“We’re Stopping Hormone Maturation!” How Birth Control Affects Teen Hormones | Nat Kringoudis Transcript

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Hormone Maturation Until 21

What we know is that the maturity of sex What we know is that the maturity of sex hormones doesn't really happen till hormones doesn't really happen till around the age of 21. So effectively, if around the age of 21. So effectively, if you're prescribing birth control and you're prescribing birth control and using birth control in teen years, using birth control in teen years, you're halting the maturation of sex you're halting the maturation of sex hormones. And we've all heard this, hormones. And we've all heard this, girls are prescribed birth control for girls are prescribed birth control for so many reasons, missing periods, which so many reasons, missing periods, which is ridiculous. Everything from acne to is ridiculous. Everything from acne to mood swings to anxiety to you name it, mood swings to anxiety to you name it, it's solution at this point in time it's solution at this point in time medically. What that means, however, is medically. What that means, however, is that these women come off birth control that these women come off birth control 10, 20 years later when they want 10, 20 years later when they want children, only to discover that those children, only to discover that those problems are still there. But because problems are still there. But because their hormones haven't gone through that their hormones haven't gone through that maturation, they pick up where they left maturation, they pick up where they left off. Someone who was starting birth off. Someone who was starting birth control at 16 comes off birth control at control at 16 comes off birth control at 36, but they're they're going back to 36, but they're they're going back to their 16-year-old self, so that process their 16-year-old self, so that process can then effectively continue. It's a can then effectively continue. It's a problem. And what research shows is that problem. And what research shows is that the later someone uses birth control, the later someone uses birth control, the less of an issue it is long term. So the less of an issue it is long term. So allowing that maturation to happen is allowing that maturation to happen is important. Now I personally don't important. Now I personally don't advocate for birth control generally advocate for birth control generally speaking for lots of reasons.

speaking for lots of reasons. Contraception is one thing but using it Contraception is one thing but using it to solve a problem is another. You mean to solve a problem is another. You mean an unrelated health problem.

an unrelated health problem. >> Correct. I'm not here to say you >> Correct. I'm not here to say you shouldn't use it. I'm here to say be shouldn't use it. I'm here to say be informed. Understand what it does.

informed. Understand what it does. Understand what that means and then make Understand what that means and then make a decision based on that. But what we a decision based on that. But what we see is a range of problems that could see is a range of problems that could have been avoided had that 16-year-old have been avoided had that 16-year-old health been addressed in the first health been addressed in the first place. No one's looking at the root place. No one's looking at the root cause at that point in time. And that's cause at that point in time. And that's also because the solution isn't also because the solution isn't necessarily a medical problem. It's not necessarily a medical problem. It's not a druggable problem. It's actually a a druggable problem. It's actually a lifestyle issue or something that's lifestyle issue or something that's inherited, but it's still treatable.

inherited, but it's still treatable. It's just not medically treatable. It's just not medically treatable.

Endocrine Disruptors And Early Puberty

>> Can you give some examples of what you >> Can you give some examples of what you see as the major lifestyle driven root see as the major lifestyle driven root causes for kids today? Well, we're causes for kids today? Well, we're seeing teens go through puberty earlier seeing teens go through puberty earlier and that's a result of endocrine and that's a result of endocrine disruptors that we know are in our disruptors that we know are in our chemicals, in our body products, our chemicals, in our body products, our cleaning products, our shampoos, cleaning products, our shampoos, conditioners, anything we effectively conditioners, anything we effectively put on

us and in us, we absorb that and put on us and in us, we absorb that and we know that that disrupts our hormones.

we know that that disrupts our hormones. So, I would say that's probably the So, I would say that's probably the number one that can be inherited. It's number one that can be inherited. It's not just the child themselves. We only not just the child themselves. We only know a little bit about this know a little bit about this information, but it's a reason enough information, but it's a reason enough for us to go what's different to 50 for us to go what's different to 50 years ago and what are we seeing? And years ago and what are we seeing? And that is one big difference. I made my that is one big difference. I made my splash into the industry in fertility splash into the industry in fertility and I was writing books about fertility and I was writing books about fertility and one day I was like half of the and one day I was like half of the problems we're seeing are avoidable had problems we're seeing are avoidable had there been conversation around teen there been conversation around teen health and had the teen been addressed health and had the teen been addressed at that point in time I wouldn't need to at that point in time I wouldn't need to write fertility books so we wouldn't be write fertility books so we wouldn't be in this situation and to your point the in this situation and to your point the second reason that I see is modern second reason that I see is modern lifestyle our pace of lifestyle a lot of lifestyle our pace of lifestyle a lot of us live in cities there's pollutants the us live in cities there's pollutants the water quality it's environmental at that water quality it's environmental at that point but also environmental in terms of point but also environmental in terms of our stress levels as well. The pressure our stress levels as well. The pressure that we even see teens under is that we even see teens under is incredible to perform, to get the incredible to perform, to get the grades, to know where they're going grades, to know where they're going next. Like this has not really been our next.

Nervous System And Blue Light Stress

Like this has not really been our life until now. life until now. >> Yeah. I think about this in from the >> Yeah. I think about this in from the perspective too of just the nervous perspective too of just the nervous system in us. So the brain is developing system in us. So the brain is developing as well as the reproductive system. We as well as the reproductive system. We know they need so much more time to do know they need so much more time to do that. They need all the way till 24 and that. They need all the way till 24 and they're getting stimulated 24/7 by the they're getting stimulated 24/7 by the blue light which is disrupting their blue light which is disrupting their circadian rhythms which can't be great circadian rhythms which can't be great for hormones. but they're also always for hormones.

Modern Parenting And Relevance Gap

but they're also always one text away from their bully, from the one text away from their bully, from the friend that's talking behind their back, friend that's talking behind their back, feeling the social pressure to be on all feeling the social pressure to be on all the time and there's no away from the time and there's no away from anymore. I agree with this. I also think anymore. I agree with this. I also think that we're having children later the that we're having children later the relevance becomes a gap. That means how relevance becomes a gap. That means how relevant am I to my child in terms of relevant am I to my child in terms of just knowing how to interact with them.

just knowing how to interact with them. I see a lot of people and I hate to say I see a lot of people and I hate to say this, but I see a lot of people that this, but I see a lot of people that it's like did you really want to have it's like did you really want to have children or did you do that just because children or did you do that just because that's what society tells us that we that's what society tells us that we need to do? But we're delaying that as need to do? But we're delaying that as well. We're having children later. Now, well. We're having children later. Now, there's nothing wrong with that, but we there's nothing wrong with that, but we have to stay relevant to our children as have to stay relevant to our children as well. And how do we do that? What we and well. And how do we do that? What we and how we were parented was very how we were parented was very interesting. There was a big gap interesting. There was a big gap between, right? We were, you're between, right? We were, you're laughing, but we were sneaking out of laughing, but we were sneaking out of the house and we were teens.

the house and we were teens. Yeah. Yeah. Yeah. >> And how do we even stay relevant? How do >> And how do we even stay relevant? How do we connect with our teenagers? I think we connect with our teenagers? I think this is a big part of the conversation.

this is a big part of the conversation. I'm not out of it yet. I've got a I'm not out of it yet. I've got a 17-year-old and a 13-year-old. But one 17-year-old and a 13-year-old. But one thing I was always adamant was that I thing I was always adamant was that I was going to have a relationship and the was going to have a relationship and the teen years were going to be the best teen years were going to be the best years because also everyone was telling years because also everyone was telling me how they're the worst.

me how they're the worst. >> M >> M >> M >> and you expected a teenager to misbehave >> and you expected a teenager to misbehave and it's their god-given right to sneak and it's their god-given right to sneak out of the house. And maybe it is. But out of the house. And maybe it is. But also if we continue to have also if we continue to have conversations with our children and I conversations with our children and I think this is an important thing to talk think this is an important thing to talk about, then we can stay somewhat about, then we can stay somewhat relevant. We can have our finger on the relevant. We can have our finger on the pulse. They can have a relationship with pulse. They can have a relationship with us that's not just a mother and a us that's not just a mother and a daughter. It's actually a relationship.

daughter. It's actually a relationship. and there's connection and I think for and there's connection and I think for my generation that was missing. Things my generation that was missing. Things are changing. It's it's the landscape is are changing. It's it's the landscape is different. Teenagers now they are far different. Teenagers now they are far more socially aware. I was speaking to more socially aware. I was speaking to someone yesterday and they were talking someone yesterday and they were talking about a alcohol event that they were about a alcohol event that they were hosting and they're like these kids hosting and they're like these kids aren't drinking anymore. What's wrong aren't drinking anymore. What's wrong with them? Right? And I'm like how great with them? Right? And I'm like how great is that that that's the problem that is that that that's the problem that we're seeing. They are far more socially we're seeing. They are far more socially aware. They are healthier than ever. So aware. They are healthier than ever. So there's an opportunity really to bridge there's an opportunity really to bridge this gap right now. and the education is this gap right now. and the education is better, but it's still not great.

better, but it's still not great. There's still a long way to go on that. There's still a long way to go on that. >> So, what would you tell your fellow >> So, what would you tell your fellow parents who are navigating that 12 to parents who are navigating that 12 to 17? Cuz that's you're right in puberty 17?

When Sex Education Should Begin

Cuz that's you're right in puberty and you're right in that identity and you're right in that identity maturation where it's a new exploration. maturation where it's a new exploration.

>> I would actually take it further back >> I would actually take it further back than that. I would take it back to the than that. I would take it back to the moment that your child says to you, moment that your child says to you, "Hey, mom, where did I come from?" "Hey, mom, where did I come from?" Instead of all the lies that we tell our Instead of all the lies that we tell our children, the stalk brought you. That's children, the stalk brought you. That's horrendous. It's like imagine flying horrendous. It's like imagine flying through the air and then landing on through the air and then landing on someone's doorstep. No, you know, ask someone's doorstep. No, you know, ask your father. That's a great one that your father. That's a great one that often people would say of that's what my often people would say of that's what my mom used to say. Ask your father, he'll mom used to say. Ask your father, he'll tell you as if that's going to happen.

tell you as if that's going to happen. That's a conversation I think that it's That's a conversation I think that it's really important. I mean, it doesn't really important. I mean, it doesn't matter who has the conversation, but I matter who has the conversation, but I think it's about having it then and think it's about having it then and there. Children are not attached when there. Children are not attached when you say mom has eggs, dad has sperm, you say mom has eggs, dad has sperm, that comes together. That's conception.

that comes together. That's conception. That's what makes a baby. A three or That's what makes a baby. A three or fouryear-old generally will accept that.

fouryear-old generally will accept that. go, "Oh, yeah, okay, that makes sense." go, "Oh, yeah, okay, that makes sense." They're not asking how and when and what They're not asking how and when and what happens. They need just the facts. Now, happens. They need just the facts. Now, if they're ready to ask the next if they're ready to ask the next question, they'll start asking the next question, they'll start asking the next question. And I think children when question. And I think children when they're ready to learn, they'll ask, they're ready to learn, they'll ask, right? If we are having these right? If we are having these conversations, and it's an evolving conversations, and it's an evolving conversation throughout the younger conversation throughout the younger years. By the time we get to the teens, years. By the time we get to the teens, it's not some big conversation that it's not some big conversation that needs to happen. It's needs to happen. It's >> scary. Now, we're going to finally >> scary.

Open Communication In Teen Years

Now, we're going to finally address this thing that you're not address this thing that you're not allowed to talk about with allowed to talk about with >> That's right. So I think it actually >> That's right. So I think it actually starts when we're parenting small starts when we're parenting small children to have these right children to have these right conversations then to make it easier in conversations then to make it easier in the teen years and then I think the teen the teen years and then I think the teen years in my experience and what I've years in my experience and what I've seen. We cannot make anyone do anything.

seen. We cannot make anyone do anything. We cannot make our teenagers behave the We cannot make our teenagers behave the way we want to. We a need to lead by way we want to. We a need to lead by example and we b need to have an open example and we b need to have an open continual conversation. The door is continual conversation. The door is always open. I want my children I want always open. I want my children I want to be the first person they call when to be the first person they call when there's a problem not the last. For me, there's a problem not the last. For me, I pro my parents probably would have I pro my parents probably would have been the last person. So, I want that been the last person. So, I want that conversation to continue to evolve, not conversation to continue to evolve, not just about my reproductive health and just about my reproductive health and and having uh sexual experiences and and having uh sexual experiences and those sorts of things, but just in those sorts of things, but just in generally speaking across the board.

generally speaking across the board. This is not just an issue about sexual This is not just an issue about sexual health. This is a broader issue about health. This is a broader issue about everything when it comes to teens everything when it comes to teens because they're going through what because they're going through what they're going through and we joke about they're going through and we joke about it as adults. We're like, "Oh, to be 17 it as adults. We're like, "Oh, to be 17 again, all the worries of the world on again, all the worries of the world on your shoulders." But to them, it's their your shoulders." But to them, it's their first experiences of a lot of feelings first experiences of a lot of feelings and emotions. So I think we've got to and emotions. So I think we've got to have that awareness as well and not kind have that awareness as well and not kind of segregate them at the same time. So of segregate them at the same time. So it's an open conversation that we get to it's an open conversation that we get to continue to have. And finally, it's continue to have. And finally, it's leading by example. If you're sitting leading by example. If you're sitting there as an adult and you have there as an adult and you have horrendous menstrual cycles, you have horrendous menstrual cycles, you have every health problem that you can think every health problem that you can think of and you're sitting there hating on of and you're sitting there hating on that, why is your teenager going to want that, why is your teenager going to want