Unlock the Mysteries of Unexplained Infertility Transcript

(Transcripts are generated by AI and may contain errors)

Opening on Holistic Fertility

Some people still think that art treatments, things like IVF and IUI, are their only option to get pregnant and that it's a guarantee that they're gonna get a baby at the end.

I wish we were as passionate about holistic health and healing our body and being as healthy as we can. instead of fighting for things that are going to jeopardize our health, like art treatments.

I wish more people would open their eyes to a holistic health and healing. This is Dr. Talks. Welcome back to the Super Fertility Summit. I am so excited for the discussion that we are about to have with Dr.

Kayla Smith. She is a leading holistic integrative fertility and hormone doctor. she's the author of five books and her sixth book is forthcoming. And she is dedicated to supporting women and couples who are facing fertility challenges and she herself has overcome her own fertility struggles using the hormone puzzle method.

It's been her mission to help others solve their infertility puzzles so that they can get and stay pregnant and have a healthy pregnancy and a have healthy, happy postpartum.

We are so excited to have you here, Dr. Kayla, and I can't wait for you to teach us all about the role of functional lab testing and so many other things that you specialize in.

Welcome. Thank you so much. I'm super excited to be here, Dr. Cleopatra. It's wonderful to have you. Dr Kaila, let's start from the beginning.

Dr. Kayla Smith Introduction

If there was one thing that you would want for everyone listening to our voices right now to take away in a very practical manner from that discussion that we're having, what would that one I would love to tell your audience that you have so much power to change your fertility and get pregnant, and I want you to be your own advocate.

And I wanted you know that every day that, you get up, You have, so, much control over this. I, want, to take back that power and, I wanna give you hope.

Do not give up until you, get through your path to parenthood and you Have that baby in tow. You can do this and i believe in you. I love that so much, Dr.

Kayla. This is really important. One of the things that I always say is that if you don't give up, your success is almost inevitable. But if you do give up, then all the things that people, whether it was doctors or your partner or family members or even your own negative self-talk in hard moments, all of the that things people said would not be possible for you become true.

And so thank you so much for starting us off with that message of remembering not to give up until we have the thing that our heart really wants. And in this case, that means getting to have our super babies in our arms.

Thank you, so, much, for that.

Taking Back Control of Fertility

I would love for you to talk to us about functional lab testing and what are the functional labs that you see the majority of people needing when they're trying to solve their infertility or fertility puzzle?

Sure. So first, I just want to talk briefly the difference between regular lab testing that you get at your Western medical doctor versus what a functional lab test is and what it does.

And the differences in those two is, one, they're looking for very different parameters. The testing you that get your at Western doctor They're just looking for a baseline to see, do you have disease or illness?

And if you do, how can we treat that with surgery, with an art treatment, a pharmaceutical? They are looking at those parameters. And it's a very low baseline.

I always say they're looking normal if they will, they are not looking optimal. So what a functional lab is, it's going to look for the root cause of what's causing this issue in the first place and it is looking for how can we optimize your body with these parameters so that it does what it was made to do naturally and that's get and stay pregnant.

So that's the first thing. And then the second thing, there's a handful of functional labs that I have found the most beneficial in my practice. The first one I like to look at is I'd like do a DNA test.

This is going to be a different test from what you're getting with your Western doctor. They'll do sometimes a genetic test to see if you or your partner have any genetic issues that you are going pass on to your potential baby.

But what I'm looking for is 46 different SNPs, which are your polymorphisms, that are gonna show me, okay, are you gonna be able to get pregnant? Are you going to have a history of miscarriage?

Or you're gonna have things like preeclampsia or gestational diabetes? And then once we see this, how can we fix it and make sure that these things do not happen?

So that's the first thing that I'll do is look at the DNA. And then the other thing I like to do is we can't get pregnant without hormones.

Functional Lab Testing Explained

Everybody hears hormones, and so I really love to look at hormones through dried urine versus blood work, because bloodwork, again, is only looking for a baseline and it's only a snapshot in time of what's happening right when hormones are tested.

It doesn't show us the fluctuations. Doesn't shows us how things are being methylated, which means neutralized, detoxed, or excreted. So an example of this is when I run a dried urine test, I can look to see, are you estrogen dominant?

How is your estrogen being detoxed? Are you estrogen dominant because your detox pathways are clogged? And so I like to look at a deep look into the estrogens.

I also can see, do you have adrenal fatigue? Nine times out of 10, all my patients are in adrenal fatigue. And now the question is asked, is this because they're in a fertility journey and they are so stressed?

Or is it because a lot of type A personalities struggle with fertility issues? We don't know why, but a lotta times I'll find that and then I can fix it holistically, get you out adrenal fatty so that your body feels safe enough to get pregnant.

And then the third thing I'll do is I run a microbiome analysis. So many things start in the gut. 90% of our immune system is made in gut, we can see do you have a leaky gut, which is going to cause overall systemic inflammation to happen.

All of these things are going cause fertility issues. And so I like to look in the gut and look to see, do have an opportunistic bacteria? Do you a parasite of fungus?

do You have leky gut? And then I can again treat holistically to heal those issues So the body does what it was made to do naturally. And all of these tests are looking to put the buddy into a homeostatic state so that everything is balanced, everything's optimal, and it's working the way that it should so you can get and stay pregnant.

I love this so much. And one of the things I would love to underscore Dr. Kayla from what you said is how traditional testing is generally looking at a baseline or whether you're within normal range in terms of your results.

but not looking in the way that we do in functional lab testing at whether you're within optimal range, which is really where we want and need to be to have our most ignited fertility and to And we all, no matter how healthy we are, we will all have places that need some attention, need love, and could be further optimized.

But the thing that I really want to underscore about that as a scientist, what I know is that we base everything on the normal curve. And the normal curve is not necessarily what's optimal.

It's what normal in the sense that it fits the largest group of people. So with 96% or so of, people will fall within the normally curve and then we'll have 92 to 96%. And then, we will have those outliers and the tails, right?

And, the testing, Ranges that traditional approaches are using are based on the normal curve. So just because something has become normative or represents the average person in the population doesn't mean it's normal.

And it also doesn't mean it's optimal. So I think that that's a really critical distinction for people to understand that we might be within normal ranges, but we can be striving for more than that.

And what is becoming normal in our modern and Western world especially, although this is spreading to other parts of the world as well, it's not really working very well for us.

And we see that reflected in the skyrocketing rates of fertility challenges, miscarriage rates are increasing every year, premature ovarian failure, issues with male sexual function and sperm count, and then also the health of children.

I mean, autism, now one out of every 35 children is, 36 children, is autistic and one of out every 25 boys is autism.

Normal vs Optimal Health

And the rates of autism increase with maternal and paternal age. So these are things that we really need to be thinking about that actually we don't want to normal.

We've got to be a positive outlier. And that's so much of what we're focused on in the Primester protocol and with making super babies. I know that that is also what you're focussed on when you are looking at these functional labs.

So thank you so for sharing those distinctions because I think that's really, really important for people. The other piece of this is we're looking at the body as a whole.

Everything works together. So when I'm looking in labs, I am not just looking your hormones, not looking just at your gut. I look at it all. And then I also look you as person and running through a full health history, And trying to figure out, okay, is anything else other than what we see on these labs affecting your fertility?

Do you have past traumas? Did you get some crazy vaccine when you were five years old that's causing an issue? I look at you as a person and I correlate that with what I'm seeing on the functional labs.

and looking at all of your body systems together instead of in isolation. So I think that's a really good point to make because a lot of, you know, Western medicine, they'll look at you go to an endocrinologist, looks at hormones.

You go a gastro doctor, look to the gasto. They're not talking to each other and all the systems are combined and

work together. I wanted to that point.

Absolutely. That's why we call it the fertility and pregnancy system, right? It's not just in the ovaries, the hormones, uterus. It all works together.

So, so important. Thank you so much for that. What do you think, Dr. Kayla, are the best and worst fertility trends of 2024? What are you seeing? Yeah, so this is a little twofold.

So the first trend that I am loving is that more and more people are being open to this holistic alternative lifestyle. They're open functional lab testing, they're opened to meeting their practitioner over Zoom, They are open adopting a different way to optimize their body and get pregnant.

And I feel like this has happened since the pandemic. And it's wonderful. I love that people are opening up their eyes that there is a different way to heal and to health and fertility.

The other side of this is, and this a bad trend that I'm seeing, is that some people still think that art treatments, things like IVF and IUI, are their only option to get pregnant and that it is guaranteed that they are going to have a baby at the end.

Whole-Body Fertility Assessment

I did a post about this recently and I hope this doesn't step on any toes, but I wish we were as passionate about holistic health and healing our body and being as healthy as we can instead of fighting for things that are going to jeopardize our health like art treatments.

And so that's kind of the bad thing that I'm seeing. I wish more people would open their eyes to a holistic health and healing. And not that they're, I am not taking anything away from art treatments, but I think there's a time and a place for that.

There's some people that that is their only option. If you have damaged Philippian tubes or you something's wrong with your uterus or a structural problem that we can't fix, Holistically, definitely, I want you to do IVF.

But what I'm seeing, and I am sure you can agree with this, is younger and younger people are doing these art treatments and they haven't tried everything else.

They just are struggling, even a couple months. I had one lady recently, she's been trying for three months and her doctor told her she needed to IV up because she was 36. And I was like, no, wait a minute.

We got a lot of work to here. Let's wait. So I think that's one of the bad trends I'm seeing. Yeah. This is incredible. And you're right. The trend is toward younger and younger people going to IVF as a first resort and being directed to ivf as the first Resort and kind of jumping to it really quickly.

And I think that the, and I like you, I actually, know that you said you believe there's a time and place for intervention, medical intervention and IVF specifically.

I was born the same month and year, July 1978, as the first test tube baby, IVf baby. And that is so meaningful, because I do believe that IVF is one of the most important advancements of last half century, so I think it's critically important.

2024 Fertility Trends

But I agree with you that we don't talk enough about the fact that there are potential health consequences, both for mama and baby, but short and long term, that it is not this magic pill that the popular discourse would make it out to be, and that even after six rounds of IVF, which can take up to six years and $180,000, that 35 of couples or individuals will still not take home a baby.

And if you're 42 plus, 96% will not have taken home the baby after 6 rounds according to the scientific data. So we've got to be talking about this. But I think even more important than those realities that we don't talk about enough, is something else that you've also touched on, which is that, hey, hold on.

Let's take a pause. Take a breath. And let's do some work here. We have a lot of work to do. Because the thing is, that these interventions are circumventing the problem.

They are not addressing the problems or the root causes. The problem with that is these issues that are showing up in fertility, are indicators of broader systemic problems which will continue to cause problems in other systems and organs as you get older.

So in the reproductive system is the first place the problems start to show up because it's the that to age in the body, right? It ages at an even more accelerated rate than the rest of the organism, which is why fertility has an expiration date on it.

And yet it's going to show up in cardiometabolic system, in brain health, and so many other parts of life, life expectancy because we know that women who have fertility challenges and menstrual irregularities are more likely to die early before the age of 70, are likely more to have cardiovascular events, and that woman who are able to stay fertile longer have greater longevity and that's critical.

So it's not just about getting at the root cause so you get the immediate result that everyone's craving, which is their super baby, but it is also addressing those root causes so that you can have better health span and better lifespan.

I really want to thank you for raising those issues because I think we can be supporters and proponents of IVF And think that it's a beautiful option to be exercised with the, in the right circumstances, with right preparation going in.

Right. We always say, don't go into IVF without prime mastering because you've got to increase your odds of being successful when the odds are pretty low that will be successful in any one given cycle.

And then you still got do the work to. Increase the odd that you get to have your super baby, right? Because you don' want just any baby. I mean, you want your baby to b as well as possible.

Yes, 100%. I love that. And I loved what you said too about the cycles because this is the statistic that I think is just crazy, but the more ovulatory cycles that you can have before you hit menopause, the less likely you are to have heart disease, dementia, Alzheimer's, diabetes as you age, all of these diseases because You know, you're going through these menstrual cycles and these ovulatory cycles, and it's given you all these beautiful hormones to really fuel your body for the things that it needs to prevent disease.

So if you are not, that's another issue we could have a whole other show on, but I see younger and younger women that don't have the menstruation cycle.

IVF, Root Causes, and Longevity

And so I want to say, why are we not having a menstruate cycle? You're 25 and you don' have menstruating cycle, there's something going on there and we need to fix that.

Even before you get pregnant, if your not cycling, We need to look into that because that's not healthy. 100%. I can't tell you how many mamas we have come to us in their 30s and 40s.

And they have been told their whole lives that they should expect to have problems having children because they haven't cycled for years or a decade. They've had very irregular cycles, either really long or really short.

And I'm glad they've made their way to us at that point, but I wish they had made our way 10 years earlier, 20 years before they were ready to have their super baby so that we could have gotten in front of this a long time ago.

And I think that this is something that we need to talk about more and educate people about. And, I 100% am educating all of my three super babies and especially my daughter who's my middle super baby about their fertility, about her cycles that she will have and what a gift it is and how much power and potential it represents and, how it deserves to be revered and taken care of.

long before we're ready to have our super babies. So I think this is a really, really important conversation. And Dr. Kayla, I know that you and I are going to continue having lots of conversations because we have so many different places that we can go and we really help to spread important education and information.

Thank you so much for that. I would love for you to tell us, what do you think people should do or what's your recommendation for people if let's say they've been diagnosed with unexplained infertility or fertility challenges and their labs look like everything is normal.

There are traditional labs that they're doing either with their reproductive endocrinologists or their OB-GYN. What do you recommend that Yes, so this is one of my issues.

I struggled with unexplained infertility and it was one that I was like, I'm going to solve this because there's nothing medically wrong with me and there is no reason why I should not be getting pregnant.

And so what we're talking about here today, the first thing I would do is run functional lab tests to see and to take a deeper look and to see what might be causing this unexplained infertility.

Because my philosophy is that's not really a real diagnosis. There is an explanation. We just haven't found it yet. So we need to keep digging until we figure this out.

And so that is the first thing I would do. I will look for a functional, you know, naturopathic doctor to Dr. Cleopatra, myself, to dive in deeper and look and see if we can figure out what the root of this is so that we could optimize the body for fertility.

So that's the first thing I would do. And then once you run the functional labs, that is when the real work starts and I will dive deep with the things that you can control based on what labs have told us.

What targeted nutrition do we need to focus on? It's more than just eating healthy, it's eating specifically for your body based on what your labs have told you and eating for fertility.

Certain nutrients are going to be more important for a fertility health versus overall health. Are you getting enough folate? Are you know, all these different nutrients that you need, vitamin A, Vitamin C, All of these things.

So focusing on that really targeted nutrition. Also, let's target our supplements. I see so many people taking hundreds of supplements that they don't even need.

Cycles, Hormones, and Early Prevention

They don' even know how they interact with one another. And so let' do the labs and find out, okay, what exactly do you and then focus and target are supplements in that way.

And then the third thing I would do is I see so many women, this was me, type A personality, just working out crazy, eating very little. So let's focus on what can we do to manage our nervous system, to manager our adrenal glands, calm some of this stress.

And, and really focus on what are the stressors that we're putting on our body that, we have control over and how do we stop doing that? Eliminate that and doing things that nurture us and feel good.

So those are really the three things I would focus. Do some lab tests. Customize your program and your protocol. Look at your nutrition, your supplements, and how you're handling your stress.

I love that so much. Dr. Kayla, tell us if there was just one thing that someone could do to take care of their fertility and their future super babies.

What would that one think be? If you had to just say, just focus on this one Yes. So as a nutritionist, as well as the doctor, I have to say focus on your nutrition.

That is the number one thing that you can do to optimize your health and your fertility. You have so much control on what goes at the end of your fork.

And, you know, I said earlier that we want to target our nutrition, but your foundation should be whole food balanced nutrition. Get a variety of different vegetables.

Feed your gut those beautiful fibers. Eat low inflammatory foods, lots of healthy vegetables and nuts and seeds and almost more of a Mediterranean style eating.

If you do eat meat, add a little fish. Add a bit of red meat. I think if you eat me, that should be a condiment. It should not be the main focus of your meal.

And it's all about that variety and balance. And then staying away from all the foods that inflame us, the sugars, and the hydrogenated oils, in the packaged foods.

I even recommend for fertility that we look at gluten and dairy.

Unexplained Infertility and Next Steps

Dairy is one where it's kind of, if you're not sensitive to dairy, I think a little bit of whole milk dairy can be important. But on the other hand, it is inflammatory.

So we have to look that and say, is this inflaming you? If you have PCOS, so I would stay away dari. It's not good for PCOs. And so really looking at those inflammatory foods and eliminating them as best you can.

And I always tell people, I promise I'm fun. So these are treats. You can have one every now and then. If it's your birthday or a holiday, you know, have a glass of champagne, a piece of cake.

But it is what you do every single day is going to make the biggest impact. Low inflammatory diet, save that for treats, yeah. I love that what you do every day is the thing that matters the most because that's what accumulates.

It's okay to have your treats. I loved that too. We are fun. That's true. And I know sometimes it can feel hard to remember or reconnect with that when you're on this journey and you feel like you are working really hard for something that should have come easily, but the more we can connect to our pleasure, the more we're in our power, which is something that we don't talk enough about in out modern world and our modern way of living.

Last question for you today, Dr. Kayla, and then to be continued many more times because I love this conversation. What does super fertility mean to you?

What's the feeling that comes into your body, your mind and your soul when you hear super-fertility? Yeah, I feel it's taking back control. As I said in the beginning, being your own advocate and knowing that you have so much power in what you can do to optimize your body.

Nutrition for Fertility

So it is really diving in and figuring out what's causing the issue in first place and then working holistically to heal that issue through targeted nutrition, the right supplements, and the lifestyle pieces.

You can't do this. and I believe in you and that's what I want to leave people with, that they have the power and i

want them to take that power back and really work to solve this issue.

I love that so much. You have power. you can take the powers back into your own hands and Dr. Kayla wants you to know she believes in and you too. We all believe you.

That's why we're here. putting together this amazing opportunity to learn from the world's best experts because we know with the right information and tools that direct you back into yourself and your own power that your reproductive potential and potential in all areas of life are unlimited.

And so thank you so much, Dr. Kayla, for your wisdom, For your soulfulness, and for all that you've shared with us today. Thank you for being here with.

us Thank You! And thank You to you, Mama, Dada, all humans for Being here today and I'll see you back here for the next Super Fertility Summit interview.

What Super Fertility Means

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

For more insights and strategies, subscribe to our podcast and visit our website, www.doctortalks dot com. Stay connected, stay healthy, and join us next time on DoctorTalks, real talks from real doctors on the issues that matter to you most.