## Introduction to Menopause as a Cellular Issue

Welcome to day three of the Future of Menopause Summit. I'm Laura Frontiero, functional medicine expert and nurse practitioner and your co-host for this summit.

Today, we're looking beyond hormones to uncover some of the other factors that can shape how you feel during menopause. From stress and metabolism to gut health, toxins, inflammation, and cellular function.

We'll explore the bigger picture behind symptoms that may not have one simple explanation. Let's take a closer look. All right. Welcome back to the conversation.

Most conversations about menopause focus on one thing hormones. But what if hormones aren't actually the problem? What if they're simply the messengers?

And the real question is whether your cells are capable of receiving and responding to those messages. My guest today is Doctor Emily Hernandez. She's a natural physician, educator and one of the country's leading voices in functional medicine education.

In addition to caring for patients with complex chronic illness, she serves as the director of Health Care Practitioner Education for Bioscience, Botanicals and Cell Core Biosciences, where she trains health care providers across the country in advanced clinical applications of microbiome health, botanical medicine, detoxification and functional medicine.

Welcome. We're so happy to have you here today. Thank you. Appreciate it. I'm excited to be here. Yeah. Today we're going to have a great talk. We're going to explore why healthy mitochondria, effective drainage pathways, gut health and detoxification are just as important as hormones themselves.

And why supporting the terrain of the body may help women navigate menopause and perimenopause with a much greater resilience, because I think a lot of women are now feeling like I lost my resilience when men hit.

It's a whole. Yeah, absolutely. So let's jump right into it. So most women assume that if they're having hot flashes, mood swings, fatigue or other menopausal symptoms, they assume their hormones must be the problem.

But you often say that hormones aren't actually the issues themselves. So can you explain what you mean by that and where women should really be looking?

Yeah. Great question. So hormones are the messengers, like you said, right? They deliver signals to the cells, but they have to fit inside receptors and deliver that signal.

The cell then has to listen and do something about it. Right. So it's the hormones are delivering the message, but the cells have to answer. So the messages may be make energy or support metabolism, regulate mood, adapt to stress.

But hormones they don't perform that actual job themselves. Your cells do. Right. And if the cells are already depleted there's toxins that are blocking those receptors.

They're not able to transfer to get nutrients, transport nutrients into the cells or waste out. Then they get clogged up and they're not able to listen to these messages as they should.

So you know. Yes. One of the biggest issues or, you know, conditions of menopause, menopause is that these hormones are declining. But now it's a combination of the like.

We have less hormones present, but also maybe that there is a predisposed issue, that the cells are already toxic, they're already depleted, and now they're having an even harder time responding to hormone levels that are dropping when they were probably not responding as well as they should in the first place because of some of these toxins.

## Hormones as Messengers and Cellular Response

I think it really simplifies it for our women to really think about hormones as messengers, because I think hormones are this, kind of this like it's hard to hard to wrap our brains around what a hormone actually does.

We know they're important. We know they deplete as we age. We know that we can replace them with hormone therapy. But when you get down to what they're actually doing, just thinking about them as sending a message from one part of the body to the other, they're almost like letter carriers, right?

Like like little postal workers. Yeah. Yeah, exactly. So on that note, you know, with being messengers is what they really are. I want to talk about mitochondria because we can't really talk about menopause and hormones without talking about mitochondria.

And I think ten years ago mitochondria was kind of a complex, confusing subject. But I feel like the word mitochondria has come pretty mainstream. So for those of you listening to haven't heard that word before, mitochondria are the the little organisms inside of our cells that make energy.

That's kind of at the crux of what they do. They do a whole bunch of things. But so Doctor Emily, so you describe hormones as messengers and mitochondria as engines that allow ourselves to respond to the messages.

Right. So the letter carrier is bringing the message. They deliver it, but we have to be able to respond to it. So can you explain how mitochondria health influences hormone balance and our energy, and why some women continue to struggle even when they're using hormone therapy like we thought it would be the solution?

Right. Right, right. Exactly. So as you mentioned, you know, I think in biology we learned that mitochondria, they're the powerhouse of the cells. They're producing something called ATP that gives our cells this energy, which is true.

But they do so so much more than that. So besides producing energy in the realm of hormones, they actually help to support receptor sensitivity. So again we talked about hormones have to bind to these receptors in order to deliver that message.

Well if the receptors are not sensitive, if they're not open to to kind of receiving that message, then they're not going to be able to respond. So mitochondria actually help to support that sensitivity so that the hormones can deliver their message appropriately.

Yeah. And this is so critical right. I mean, we think about any chronic health condition or any symptom. It requires mitochondria to be online and working and functioning in order to solve it.

If that's not there, if you don't have that piece dialed, then you could be doing everything right and still feel like you're not getting results, including taking hormones and feeling like you're not getting results. Right? Right.

And the reality that they do produce energy, right. And if the cells again, we talked about if the cells are depleted, if they're not getting the energy they need, how are they going to do all these metabolic functions they're supposed to do, including carrying out all these messages that the hormones are telling them to do?

They just can't. So the energy piece is really important. We want those cells to have the right available energy to be able to actually, you know, proceed and carry out what the messages telling them to do.

And we want to make sure that those receptors are sensitive enough to listen. And also the tolerance. Right. Like we kind of want this balance anytime we're talking about anything really in the body. Bring this up a lot with like gut.

We don't want to wipe everything out. We want to bring balance. So same thing here. Like we want them to be sensitive but we don't want them to be oversensitive.

Our immune system, we want it to respond to what we don't want to over respond. So there's this kind of idea about things being sensitive, but also bringing it back to that baseline, that tolerance.

And that's kind of key that that mitochondria do as well. And then it's going to help support the drainage and pathways of the cells themselves. Right.

So we have to be able to release and let go of toxins and byproducts. As the cells go through their metabolic pathways, they produce their own byproducts that if they're just going to stay inside the cells, they can make the cell toxic.

We have to be able to get rid of those. And we also have to make sure those pathways are open to receive the good nutrients. So they help with doing things like that too. Yeah.

So you mentioned a word drainage. So I want to I want to touch on that. So detox. Let's talk about detoxification. Detox. It's a huge buzzword. We see it all over social media.

We see all kinds of influencers selling this or that, detox, detoxing a weekend detox in a week. And you and I both know that that's totally impossible to do.

So detox has become this big buzzword. But you did mention the word drainage. And so what I would love for you to do is to explain what drainage is, why it has to come before detoxification, what's the difference and why does that order matter so much?

And what can happen when women jump, you know, into an aggressive detox protocol before their body is ready? Yeah, yeah. Great question. So I always talk about the difference between drainage and detox.

Being drainage is about just opening our. A monk is opening up our pathways of elimination so that our body can naturally drain at its own speed. We're not pushing, we're not forcing.

So by opening up those pathways, I'm talking about things like our colon being able to in our rectum, really, even just to allow for bowels to move our breath, our ability to sweat urine, you know, being able to urinate.

So these are just kind of making sure these general natural processes are open. Our lymph is flowing. Our blood is flowing as it should be. Well. You know, Emily, I know many women listening right now.

They don't poop every day. No, they don't poop every day. They breathe shallow because they're stressed out and they're breathing very shallowly.

## Mitochondria, Energy, and Hormone Sensitivity

Sweating as efficiently as they should. Right. So many women don't sweat. I think everybody's peeing and peeing like, too much, right? Like I get up all night long to be.

And that's even an issue to. Right? Because it's like, oh, well, we have to hydrate hydrate, hydrate. But if we're taking in a bunch of water but we're not mineralized and we don't have enough minerals, then we just literally pee out everything that we just drank.

So again, we want to like have that balance of retaining the water that when we need it and that electrolytes and minerals help us do that. So anyway, if you're peeing constantly all day, but you're drinking all day, maybe you're just you're mineral depleted, right?

So that's yes. And I think one of the best public service announcements that we can give our audience today is

please do not try to do any type of detox, whether it's a juice cleanse or a supplement based detox.

If you're not pooping every day, that is the absolute first step is you've got to fix that. You have to. The reason being this is good because people will be like, well, why?

Because if you're not pooping, then what happens is you recirculate, you reabsorb your toxins. And so if they're not leaving and going out, they stay inside you and recirculate.

And that. Burden building. Out, right? Yes. So they recirculate. So even deeper on this your body. So you've done something. You've taken a supplement or something to push toxins out of the cells.

So now they're in circulation. Now you can't get them out because you can't poop. So not only are they recirculated, now, your liver's double duty in it.

Trying to trying to trying to recirculate it and detoxify it and push it down into your bowels again. So now you're burning through your nutrients. You're burning through protein, you're burning through amino acids, you're wiping out all your systems, and you feel like crap.

Maybe you could tell people what a herbs heimer is. Yeah. And actually even before that, to like one step even further, connecting it back to the hormones is, well, then where do the toxins kind of end up landing?

They land at hormone receptors. They land anywhere. There's there. They're typically affinity is for anything where there's a fat. Our cell membranes are made of fat.

That's where all of our receptors tend to be. Right. Ian. Membranes of the mitochondria, you know, are made of a fat layer. So they are landing on the cells or landing on the nervous system.

That's why we feel brain fog, you know, going on. They land you know, they get stored deep in the body and they're much harder to get rid of. And then, yes, what you're saying is what can happen is someone can have a hard time or reaction or hurts.

And this is basically where you're basically pushing the body faster than it can handle the toxins. Right. So you're trying to do a detox. You're trying to mobilize these toxins delivers getting all clogged up.

And you start to feel like this, you know, die off reaction, detox reaction or other terms for it, but your symptoms typically heighten. Or you get things like headaches, fatigue, malaise, chills, fevers, joint pain that you didn't have before or you maybe had them another heightened.

And this is typically a sign that your body is not keeping up with what you're asking it to do. So we have to start listening to our bodies and do things in the right order. Right?

So back to complete and detox. It's like if those pathways aren't open, you shouldn't be mobilizing things. Not yet. Let's open up those pathways. Make sure your body just can naturally kind of flow, and it sometimes still may need a little bit of help in the beginning to do that.

And then the detoxification is about churning and turning on the wheels. Right. The cognitive, those cog wheels that start to now churn and support methylation pathways and other pathways that the liver kind of helps break things down and mobilize to actually package them up safely and excrete them from the body.

There's actually a line of supplements. Let's talk about this because you are on the education and board for this company, and I use it constantly in my practice and it's cell core.

So this so once I introduce cell core into my community, into my protocols, into my clients, everything changed because now we were actually supporting drainage.

So could you talk about a couple of the products that sell core has that support drainage. And you guys listening. This is something that you can so simply and easily bring in.

Before you start doing any type of major detox, I'd suggest that you bring it in for about 2 to 4 weeks before. So can you talk about some of those products and how they work?

Yeah, absolutely. And, you know, it really makes it actually makes although sometimes people are like, oh, I don't want to do like an extra step, you know, it's going to make it longer.

Well, we actually end up being more efficient when we set ourselves up for success. And we set up this foundational aspect of medicine. Right. So cell core functions around this philosophy called foundational medicine.

We have to set up our systems so that it can succeed and get rid of these toxins that all of us are exposed to in some capacity. Right. So yes. So some of the drainage remedies and supplements that they have, one, two, two really good ones are called CT minerals and bc ATP.

## Drainage Before Detoxification

And just as the name suggests, CT minerals is all about reminiscing and bringing in these trace minerals that are really easy for the cells to absorb in the mitochondria so that it can they can do those normal metabolic functions. Right.

We have to get those cells re-energized before we can ask them to do what we need them to do efficiently. So they're CT minerals and BC ATP is another one.

And again ATP is part of the name of that product is helping with mitochondrial energy. It's helping with helping it produce energy more efficiently so that again it can work.

And listen to those hormones and other messages that it's getting. So by supporting cells in that way, we're allowing for cellular drainage, opening up the cells and allowing for that communication between cells.

And then we have some more specific drainage remedies like CLL support that's kidney liver support. And that has some great herbs in it that helped to naturally support kidney function and liver function, making sure that we're kind of clearing those things naturally through those big, big major organs.

We have one called drainage activator that again, helps to move things through and just gently kind of allow the flow of things to move. You talked about constipation.

Bowel movement is an excellent product that allows people to get more regularity so that they're releasing those toxins and not reabsorbed. So those are just a few.

But there's, you know, the most of the so many of the products have some sort of base in this bioactive carbon technology is in almost all of our products.

That really helps to drive this drainage process and basically what it is. Yeah, the bioactive carbon technology is basically this decomposed plant material that's humic minerals, humic acid folding acid, and it helps to re-energize and support the cells with those trace minerals I was talking about.

But they also have some natural kind of chelating and detoxification support, being able to kind of sweep up, mop up and pull those toxins from the cells.

So it's kind of the in multiple ways. They do. And I hear all the time in my community, when people go through our protocols and we open their drainage pathways, we call that the we.

We literally call it the open protocol. Yeah. And and they always ask me as they go through, you know, after they

do open, then they go do some more, deeper work on bacteria, parasites, fungus and toxins and moving those out of the body.

But people always ask me, can I go back to I felt so good when I was, can I go back to the open protocol? It felt so good. And absolutely you can. You just start to feel good.

Energy starts to rise. Sleep starts to get better. Brain's cobwebs start to clear out. Bloat starts to diminish. You just feel so much better when those pathways are open and the body can actually efficiently release.

And you're not bogged down anymore. It's just. And so yes, the answer is you can always go back to the products they can be. They're called foundational for a reason.

And I actually cycle through them myself. I go I go through cycles of taking them for three months at a time, pulsing off, pulsing back. And it all depends on what I'm doing in my life, right?

Am I traveling like I just got off of six weeks of travel. I was on airplanes like five times. It was wild. I was eating in restaurants, staying in hotels with mold.

Like, this is a time where you where I want to support my body with that because I just got a ton of exposure. Yeah. And that's what I'm saying is like we are, no matter how clean we try to be, right with our diet and our lifestyle and the products that we're using, we are unfortunately just exposed to these things on a regular basis.

So it's always nice to just have that general support in the background to optimize the drainage that our body can do on its own. But, you know, it has those stressors from everyday living.

So it does help to to have those kind of rotated in after you've kind of done your typical protocol or clone. So we'll be sharing more about Cell Core throughout this talk.

You can always go to Laura Frontera com. That's my website. And you can use Code Menopause for a discount on cell core you have to sell. Core is only available through practitioners.

So you have to work with a practitioner or know a practitioner who actually has an account with cell core. So you can get it there. But we'll talk more about the products.

I want to switch gears and talk about gut health, because I think everybody here has probably heard that gut health influences almost every aspect of our well-being.

I mean, I teach this as well. Foundationally, people come into my ecosystem and my community, and we start right off the bat with helping people with gut health. So.

So, Doctor Emily, can you explain how the gut and specifically the astrobiology. So this is specific for women and men pause and perimenopause. How does that affect hormone balance during Perry and menopause and why so many women experience Estragon recirculation instead of healthy hormone clearance? Yeah.

So first I'll say as we're going through menopause, menopause, naturally those hormones are declining, namely estrogen. Right. So that can often come with its own set of symptoms.

But really when you kind of layer unveil the layers, when we have lower hormones, especially estrogen, this affects the microbiome diversity. They've actually shown in research that women through menopause have more similar microbiomes to their male counterpart during that time of their eight, like that age versus any other time in their lives. Wow.

I didn't. Know that. Yeah, the microbiome starts to diversify as we hit puberty. Right. So that's first is kind of interesting. So if you look at the microbiome of children growing up there, kind of, you know, you know, a male and a female next to each other, they look kind of the same until they hit puberty.

Then they start to shift. And that is driven a lot through hormones. And then they're very different throughout their kind of major adult life until menopause.

Then the women's microbiome start to look like men's again. And so what I'm saying with all of that is that there's this natural decline in diversity in the microbiome that happens as we age and as estrogen goes down, that can lead to more susceptibility for something called dysbiosis, which is a imbalance in that microbiome.

We want the microbiome to be abundant and diverse. That's what helps to keep the balance. But when it's not diverse, that's when we have to we start to see some specific strains that can become overgrown and create kind of its own slew of issues, namely inflammation.

Right. And when we have inflammation in the gut lining, then we start to see that inflammation go from locally in the gut to more systemically through the body.

And now we're seeing those brain fog symptoms, the fatigue, the joint pain, the sleep disturbances that, hey, those sound like perimenopause symptoms.

Well is it pause. Is it gut dysbiosis. You know it's really a combination of both. And it's a little bit of chicken or the egg. But the main point is that if we can support the diversity and the microbiome, especially as women are entering this stage of their life, we can really help optimize this transition and lower a lot of these symptoms.

So that's huge. The other piece within the microbiome, there is a dedicated group of microbes, as you alluded to the alone, that are a group of microbes that help to specifically either recirculate estrogens or allow them to kind of pass through the gut and be excreted.

So I always say with my female hormone, my female patients, you know, we want to use hormones, then lose them, meaning we want to use them.

## CellCore Support for Drainage and Foundational Health

They want to bind to receptors, send their message, and then we package them up and we want to get them out of the body, because if they recirculate then they're kind of hitting those receptors again in delivering messages that they already delivered.

Right. It's too much. We've got recirculation, and we've got an increase in these estrogens that can cause these estrogen dominant type symptoms. So if that astro bloom is out of balance, we can start to see that they are producing more of this enzyme called beta glucuronide, that reactivates these estrogens and allow them to recirculate in the body.

The other thing that they recirculate are toxins. So it's not just estrogens that they kind of turn back on and unpacking. It's the toxins that are kind of being packaged along at the same time.

So now we're getting this kind of double whammy, right? We're getting higher toxic burden, and we're getting estrogens that are higher in the system than they should be.

It's a little bit more I see I see more of these issues with women that are premenopausal having estrogen dominance. But even during that period, menopause time, you see this huge fluctuation with hormones.

It's the body still trying to figure it out. They haven't the hormones haven't totally dropped yet. Sometimes we see the hormones kind of go up really drastically, because it's like that last effort for the body to kind of push hormones before the ovaries decline, which is what's happening during menopause.

And other times I just kind of slowly decline over time. So I'd say it's probably not as slow as we'd like it to be. Right. That's that's the men get, the slow aging women get that really quick change in hormones.

And this is where a lot of the symptoms come from. So as far as I know, estrogen dominance is a problem in at least half of women over the age of 35. So when a woman is estrogen dominant, she could feel weight gain.

She could feel if she's still menstruating, she could have heavier bleeding, she could have PMS symptoms, menopausal hot flashes, fiber, cystic breasts, uterine fibroids, fatigue.

Maybe it's loss of libido, depression, anxiety. And in men, if we have any men listening, you can also get or ladies take a look at your husbands. They can be dominant as well and have in large breast tissue or sexual dysfunction.

Or maybe if your husband is of childbearing age and you're trying to get pregnant, it could be infertility. Also weight gain. So this whole Astro Bloom and the you know, it's not just a problem for women, it's a problem for men.

Two and something new, something you said that I want to key into is that other toxins recirculate too. So basically anything that's fat soluble gets recirculated back into the body.

So perhaps, for example, you've been working on a detox protocol and you've been pushing heavy metals out. You've been pushing mercury out, you've been pushing glyphosate out, you know, herbicides, you've been pushing out mold toxins.

They come back down into the GI tract and get recirculated back into your body. And some people just can't get the stuff out so they never feel better.

So this is critical. And so, Doctor Emily, I'd love for you to talk about a product that Cell Core created called Estero. So I feel like this is a this is a wonderful product that is underrated and doesn't get it's not as exciting as you know, Cell Core has has made all kinds of products that help with parasites in Lyme and all the things.

But this is one of those products that's kind of like an underdog there. And it helps. It helps lower oxidative stress. It helps with mood. It helps with its neuroprotective to the brain.

It supports your hormones naturally and it decreases dependency on hormone programs. And it can be used in men and women. So can you talk about this product a little bit and the ingredients in it and why? It's why we find it meaningful.

Yeah. Yeah absolutely. So this is a great blend of adaptogens herbs right. So when we're talking about hormones right now obviously we're talking about the sex hormones.

But really hormones have multiple different types of hormones. And I always like to think about it as a triad. The adrenal hormones, the sex hormones and the thyroid hormones, and they're all talking to.

And really, you could go further than that. The HP, the hypothalamus, the pituitary, they all play a role to and activating these. But for now for just kind of this conversation, those mean hormone organs thyroid, adrenals and sex hormones are sex organs, ovaries, testes.

Right. They all talk to each other. And if one is out of balance, they often the other ones have to work harder to kind of keep up the imbalance. And so this product does a really good job of putting together herbs that support kind of across the board a lot of these hormones.

Right. So things like pine bark extract ashwagandha this is a these are some great adaptogens. Ashwagandha also has a lot of support for testosterone.

Same with pine bark. But then we also have things like turmeric extract that's coming to inflammatory pathways. There's mocha root that helps both men and women with their hormone, things like libido and energy and healthy metabolism of these hormones.

Right. That's really key to Astragalus. Astragalus is a really good immune modulator.

## Gut Health, EstroBLOOM, and Estrogen Recirculation

So that's kind of something else to talk about. Hormones often interplay with the immune system. Estrogen is very immune stimulatory. And so we know that as we age and hormones go down, especially estrogen, that can affect our immune system and how it responds.

So astride glasses is part of this. And then there's a few other herbs. And of course the bioactive carbon technologies there too. So it really helps to support managing stress, helping our body adapt to stress better, which is going to offer us the ability to support kind of hormone fluctuations that will, you know, symptomatically help things like libido energy, improve digestion, support, mood and just kind of our general adrenal response.

So it's a great product to add to as you're kind of treating the underlying issues of toxins and dysbiosis. This is going to directly help support those that try out of hormones to help balance things for sure. Yeah. You mentioned something.

You mentioned that it supports testosterone. And I just want to reassure our audience here. And maybe you can speak into this a little bit about how important testosterone is for not just men, but for women to with libido, stamina.

Yeah. All of it. So so I just want our women listening to understand that your testosterone is just as important as his testosterone. Absolutely. Yeah.

I mean, like you just mentioned, men also have estrogen, right? Well, women also have testosterone. And of course, against balance. And having the right amounts of each one of these is key.

But testosterone is extremely important for our energy and our libido and our drive. Right. That's like this typical perception of the like the male drive.

Well, women have to source two and that can help us be motivated to do things. It helps us produce muscle mass, right? So if we're trying to work out and build muscle, that's important.

Women that are lower in testosterone often have this like they're low energy that is low. They may start to notice things like depression or changes in their mood because of it.

Libido for sure can be affected. What other things do you see? Maybe they're trying to work out and they're not being able to build that muscle mass as well. So sarcopenia right.

We see sarcopenia in women. So sarcopenia for everybody listening is the medical term that means loss of muscle. And we have to fight hard for our muscle.

After our after menopause we have to work twice as hard to keep what we built when we were younger. Yeah. Yeah. And we know that the, you know, having healthy muscle structure is also going to help our bones, which we know is a huge issue for women as they're going through menopause, because those muscles are kind of pulling on the bones and helping to strengthen them.

So, you know, it all kind of goes into the conversations that we've already heard about with osteoporosis, osteopenia as we get into those, those timeframes.

So yes, testosterone for women is just as important. We often think about it as a male hormone, but it's also important for women. I take it every day.

Awesome. Yeah, yeah. Make difference. Right along with my bioidentical estrogen. So I want to share a little bit more about estrus for those wondering how to get it.

So first off it's spelled for simple letters s t r o. It doesn't start with an E like estrogen. It's s as in sam tro. And you can get it on Laura Frontier.

You can use coupon code menopause when you check out, but I want to share a few more things about it. You can take it with food, but it's ideal to take it with food.

But you can also do it on an empty stomach if you need to, so take it with food is ideal. It can be taken with other supplements, and if you happen to be on cell core binders, here's the good news it can be taken with cell core binders.

That's the beauty of cell core binders is you don't have to take them on an empty stomach, and you don't have to avoid anything that's bioidentical to your body or bioavailable to your body.

So another thing that a question that I get all the time, Doctor Emily, is, is it. So I'm on hormone replacement therapy. Is it okay to take when I'm on HRT.

And I always say yes, and you don't even need to time it with your HRT because it's adaptogens, right? So do you agree with that? Yeah, absolutely. Adaptogens help our body adapt right to stress to whatever's going on.

So, yeah, look, some people are going to need some of that bioidentical hormone replacement therapy. And we're not saying don't use it if you need it, but if you do all these things alongside it or before leading up to it, it's going to help those hormone, that hormone replacement work even better.

And definitely having adaptogens in place is going to do that because it helps you calm the stress down. It helps to balance the metabolism of those hormones.

So again, we want to use them and lose them even with hormones. You want to make sure your body is able to properly package them up and excrete them from the body.

So yes, absolutely. I think using them alongside is great. Yeah. And I want to know if you agree with this statement too. So I get a lot of people asking about their teenagers like, oh my gosh, my teen.

And they're and they're so especially teen girls with their periods and their PMS. And so for teenagers, as long as they're post puberty. So after period starts in girls or for boys, after their voice deepens and the body shape changes happen in boys, it's okay to use this product with teenagers.

And I like to say, you know, pulse it go like three months on, one month off, three months on, one month off.

## Estro and Hormone Balance Support

Let your body have a reset. Is that how you use it as well or do you have any other tips there? I haven't done that specifically, but I think that's great.

I mean, I think it's always our goal is to get the body back to a place where it can do this on its own, right? Just remove obstacles so the body can innately work as it's intended to do.

So I think it depends on, you know, what's going on, what kind of stressors, sports and social and all that kind of stuff that's going on. And as a teen is going through high school and they may need this more regularly, right?

Or some just may need like a three month version and then kind of pulse off of it and use it occasionally. So that's where we kind of can individualize.

But I like to pair this also with what we were talking about. Some of the drainage and detox support help it work better. Right. So things like advanced head that's really supportive to liver.

Actually didn't talk about advanced head yet. So maybe we had about that because I always say to my community, if I was stranded on a deserted island and I could only bring a couple of supplements with me, today would be in their advanced.

I know. That is amazing. It's basically it's a water soluble bile acid. It helps to support it's very hepatic protective, so protective to the liver, and it helps to support bile flow while production, which is so much more than just breaking down digesting fats.

Right. Our bile helps. It's almost there actually. Some really cool newer studies out now. I think it's going to be the new microbiome world. Like we studied the microbiome, you know, still are studying it and have found so much information.

Now we're starting to study by acids a little bit more because they have their own signaling. They almost act as hormones in a lot of ways to help support the balance of the microbiome.

Our metabolism help produce things like short chain fatty acids. So bio are key to so many things. They also help to kind of package up those toxins and help excrete them from the body and support the mucous membranes of the gut lining.

So, so many different roles of bile and bile acids. But yeah, so that's what Ted is all about is supporting bios, helping to bring you know, anti inflammation to the liver help deliver work better.

And we know we just talked about how all these toxins and we didn't really get too much into the xeno estrogens. And but all the other hormone disruptors that you know we know are out there. Unfortunately in our environment, the liver gets clogged down by all of these.

And so by helping the liver work better and clearing these, then, you know, all the other hormonal stuff that we're taking and doing is going to work better.

Absolutely. So, you know, we've had we've covered a lot of ground today. If you think about everything we've talked about, we've talked about mitochondria health, we've talked about gut health, we've talked about drainage before detox.

We've talked about hormone hormones being messengers and hormone signaling. So when we put all of this together. How does all of this affect our women going through menopause?

What you know, this is this is a it's like a puzzle we're putting together, right? It's never just one thing. So if you could kind of put that together for everyone.

Yeah, I would say if you have the opportunity as you're entering menopause, Parramatta Pores or even if you're in menopause, you can still do these things.

## Advanced TUDCA, Menopause Strategy, and Closing Hope

It helps with the transition to, you know, work on supporting the mitochondria and cellular energy, supporting drainage and detoxification, making sure that the microbiome is balanced, and then finally adding in that specific adaptogens support if and when needed or your bio hormone.

So again we talked about the order of things being early important. That's where cellular does such a good job. They have this roadmap to help. You know their foundational protocol is is really an excellent way to kind of start.

If you're newer to the product line and you're not really sure how to combine things yet, it really does it step by step for you in four months for stops, you know, here, start here at the jumpstart Kit, which really supports mitochondria and cellular energy.

Then it gets into focusing more on gut specific and then local immune and systemic detoxification. So that's a really easy way to kind of get into layering that we just talked about.

But I think if we can layer that as women and before women are going through this menopause, menopausal time,

we're going to see a lot fewer symptoms.

We're going to see a lot fewer, you know, headaches and heartaches and be able to support women as and men to. Right. Because men have their own version just called Andrew. Pause.

And it's much longer. But we can support people going through this for healthy aging. And that's ultimately what we want, right? Prevent the risks that come a lot of times with menopause, like the bone, you know, lower bone density and the cardiovascular risks and the changes in in metabolic issues, we can help optimize the body before and during so that we can lower those risks.

Thank you so much for helping, helping us make sense of all of those kind of individual, complex topics. This is one of the things you're known for and so good at is helping.

It all makes sense. I felt like our listeners today got a grasp on all of this. So I really appreciate how you how you broke that down. In closing here.

You know, I always want our practitioners that we bring on to to help us with a, with a message of hope, because I think we're in a time right now that's been like no other for a lot of reasons.

Yeah. And I think people look at their symptoms and their health and what's happening. And sometimes it feels like, how am I ever going to get on the other side of this?

And is or is this just the new normal, or can I ever feel like I did when I was younger? Yeah, absolutely. I think, you know, I think hope is so important.

And what I always tell people is like, you are the expert of your own body. And so I always encourage people to play an active role in their health and their health journey.

I'm there to guide and give you the, you know, the clinical, you know, rationale and kind of, hey, we should do this first, then that. But ultimately, I think just we need to really start getting more in tune with our own bodies, listen to our bodies when they're telling us stuff like, you know, I heard doing a detox was good or I heard this was healthy or I get that a lot like, oh, is this good for me or is this healthy?

I think it's just really it depends. Right. It all it really comes back to context. So I think getting to really know your own health, your own body, how it responds to things is really important.

And then just understanding there is an order to things. And you know, if you've tried something before and it hasn't worked, maybe it's because there's something else missing that you have to do first or something you have to remove that's going to allow your body to then, you know, jump back in and do it as it's meant to do.

But again, I think our bodies have this beautiful innate ability to heal. Most of the time, we just have to kind of get out of its own way or remove the obstacles that are preventing that to allow that to happen.

I did percent agree and believe that. So everyone listening right now, I want you to remember who you are and how resilient you are. And if you're here listening still, that also tells us how committed you are.

So there's so many answers here for you. Thank you so much, Doctor Emily, for just being so positive around around what our listeners are going through.

So thank you everyone. And until next time, take good care. Bye now.