# Unlock Neuro-Metabolic Health Insights Transcript

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## Introduction and Guest Welcome

Hello and welcome back to Mastering the Menopause Transition Summit 3.0, our third year coming at you with all the latest and greatest and all new interviews.

I am still your host, doctor Sharon Stills. As always. It's an honor. It's my privilege to be here with you all and help educate you on all the important things you need to know during your hormonal journey and beyond.

And today I have a very special guest who I just learned is like a neighbor and lives probably 30 minutes from me. And so we have this big, huge world online where we reach so many, and then we find out it's also a small world and we live physically close together.

So that's super exciting. So many of you may know Doctor Peter Kahn, and for those of you that don't, he's a chiropractic neurologist. He's board certified in integrative medicine and functional medicine.

He does a lot of education online, and I am really excited to talk to him about neurology, about the immune system, about the neuro metabolic impacts on what is happening while you are going through menopause.

So thank you. Thank you for coming and being with us, and I'm super excited to talk to you today. Thank you so much, Sharon, for inviting me and the pleasure to speak to you and to learn that we're neighbors.

And, I'm excited to contribute to this topic. Thank you. Yeah, and I love I didn't tell you before, but I like, love chiropractic. I almost went to chiropractic school.

I have such when I was in Catholic school I was busy studying with all the chiropractors, learning AK and studying George Good hard work. And so like I think chiropractic neurologists are some of the most brilliant health care professionals that walk the face of the earth.

So I'm super excited to pick your brain and help you help the ladies in the audience. So, yeah, why don't we just dive in neuro metabolic health. That's, a term that some may not be familiar with.

So maybe you can just start to educate us about what that means and why it's important to you and what it means for women on their hormonal journey. Yeah, absolutely.

## What Neuro-Metabolic Health Means

So this neuro metabolic health is something that kind of came to my radar when I was first studying to become a board certified chiropractor neurologist in chiropractic urology.

Our big focus is obviously the brain and the nervous system. And when we went to chiropractic, neurology board training, much of it was around diagnosis and treatment of various nervous system disorders.

By identifying the different levels of the lesion where the lesion is in the nervous system and using noninvasive techniques, you know, rehab and exercise, and to to help people to rehab their nervous system.

Now, one of the things that one of the very first thing that we learned in chiropractic, neurology or training is that neurons requires two main things for the for its survival and function.

And that's two main things are fuel and activation. So neurons cannot survive or thrive without fuel or activation. Now activation of neuron means that the nerve cells need to be activated.

And you need to be they need to work in order for them to stay stable and produce proteins and, and do all this stuff to maintain its own health. Right.

So if you imagine if you have a joint that's been fractured and you are put in a cast or a splint, that joint joint is immobilized, then those neurons, this proprioceptive and enjoying receptors in that joint will become destabilized because they're not getting stimulation from normal movement.

And then that's going to lead to downstream effect where nerve cells will become, you know, not just muscle atrophy, but nerve cells will become atrophy as well.

So much of the rehab that happens is not just with the muscle building, that muscle strength. After you have broken a bone or being the splinter immobilized.

It's also the build up nerve function. So that's a nervous system site. But you notice we said fuel and activation. Right. So what's fuel for neurons.

Well fuel comes in the form of oxygen and glucose. And glucose comes from the food that you eat. So so this becomes really important because there's a nutritional component to brain health as well.

That's very important. And I think going through chiropractic neurology training, much of the focus was on neurology. But I was able to see, you know, the light side, the other side of the tunnel, that there's a big nutritional piece.

So by combining the two, we I call it neuro metabolic integration. That's actually a term that I trademarked back in 2009, just because I was already seeing what's coming down the pike.

Right. If we're going to improve someone's condition, their function, we have to improve both the neurology and the metabolic health. So so what is neuro metabolic health?

And when we put it together. Well, neuro metabolic health refers to the optimal functioning and balance of all these metabolic processes within the brain, the nervous system, but not just within the brain, the nervous system, but the rest of the body as well.

For example, how hormones function. Very important topic for this menopause summit. How important is your gut function and the importance of your immune system function?

All of these all play together that help you to have optimal experiences and function in your life. Because we experience all life through the nervous system, through our brain.

So we have to have a good functioning brain. But in order for a good functioning brain, you have to good have good metabolism, which means how do you use fuel?

How do you break down fuel? How does other things contribute to fuel, which includes hormones and inflammatory cytokines? So when we talk about neural metabolic health, we're really talking about all the different factors that we typically talk about in a functional medicine setting.

Right. We're talking about blood glucose. We're talking about oxygenation. We're talking about gut health. We're talking about hormones. And how all the different hormones interact and contribute to our overall well-being.

We'll talk about neurology. So all these things together is what neuro metabolic health is. I love it all. My favorite things. So let's dive in. There's a few ways I can go with that, but let's start first just with the hormones.

So how does like if you're because that's such a common thing, right. As women are going through perimenopause and menopause and beyond, blood sugar regulation goes a little haywire.

Brain function very common to walk into the room and forget why you're there, and to forget names and to have brain fog and things that can be very scary.

So how how do you view that through the lens of neuro metabolic health? What what do we need to do to make sure our neuro metabolic health is functioning optimally?

And how does it relate to the hormones. Yeah. So let's start with with how does a compromise neuro metabolic health impact hormones since this is the topic at hand.

So the neuro metabolic health when it's compromised may start to a cascade. Now typically this cascade can you can think of I've gone from north to south starts from the top going down right above down.

And how that works is that our brain controls hormones through the HPA axis, hypothalamus, pituitary, adrenal axis, or hypothalamus, pituitary gonadal axis, all these axis through the hypothalamus and pituitary.

It's important to note that the hypothalamus is actually the neurological tissue. Right. It's it's a neural endocrine organ. What that means is actually it has neurons and has synapses.

And it fires. It gets signal from presynaptic input from the cortex. So it gets it gets neurological input and gives an output. And part of the output is also an endocrine output, which is your hypothalamic hormones.

And that hypothalamus hormones impact your pituitary gland which then secrete hormones that impact your stimulate your, and organs. Right. Your thyroid hormone, thyroid glands, your adrenal glands, your gonads and so forth.

So when you have compromised neural metabolic health, which means somehow some way, your brain would compromise either due to a fuel problem or activation problem or inflammation problem that can all impact brain health, that can sort of have a downstream effect on your hormones.

Now, when we talk about menopause, right, we're talking about cessation of hormone, right. The hormone basically goes through a transition. Now menopause is not a disease.

It's a natural transition that people go through. Right. Of course, in the past, like medicine, we treat pregnancy like a disease.

## Hormones, Menopause, and Brain Function

We treat menopause like a disease, you know? But really they're just natural biological processes. Now of course, if you have compromised health then you may have more symptoms associated with that menopause.

Right. So then that's what we we really want to focus on. We want to highlight the importance of how can we optimize all the different systems in the body so that when you're going through that transition, then you're going to have an easier time with it.

Instead of having a pathological symptomatic transition, you have a smooth transition. Because the reality is that, you know, I've worked with thousands of people, and every time when I encounter a menopausal patient, the question is always, do you have menopausal symptoms of hot flash, nice white depression things, all these things.

Not every single person, never with menopause have those symptoms, right? There's a percentage of them that says, you know, I went through menopause and that's no problem.

No symptoms, however, and there's others that go through menopause that have a lot of symptoms. So then obviously it's it's not an experience of every single person with menopause to have menopausal symptoms. Right.

Like some people, you know, in allopathic medicine tend to say, well, I you know, if you have menopause, you

you're gone automatically have symptoms. But that's not my experience.

So then obviously there's a difference between those who have who went through menopause that don't have some done and someone that has symptom. What is that difference?

Well, the difference is going to be a lot of things are we're going to talk about in this interview hopefully I bring awareness to it. And one of those things is neuro metabolic health, which is describing brain, which the connection there between the brain and your hormonal system is going to be your HPA, HPA axis, hypothalamus, pituitary.

But then there are many other things along that metabolic health spectrum that can also impact hormones. For example, you mentioned earlier, blood sugar, blood sugar dysfunction breaks nearly every hormone out there, right.

And blood sugar dysfunction can come in many different forms. Could be hypoglycemia. It could be insulin resistance. It could be a mix pattern. But blood sugar dysfunction is very common among people partly because of dietary choices.

Right? People just don't know how to eat properly. Too much carbs, too much refined sugar, this and that, or they're sedentary. Not enough exercise to burn off the excess glucose.

So a lot of people have blood sugar dysfunction due to various reason. And that can really compromise people's hormone. So we want to think about all the different things, all the boxes that that we need to check to make sure you have a properly functioning body so that as you go through that transition of menopause, you're going to be the one that's going to be asymptomatic.

Yeah. That was I'm in that category. There's not a lot of us that have never had a hot flashes or never had symptoms. But I credit that exactly. Like you're saying, I credit that I never experience symptoms because I pre gamed because I was handling my hormones and my blood sugar and all the things, you know, natural panic. Doctor.

That's what I, that's what my world is centers on. So yeah I never actually had a hot flash. And so it is. And I love what you said because it does I say this all the time, but it pisses me off that there's like an ICD ten code for menopause because it's not a disease.

It's just a natural transition. That is, you know, if you're a female, it's guaranteed it's going to happen. It's like, what do they say? You know, death and taxes are guaranteed.

You know, in menopause, I would throw in there too for women. So okay so let's keep going on. So when it's compromised when your neuro metabolic health is compromised, you're going to start to see symptoms.

And what are some things that women can do to uncompromised their neuro metabolic health. Yeah. And that's a great question. And so this this comes to first understanding what are the different components that can impact neuro metabolic health.

And therefore your hormones. So some of these things include number one energy production as we alluded to earlier fuel right. And fuel for brain and for really for the entire body comes in the form of primarily oxygen and glucose.

Right. That's our mitochondria using glucose and glycolysis, using the oxygen in aerobic metabolism. So energy production is important. So we have to look at whether there's any problems or dysfunction in our either energy delivery or our ability to burn that energy.

So fuel delivery or ability to deliver the energy can come in the form of poor circulation, can come in the form of low blood pressure. Right. If you don't have enough perfusion to push blood to your tissue, then you're not going to be able to deliver oxygen or glucose or fuel to those tissue.

So we have to have good circulation. Blood pressure should be normal. And also sometimes people have anemia, right? A lot of female experience anemia in their life, whether due to hormone problem or due to other issues.

But if you have anemia then you're going to have a lack of oxygen as well. That can also compromise your body's energy delivery system, therefore compromised not just your brain, but the rest of the body.

As well. And then the other side of that energy delivery is glucose or not the other side. But and partner is blood sugar dysfunction. You can be hypoglycemic, which means that you don't have enough glucose delivered to your cells and tissue.

You're not going to have enough ATP production. Or you can be insulin resistant, which actually result in the same thing, lack of fuel because all the glucose is circulating in blood, but it cannot be utilized.

So that's going to cause an energy crisis. And as I said earlier, blood sugar dysfunction breaks nearly every other hormone. Blood does sugar dysfunction.

It's going to impact your adrenal, with the cortisol. It's going to impact your sex hormones. When you have high blood sugar, insulin resistance, it causes females to convert into testosterone from the 1720 layers enzyme being upregulated in males.

Well, obviously we're talking about menopause, but in males that's cause problem as well. When you have insulin resistance, because the upregulate aromatase enzyme that converts estrogen, testosterone into estrogen.

So causes problem in both sexes when you have blood sugar problems. So that's a very common issue. Now next thing you want to look at as far as how to help someone is really looking at nutrient utilization, right.

How well are you able to absorb the nutrient now that comes from digestion? Many people have compromised digestion either due to poor vagus nerve function so they can innovate the gut to get motility, to get secretion going so they can't digest a food, or they have low stomach acid production due to various reasons H.

Pylori or whatnot, or they have low pancreatic enzyme production, or the bile is not working great. So they're not absorbing fat soluble nutrients from the bile.

They're not breaking down the carbs, fibers, protein, fats from the from the pancreatic enzyme, or they're not breaking down the protein properly from the stomach lack of stomach acid.

So then that's going to compromise their nutrient utilization. And then as we continue to go down that digestive route, you can have a leaky gut, which can compromise your nutrient absorption.

But really, really leaky gut is an inflammatory problem. It's an immune system problem that causes the double whammy of malabsorption and inflammation.

So that inflammation also second to the blood sugar issue, is one of those main things that break almost every hormone, right? When you're inflamed, the inflammation not only drives up cortisol production, which causes blood sugar dysfunction and immune system dysfunction, but the inflammatory cytokines themselves often will cause receptor downregulation and gunk up the receptor sites for various hormones, so those hormones can work, can effectively cross the cell membrane, get into the cell in the nucleus to actually have a proteome proteomic effect.

So inflammatory cytokines is a very common problem that can gunk up hormone receptors. And as we continue down we want to look at, as I mentioned, inflammation and also oxidative stress.

Now when it comes to inflammation, people need to ask better questions about that. It's not that oh I think I have inflammation. What supplement do I take is I have inflammation.

Where's it coming from. What are the triggers. What are the things that I'm doing in my life that's contributing to the

inflammation? It's about identifying the root cause and the next one to think about waste removal, which is detoxification.

Right. How can we eliminate toxins that are ubiquitous in our environment. And just remember, for female hormones, none is more important than this elimination process because you make hormones, but you don't use most of the hormones that you produce.

## Key Factors That Disrupt Neuro-Metabolic Health

Your body had to eliminate these hormones, not to mention other environmental toxins that are disguising themselves as hormones, like endocrine disrupting chemicals.

So these all have to be contend with. And your elimination system is very important. And then finally, we want to ask about hormones themselves. Some people do have an actual deficiency in various sex hormones that they just need a little help with hormone replacement.

Other people, they have problem with cortisol or insulin, or they have a problem with the HPA axis where the hypothalamus pituitary is not working properly, or some people have problem with, you know, just other hormones that can just throw off the sex hormones and self.

So this is these are all the things that I typically look at to make sure I'm checking the boxes, make sure I'm not missing something important before I start to say, hey, you know, you need hormone because some people do need hormone replacement therapy and benefit tremendously from it.

But even if they need hormone replacement therapy, it doesn't absolve them of the need to stabilize the blood sugar and reduce inflammation and heal the gut.

Right. So it's doing both that. Yeah, I am I prescribe a lot of bioidentical hormone replacement, but it's like with the secret handshake with each patient that you're not just getting your hormones, you're also committing that you're going to do all these things, take care of the terrain that we're putting these hormones into because, you know, just taking hormones is is cheating.

It's cheating yourself of living the most vibrant, healthy life you can live. And I love that you brought up. I just want to jotted a few notes like that.

You brought up low blood pressure because I think we're kind of trained in our society. We want low cholesterol, we want low blood pressure, we want low blood sugar.

But too low is not good either. You know, we really are like, we have to put on our Goldilocks cap and we really need to be. And I you know, and it's so interesting because it's like 90 over 60, right?

I mean I just ask patients, are you a 90 over 60 gal. And they're like, oh my God, are you psychic? How did you know? And it's like when your endocrine system is under functioning.

It's just I used to be a 90 over 60 girl myself. So it's I remember my mentor teaching me he was a biochemist and med school years ago. You know, anyone who has low blood pressure, they're going to be a lot harder to get better because there is no circulation, because there is this under functioning all the things that you're talking about.

And I was just a few weeks ago, I was doing a training. One of my teachers from Germany was in, and we were doing hydrotherapy training, and it was like, it's all about circulation.

And so I love that you bring that up, right? Without circulation, doesn't matter what you take, what you're doing, if it's not circular circulating and you're not getting the oxygen where it needs to go, then you're not getting better.

So I hope you are all like jotting down his little pillars there, because they're so super important, each in their own

way. Talking about digestion. That's something that I see.

It's like almost chronically now. It's I used to be like, oh, look, this is a surprise. Now I just kind of expect to see it. Everyone's deficient in hydrochloric acid.

No one's bile is flowing. Pancreatic enzymes are rarely being produced at the level they should be. And these are such foundational steps for the body to be functioning optimally.

So yay good good good information here. And so practical tips I always like to, you know, give the education, get the women thinking. What would be some of your favorite practical tips or things that the ladies should ask their physicians?

You know, just anything on each little pillar. What would you like to share? Yeah, I think as far as practical tips, first, it starts with understanding what are the most common themes for female with hormone problems?

And I think this comes down to four primary or four priorities that we want to look at anytime we're evaluating any kind of hormonal issue. And the first priority, as I mentioned earlier, is blood sugar stability.

Right. So if someone has a hypoglycemia, then we want to teach them to eat in a way to prevent that hypoglycemic hypoglycemic event. And when you have a hypoglycemia, typically the symptoms symptoms typified by bring something by the way when you feel hypoglycemia which means low blood sugar, the symptom is not felt in your blood or felt in your glucose is felt in your brain.

Right. What is hypoglycemia symptoms? Shaky. Feeling. Anxious. Fearing. Irritable. Feeling. Forgetfulness. Right. These symptoms are brain symptoms. So what that tells you is that when you have a hypoglycemia, your brain gets affected, gets affected the most, gets affected first.

So if you recognize in yourself that every time you don't eat or you wait too long before you eat, you get hypoglycemia, then you should aim to fix that.

And how do you fix it? Well, you can just eat more frequently, right? Eat before hypoglycemia sets in. For example, if you feel hypoglycemia sets in for hours, right?

If you go for hours without eating, you feel hypoglycemia, then you should eat probably about three hour mark or 3.5 hour mark before the hypoglycemia set in, so you can stabilize the blood sugar.

For people who have insulin resistance, depends on how insulin resistant they are and how metabolically flexible they are. They may be able to do fasting.

However, some people with insulin resistance also have hypoglycemia at the same time. What that means is they have this rollercoaster ride of blood sugar instability in those people.

Stabilizing the blood sugar is important first step. So sometimes we'll still have them eat, you know, eat on a regular schedule until such time that they are metabolically flexible enough to be able to do fasting, right.

So we get them to the point where they can fast. In fact, this the fact that you can fast is actually a sign that you're getting better. In my book, because people who are really fragile, who are not doing well, adrenal fatigue, they're usually the one that has low blood pressure, low blood sugar, and fasting just doesn't work for them at that stage.

So the goal is always to work them, get them better to the point where they could fast. So that will be priority number one is to stabilize the blood sugar.

Priority number two will be to look at if they have essential fatty acid imbalance. This will be omega three omega six balance right. Most Ameri standard American diets very high in omega sixes which is brought in vibratory and not enough omega threes which are anti-inflammatory.

In reality you need both. Reason six they're both important to both efforts right. Essential fatty acids meaning you cannot produce it from your own body.

You have to get it from food. Omega six. Even though we say it's pro-inflammatory, you still need them. You just don't need them in such a skewed ratio.

So balancing that's important because when you have off balance omega three to omega six ratio, it pushes your prostaglandins into a more pro-inflammatory state, which then causes the cramps and the menstrual discomfort.

In female, if you have menstruation in menopause, that still can present the issue. Because this omega three, omega six in balance is going to cause more inflammation.

And we're in menopause. You know, many female when menopause don't make enough estrogen sometimes needing replacement. And estrogen is anti-inflammatory in and of itself.

It's kind of protective for female that way. So if you lose estrogen in a proper amount you may be more inflamed. And if you add to that the imbalance between omega three, omega six, then you're going to have an inflamed person on hand.

And that's going to cause more stress to your adrenals. And as we know, in menopause, the adrenal gland is a major backup to the ovaries as far as making progesterone and other hormones.

So we want healthy adrenals going into menopause. So we can offset some of these symptoms that people might get from menopause. So getting inflammation down by controlling omega three omega six is really important.

So that will be priority number two. And then priority number three is look at the liver and gallbladder. We mentioned earlier that detoxification and elimination is really important especially for females because estrogen especially estrogen progesterone these hormones are all eliminated right by the body.

And for female the bile is really important here to bind to the estrogen. And therefore you can eliminate this through the fecal route. So liver gallbladder is really important.

And so we may want to look at whether there's any symptoms there. You know may have some lab work and history of exposure history of symptoms of intolerance of fat, history of gallbladder attack, history of tenderness on the right side.

So if you do, then liver cleanses, you know, even fasting could be helpful. But sometimes it requires certain supplements, maybe eating more greens, laying off the sugar.

A lot of as dietary lifestyle things. So that's priority number three. And then priority number four for managing hormonal issue is actually the gut microbiome okay.

## Practical Priorities for Hormone Support

So in back in the day right back in the day when I came up detox was all about liver gallbladder oh liver detox. Liver detox. But now when we say detox we're thinking the gut microbiome as well.

It's a very important part, especially for hormones. So if you have so one is on a marker on stool test is beta glucan days. So we know that elevated beta glucan a days can actually impair your body's ability to detox.

These hormones can cause the entire hepatic recirculation of these, you know, estrogen and compounds and toxic estrogen to recirculate. So the gut microbiome is going to be really important here.

Now with gut microbiome, it's not like there's a special probiotic that you take that's like better than every other probiotic. It's more about lifestyle again right.

Dietary diversity is important here because we know that for microbiome it's all about diversity right. How many different kinds you have. And the dietary diversity feeds microbiome diversity.

So a lot of it can be help with diet. We know proper sleep decrease alcohol intake exercise you know inflammation blood sugar. All these things could be optimize to improve your gut microbiome status.

So sometimes improving gut microbiome is not just about taking a probiotic, but rather how do you feel the microbiome in your gut. So those are the four priorities with some practical, you know, things that you can do that may or may not even require a supplement or, you know, something.

Sometimes it's just doing the basic things first and then layering the supplement on top of that so that you can see which one is having an effect and whether it's working for you.

Yes yes, yes yes. Supplements are supplements, right? They're actually called supplements. They're supplements all. And I love my little hashtag. Not all medicine comes in a pill bottle.

And you know, even our kind of pill bottles or herbs or homeopathic or drainage remedies or whatever it is that we're using, but that the things that Doctor Kahn was talking about are things we all have within our grasp.

And, you know, we we're part of this human society where we've been trained that we want to seek the answer from outside. We want the magic pill bottle.

And people come to see me or you because they don't want the pharmaceutical pill bottle, they want the herbal pill bottle. But the truth is, these things, these foundational, as you're like saying, and I'm kind of seeing these pillars, you know, it's like, how do we build a house?

It's these pillars of blood glucose regulation and then our gut microbiome and slow in our violence and so forth. Things. If you're talking about sleep, you know, all these things that you keep hearing.

Let's talk about over and over again at the summit, because they're so dang important and so, yes, when we do all these things, I still take supplements.

I mean, you know, I got a nice little I've got like my counter, I've got some stuff right here. I've got stuff in there on my nightstand, you know. But they're supplementing my lifestyle.

And so we really have a lot of control if we will just settle into. We got to make some changes. We got to give up the sugar. We got to put down the TV remote and go to bed at a reasonable hour.

And so on and so forth. So, you know, sharing what you said there. I really love what you're saying there. You know, with, you know, supplementing. Yes.

We take supplement. I take a lot of supplements. But that's two that's in addition to what I'm doing with my lifestyle, with exercise and good sleep, having a good dietary habit.

I also love what you said earlier. You know, the secret handshake when you give someone a, you know, hormone replacement is like a wink, wink. You got to do these other things too.

And I what I call that responsible medicine share. And that's what you're doing, right? As responsible medicine medicines, never to take the place of people being in charge of their own health.

I think with Western medicine, it's so easy for people to just go to a doctor. Doctor give you a diagnosis. He has a drug for that diagnosis. Take it. You don't have to change your lifestyle.

I think that's completely backwards. And and I think that the type of medicine and the idea that you're putting forth is responsible medicine. And we need a more in both the allopathic world and the the natural world.

Yeah. Thank you. Yeah. My patient, you know we I keep you know I'm like the lurking Jewish grandmother, I'm like are you supporting your liver because if you're not, you're not getting your hormone refill.

Like, you know we have to do the things to make everything function optimally and there's no cheating. And it's for our own good. I mean, and I don't ask anyone to do anything that I don't personally do myself.

So I think that this was such a great, well-rounded conversation, just, you know, this neuro metabolic health and realizing that. Yes. Because like, I like that you didn't say you know, the answer is lion's mane for your brain.

Not that lion's mane is. You know, I love lion's mane, right? But like, we are so trained, to say, what do I take? And instead of saying what take? You told the women listening, like what you need to be thinking about and what you can do in your own life and so that is just priceless.

That's a great point about Lion's mane, though, because, you know, lion's mane can be useful. But if we don't ask the question first, what is actually not working, then the lion's mane may or may not apply to your specific situation of what's not working. So we don't want to think.

Tools and supplements. First, we want to think what is the actual root cause or what is the actual mechanism first, and then we can apply the right tool to it.

So, you know, I think something like, you know, we said earlier, sleep is really important. Well, some people have disturbed sleep because they have some issue with cortisol or blood sugar or they they're inflamed, or they have some other reason why they don't sleep.

We may use supplement to help them sleep. Once they get sleep, then the hormone gets better. And then, you know, everything started work better that way.

So there's always a purpose, or there should be a purpose for why you're taking something. Exactly. Yes. Not just because every day all the cool kids are doing it or I read this, that, that it was good for me, you know, otherwise I've had patients come in right where literally when I had my clinic, and I'm sure I'll see it again.

Opening my new clinic, patients come in with suitcase and because we'll tell patients, you know, bring your actual supplement bottles because it's just easier for me to, like, look at it, see the ingredients and kind of say garbage, not garbage or whatever.

And like, I've had patients come in with suitcases and I'm thinking, are we going on a trip? Like and they're like, no, you told me to bring my supplements.

And I'm like, oh my gosh, we should have made a five hour appointment for sure. And I have a story about that. I had someone bring a suitcase and let me just tell you, it was not a carry on.

It was a checked luggage of suitcase. Yeah. So I'm thinking check luggage too, right? And it's like, oh, well, I take this because my neighbor takes this and said it was good.

## Supplements, Root Causes, and Final Advice

Or I take this because I read an article and like, yes, these things can all be good, but it's about finding what is the right supplement to supplement your lifestyle, to supplement maybe some of your weaker links.

And yes, I yes, I've never seen anyone come in with two suitcases. Yeah, but I have seen the checked luggage for sure. Of it. Anyway, any last words of wisdom before we wrap it up?

Yeah. Thank you. So thank you for giving me an opportunity. And I think this this is a great summit. And there's so much information that needs to be shared with, menopausal women.

I think, for, for women with menopause, you know, the brain function is often a big concern for them. And, I want to encourage people to really dive into and learn more about why you have those brain symptoms.

Because, for example, the symptom of depression can have many different root causes, right? It's not always just an antidepressant deficiency. And is not just always, oh, it's your whatever mitochondria.

Because it could be that depression could be caused by a low oxygen state. Like with anemia. Depression can come with sugar imbalance. Depression can come from inflammation.

Depression can come from gut issues. Depression can come from liver issue. Depression can come from hormone deficiency. So when you have a symptom, seek to get deeper with it instead of just say, well, I have depression, so it must be a hormone deficiency.

Or it could be, but it could be something else to. So always seek to ask better questions. And this is what I strive to do with our clients and our, you know, learners community is to teach them how to ask better questions so you get better answers.

I love that. And speaking of your community, where can the listeners find out more about you and I? I love that, you know, asking better questions always leads to better answers and better solutions.

So where where's the best place to find you? Where you hanging out these days online? Thank you so much for letting me share. Yeah, you can, I have a lot of free videos on YouTube, just as free education.

So you can just go to YouTube, type in doc computer time, you'll find a baldheaded Chinese guy pop up pretty easy to find. And, I also are on all the major, social media networks, you know, with free content.

And obviously you can also find me on my website at Ask Doctor A.com. And it's just cam. Right? Correct. Okay. Awesome. Well thank you. This was so fun.

We got to share a lot of good information, and I got to meet a new friend and neighbor, so that's exciting for me. And, so thank you for all that you do.

And all the amazing information you're putting out and all the lives you're changing with really good root cause medicine. I love it. And thank you, everyone for being here.

So if you were just listening and weren't taking notes, I highly recommend going back and, taking notes because we hit on a lot of, you know, we went fast, but we hit on a lot of important things that could be a good roadmap for you to look at where maybe you need to pay some more attention.

And of course, go check doctor, come out and see all his information and learn from him as well. So we'll be back with another talk and see you soon.