and also breaks down the immune barrier.

Basically what that means is that, in our, body has good immunity and bad immunity. So that basically turns our good immunity against our own body. That's what autoimmunity happens.

And that leads to triggering of antibodies or Hashimoto's disease. Gotcha. Long list of triggers. Yeah. Basically life. Life is the trigger. We talked a little bit about the viruses that can cause like Epstein-Barr and COVID.

You mentioned parasites. Is there any specific parasites that you see more commonly than others? Can you elaborate a bit more about that? Absolutely. So the most common parasite that we see in the gut is something called blastocystis.

Blastocyste is a very common parasites which is present world over. In some of the countries, you know, like in India or Asian countries it is basically endemic.

Almost every third or fourth person will have it. But what we realized was that, in other western world, countries like US and UK and other places, presence of blastocytosis is not that common.

But then there was a research study done which showed that presence of blastocystis also triggers Hashimoto's disease. An interesting factor was that when this blastocytosis was treated in the same study, they saw a reduction in their thyroid antibodies.

So that is the most common parasite. You know that again, there is not only a relationship where, okay, well you have a parasite, so what should I do?

Well, remove it. because that can, you know, help improve your antibodies too. So blastocystis is the most common parasite. I see it very commonly and that has definitely has associated with Hashimoto's disease.

Then comes the bad bacteria. Again, we know about what we call as overgrowth of bad Bacteria. We have trillions of bacteria that lives in our gut, right?

Some good, some not so good. The good part is that now we have these advanced tool analysis where we can actually check the gut microbiome and exactly can tell whether you have bad bacteria or how much is a good bacteria.

Something called SIBO which is small intestinal bacterial overgrowth is very common in Hashimoto's disease and that again leads to triggering of leaky gut and autoimmunity in the body.

Yeah, I actually have a patient this whole time I'm thinking of her. I have patient that I just went over one of these extensive GI tests that showed everything that she had and we've been working with her for years and she's got Hashimoto's, she has early primary ovarian failure, like all these things.

And we're working on her gut and we just got the results finally back and she has blastocystis and hominis. Then she also has defragilis, and then a bunch of other bacterial overgrowths too.

So we are doing like a million things right now. I think I'm going to maybe send in, I am going have her go get her antibodies done before because before she starts the treatment and then I want to check them after because like that for her antibodies because I never thought about that.

Exactly. That's the point. You know, like a lot of people will never imagine that I don't think I have a parasite. I said, well, I wish you don´t have it, but maybe that's a hidden cause of your Hashimoto's, you would like to know about it.

And I'm always surprised, and obviously my patients are also surprised to like, how did I get this parasite? I do not have any symptoms also. A lot people do even have symptoms of gut related issues.

People will think that the parasite will cause massive diarrhea or like, you know, too much stomach pain. Well, no, sometimes it is just not major symptoms.

They can just live very silently in your stomach or in you gut and just damage it. So yes, that would be a very great experiment for you to do. Do it before and then feed it and check your antibodies.

I'm sure they're going to get better. Yeah, exactly. I mean, she came to me with a diagnosis of chronic fatigue syndrome. So we've been working on a whole bunch of things.

And so now it all kind of makes sense is like, which one started, and now hopefully we can get it taken care of. That'll be cool. Had a quick question.

What is your favorite GI test for testing these kinds of thing? So there are all different companies that are doing it. I think all of them do an amazing job.

We have been using Genova diagnostic GI effects for a very, very long time. So that's, you know, like the one which I will say, is top priority. But GI map is another one.

The good part about GI Map is that they also check H.

Parasites, Gut Testing, and H. pylori

pylori bacteria. which again has been associated with Hashimoto's disease. So we do have some research studies that saying that, you know, presence of H.

pylori in the stomach area can also lead to triggering of Hashimoto's. GIMAP tests for that. That's a good one to kind of know about it. Those are, I will say, my top two stool tests that I would use.

Yeah, we use G. I. MAP the most. It's actually the one I was talking about that we just used. But I always like to hear what other doctors are using and keep learning.

Absolutely. Okay. Well, so we have a lot of patients that ask us about peptides all the time, and I actually really love peptide, then I've done a bunch of deep dives, especially recently on peptidies.

I have friend who is also a doctor and we'd like text back and forth constantly about new research and stuff. What do you feel is the role of peptidae in Hashimoto's disease and is there anything that peptids can do to help?

Absolutely. So first of all, the question is that what are peptides? Because some people might not be aware of it. Peptides are basically small chain collection of amino acids, which are naturally produced by our body.

The most common peptide people know about is insulin. We came to know what insulin, we have been using insulin as a medicine for like, you know, several years now.

Now, through modern research, We identify many more peptids, approximately 100 plus peptidies we've identified, You know the role they have in our bodies.

And now, you know, like we have been able to use those peptides in a therapeutic way to improve the body. So this is where, in Hashimoto's seeds, these peptide can be very, very a game changer for us.

Like certain peptidies like BPC 157 is really good for gut health. We use that very often. It helps in reducing gut inflammation as well as also in leaky gut issues.

That could be a very useful for that. Interestingly, along with the peptids, now we are also having something called bioregulators. So bioregulators are again even smaller chain of those amino acids or byproducts of the peptides which are very very specific to certain organs.

So we have thyroid bi oregulator which is very specifically for thyroid gland. Now, people might think this is again a thyroid hormone medication we are using.

Absolutely not. Peptides work in our body in multiple ways. They basically help in rebalancing the processes of what is important for that particular organ.

That means if there is too much inflammation, they will help in lowering inflammation. If that means that the particular organ is not able to produce hormone, then they would optimize the functioning of that particular organs to reduce that hormone.

So what we have seen is that, you know, this thyroid bioregulators can again lower antibodies as well as improve the TSH levels so people will need less and less of medications.

So thyroid bioregulator is great. BPC 157 is Great. Another one is KPV that we use again, a lot of times for gut inflammation, because again gut information is very common that you use.

We used to use something called thymus in alpha one when it was available easily, or because that will, you know, help us to regulate the immune function.

And specifically there is a TH1 and a Th2 response in our body and an imbalance between those two responses causes the inflammation and autoimmunity. and thimus and alpha 1 was great for that.

Unfortunately that was taken away like last year from us you know in terms of the peptide world because apparently they're looking for it to making as a medication so that's the reason we cannot use it anymore.

Peptides and Bioregulators for Hashimoto's

but there are other peptides which are available again which does help with our immunity one is TB4 which is kind of a fragment or again works on immune function specifically people who have you know like as you mentioned no chronic fatigue or they have a chronic pain issues like fibromyalgia TB 4 can be very very useful again that helps in reducing inflammation and things So I will say that's where, you know, I can keep going on and on.

We have obviously so many peptides that are very useful and a very fascinating world and very important time that we are living into, that you have access to all of these peptide, but definitely they have shown so, so much improvement in a lot of our thyroid patients.

Have you, again, I'm not going to go into all of the peptides, but because there's such a big mitochondrial connection with thyroid disease, have you used MOTC at all with your thyroid patients?

We have used it. The only problem with modesty that we are facing is that it is expensive. So that's a challenge. People can use it maybe for a month or two.

And the peptides work slowly in our body because they are working on the background of rebalancing things. You have to use them for at least six to eight weeks to see the maximum benefit of this.

Now, Mortise C, if you want to use it in the required dosage, like if, you're doing it twice a week or once a, week, then, it kind of becomes a little bit expensive.

So some of our patients, they would not like to, use but yes, If you use, but at least six to eight weeks, we will see great results in terms of improving the energy, specifically working on their brain health, that people will, see more mental clarity when using the Mortis C.

Okay. Great. I love that. What are some things that people can start doing tomorrow to reverse our Hashimoto's though, just to end on? Absolutely. So again, you know, I totally agree that when I start talking about all those root causes and all the medical jargon, people get overwhelmed.

Well, think this is not for me. I don't think I can do it. Always tell people, start from the basics. Yes, it is confusing. A lot of our patients are there once, but yes, do fancy supplements.

There is nothing wrong with it But the foundation of any functional medicine or a health protocol is basics, your lifestyle changes. You have to improve your diet, you have work on your stress management, and you work in body movement.

So these are the basis of any protocol that you want to do. So first, improve your diet. What that means is that again, we cannot give up gluten, that's okay.

At least give a processed food, okay? Remove all the artificial coloring, all artificial foods you're eating. Any kind of processed, fried food you are eating, at least remove those.

Reduce the amount of sugar that you might be consuming through those sugary drinks, those desserts or anything. Reduced that. And then start eating real food.

Listen to your grandma when she said that, you have to eat your veggies. She was absolutely correct. We tell people that all the time. Exactly. So eat your veggies.

Very, very important. And there is a myth out there in terms of, OK, well, thyroid patients should not eat, you know, these broccolis, cabbages, cauliflowers and things.

Now, this is the myth which was done on a research study which wasn't early 90s. At that point, the number one reason of thyroid disorders was not Hashimoto's, but iodine deficiency.

But coming into the 20th century, because of all the iodification and iodine around us, now that's not the case. 90

plus percent cases of hypothyroidism currently are Hashimoto's disease.

And we do have a couple of research studies which do suggest that eating broccoli, cabbages, cauliflowers are really good for them. So eat your veggies.

Eat good quality protein. Don't stay away from it. You need all of that amino acid to rebuild your immune system, to re-build your thyroid hormone. So good quality protein is very, very important.

Plus good-quality fats. Again we had fat shamed, you know, like everybody, for a very very long time. Fat is bad for you, don't eat fat. Well, we forgot that there is good fat and bad fat, so we have to stay away from bad fats, but we need good fats for our body.

90% of our brain is fat so if we dont eat fats our brains are not going to function. So make sure you're eating those good fats, which is your olive oil, your avocado oil.

Your avocados and such, you know, nuts and seeds. All of these are great good fat. So these other basics that you can start doing, like from the diet perspective, remove the bad foods, include the good foods.

You know very easy to do.

MOTS-c and Mitochondrial Support

The second thing is body movement. Okay. I'm not asking that, you know, tomorrow starts running on a treadmill or go for like a five mile walk or a run.

Start from basics. Just 10, 15, 20 minutes of body movements. It can be a mix of cardio or strength training or just going for a walk. Or just kind of, starting with some stretches and things.

But some body moment is very important that rebalances your hormones, reduces inflammation in your body and helps your thyroid to function better. And the third thing is working on stress management.

Yes, you are that person who are handling at least five different things, 10 different, things you're doing an amazing job, but those things do stress are your thyroid gland.

So you have to do some de-stressing things. Whether it is, deep breathing exercises, whether it's meditation, just simple journaling, or just spending time outside in nature, ten to 15 minutes, that is enough to rebalance your adrenal glands, give a break to your thyroid gland and will help in production of your Thyroid.

We can just do these three things from tomorrow itself, which is, I think, doable for majority of the people. You will see amazing results within a few weeks.

Yes, you can add fancy supplements and things, but unless you do those things supplements are not going to work for you. Peptides are going not to go work with you, so you have to clean up your diet, You have work on your stress management and some regulation into your body movement and then you add supplements in peptides, that's where you're going see the amazing result.

Yeah, that's what we do with our patients. We require that, you know, they actually eat healthy and move their body.

Daily Foundations to Reverse Hashimoto's

And we actually have those visits prior to the visits where we're like, okay, well, we are going to add this in or we going add in. But we it so that they get the foundations first.

Because like you said, your just going continue adding supplements and supplements because you are never

going heal without fixing the foundation. Yeah.

I always say you can't out supplement a healthy lifestyle. Yeah, trust me. Like some of times, you know, when I see my patients, they will come with a bag load of supplements.

Dr. Gupta, I'm taking 50 different supplements, and I am still not feeling good. I said, well, maybe the supplements are not your solution then. What are you eating?

Well, like I have been drinking this like a liter of coke, going to burger things and things. Okay, now we have found some problem. They said nobody paid attention to my diet.

Nobody asked me about it. They say, your heart hematose, take these supplements. Or instead of levoteroxine, switch them to natural thyroid medications.

Those things are great. But again, as you absolutely said correctly, you have to work on your foundations first. Because if you're making a 50-story building, and just imagine that your foundation is poor, that 50 story building is going to crumble down sooner or later.

So foundation's very important, absolutely. Yes. Where can people find your, what is the name of your book and where can find it? Absolutely sure. The name or the book is very simple, Reversing Hashimoto's.

So it's very easy read. Uh, the goal was, you know, because obviously there are several other books, which have been written at a more deeper and a scientific level.

I wanted to kind of share people to help them understand what's going on with them and then kind give them an actionable plan, obviously research based so that they can start doing things tomorrow.

So Reversing Hashimoto's is the name of the book available on Amazon. You can go and buy it. Most likely you'll be able to finish it, you know, within like a few days or so.

But then you will be more empowered with knowing what's going on with you. And also, what are the next steps that you need to take tomorrow itself so that can get better?

Wonderful. So we will definitely put that in the show notes. Also, if people wanted to get in touch with or work with, how could they do that? Absolutely.

So first of all, you know, I have a YouTube channel, which is the name is Anshul Gupta MD, where I kind of regularly share a lot of bite size information of people which again people can start doing tomorrow.

Some natural things, some diets, and other things they can do, so you can follow me over there. Our website is again ansholguptamd.com and now we provide virtual consultations for people kind of from all over the country.

So you can literally work with us wherever you are located and all the information will be on our website so you get in touch with. Nice. Great. All right.

Well, thank you so much for being on our show. This has been some really great information and I know our listeners will really enjoy it and find it useful because as you said, hormones are definitely all interconnected.

Thank you again. Absolutely. It was a great pleasure owing here. You know how us women are always just pushing through it. And then when we go to find help, we're often not taken seriously or told, oh, that's just part of being a woman.

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

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

Book, Practice, and Closing Remarks

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

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

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

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

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