Why I'm angry with health coaches #HealthTruths #WellnessReality #StraightTalk Transcript

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Introduction to menopause frustration

Alright, now I'm really mad. Normally I get frustrated conventional medicine for mistreating or ignoring menopause, but now i'm pissed off at health coaches too.

Why the patientu2019s menopause symptoms are severe

Here is why. I just met with a prospective new patient, Cheryl. She's 52 years old and hasn't had a period in three years. So she is in menopause and she's going through terrible symptoms.

Why chaste tree berry is not helpful in menopause

She's having over 20 hot flashes a day, can't sleep at night, and is exhausted. she met with a health coach a few months ago that put her on three supplements that I never recommend for women in Menopausal.

Why wild yam extract is not recommended

The first one was Chase Treeberry. This helps us ovulate better when we're under stress. But ladies in MENOPAUSAL, you're not ovulating anymore and this is not going to help your symptoms!

The second one is Wild DM Extract. wild yam can boost our progesterone levels.

Why caffeine can worsen hot flashes

But again, if you're not ovulating in menopause, pro testosterone isn't gonna help you. And number three was a caffeine supplement to help her lose weight.

Guess what caffeine does? It triggers hot flashes. So avoid these three supplements, ladies, If you are in Menopausal.