Why Midlife Is the Most Dangerous Time for Women’s Hearts Transcript

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Show Intro and Heart Health Mission

I feel like energy vampires have to be such a massive contributor to heart attack and stroke. Absolutely, they're parasites. Let's be clear. They are parasiting your life force.

What's life-force? Nitric oxide. Where does it come from? The endothelial lining of your blood vessels. We're literally talking about things that could save your lives.

Welcome to the Natural Heart Doctor show. I'm cardiologist Dr. Jack Wolfson. Heart problems don't come from a drug deficiency. They come root causes where cardiologists never look.

On this show, I sit down with experts who challenge the mainstream rhetoric and talk about what actually builds a heart built to last. Get ready for a dose of cardiac longevity.

So welcome so much Dr. Northrup to the Heart Attack and Stroke Prevention and Recovery Summit where we're here to prevent and deal with ramifications of people who've had cardiac events.

But listen, you are such a well-known expert in so many different topics. I could pick your brain on this to no end. Let me start with this as it relates to, if we talk about why are so women who are in that postmenopausal phase of life, why are they having heart attacks and strokes?

What's going on over here? It's interesting that if you look, there was a lot of research done on progesterone. So when you go through perimenopause and you're skipping ovulations, the there's no corpus luteum in the ovary to make pro gesterones.

Then in face of estrogen dominance, which is what a you literally will, in the face of stress hormones, cortisol norepinephrine, you will send your estrogen down a path so that it becomes another adrenaline.

So it become a cortical catechola estrogen.

Menopause, Hormones, and Heart Risk

And I learned this from Joel Hargrove of the menopause center down in Vanderbilt long ago. So Joel was a pioneer in the use of bioidentical progesterone.

In fact, I talked with some researchers who'd been trying for years to get transdermal progesterone to perimenopausal women to prevent heart attack. And in monkeys, it works beautifully.

But let's remember, you don't have to go down that pathway where your excess estrogen is becoming another catecholamine, becoming a another stress hormone.

That's the prevention thing that we want to talk about. What happens at perimenopause, and I wrote about it in a book called The Wisdom of Menopaus. You're at a crossroads in your life.

Part says grow. The other part says die. And quite frankly, I believe the entire planet is there right now in perimenopause. So what you have to do as a woman at that life stage is choose the path that is the live path instead of the die path.

And you and I both know, what do we do in our profession? At the age of 50, okay, now you've got to make sure that you get your colonoscopy and make that your screening for this and the mammograms and on and, that doesn't need to be the case, but you literally come to the end of a road, the reproductive years, you're literally back

to Adolescents, you're back to age 11, 12. What did you love then before that estrogen shield went down where you needed to be acceptable to your peers to get married, to have a child, and to do your job and all of that?

And then what happens when that hormonal veil lifts? There's a part of you, your soul, I'd say, that goes, what about me? So relationships that no longer work, jobs that not longer will cause you to have stress.

And so what do we do in our culture? We go, is it me or is my hormones? As though they're in two separate counties. They're one and the same. Every thought you think is a biochemical reality in your body.

So in my particular case, which I've written about because it's archetypal, I went through a divorce at the age of 49. And right after that, I began to have chest pain.

I have a family history where everybody dies of heart disease, except my 94-year-old mother who finally just broke her hip and it was time to go. So she stayed home until the last thing.

But my dad dropped dead on a tennis court, age 68, from a ruptured aneurysm in his brain that no one knew about. My grandfather, congestive heart failure, my grandmother, paternal, a stroke, and then lived in a nursing home for 20 years.

So that's the family history, everybody except my mother. The one thing that I would like to say to everybody, your family will give you a tendency, but what you want to do is become the black sheep of the family.

So you say, that doesn't apply to me. That no longer applies to. Listen, we have studies, and you know this, where if you just eat seven carrots a week, you'll decrease stroke amounts dramatically.

What we need to look at is, what is the final common pathway? It is endothelial lining of every blood vessel in the body, and that's everywhere in reacts to everything, but it also, when it's healthy, produces a gas called nitric oxide.

And we learned about nitrous oxide as they were doing all of the experiments to come up with Cialis and Viagra, the erectile dysfunction drugs. Well, their lungs are erectal tissue.

What do we give premature babies? They breathe nitric oxide as a gas. Well, you can produce that in your body by meditating good sex. And by the way, a lot of perimenopausal and postmenopause women are, by way this is the research, it is women in their 60s and 70s who are having the best sex of their lives.

But nobody tells you that. And so what we need to do is cherish the endothelial lining of all of our blood vessels. And you do that with self-love. you do it with not putting up with, I wrote a book called Dodging Energy Vampires in 2015 that turned out to be predictive programming for where we were going in 2020. And I found that every woman who's got a mystery disease like fibromyalgia, chronic fatigue, Lyme, whatever, has some kind of a relationship in her life where she's overgiving and under receiving, you know, people who have trouble giving, tend to attract people who have trouble receiving and that's a kind of an empath narcissistic dichotomy that goes on and many women wake up in their forties and say, wait a minute, I've been living with this my whole life.

So now the mid-life time is a time when you reinvent yourself and your soul has to take precedence. So you know, you do things differently. When I had chest pain, I knew, that I did not have a heart problem.

I know it. Now, okay, had an EKG and I, knew that we were all okay. But it was a message from my fourth chakra. From my heart, You need to change a few things.

And so I began, a lot of women get through this stage with a new exercise program. I had one patient who said, I got through it by pumping iron. She got really, really strong.

You have to come home to yourself. Finally, finally have make time for yourself otherwise you go down that path of the martyr. You know the beleaguered woman and oh no one else folds the towels and I have to do everything around here and you know and then your kids don't want to come home and be with you because your pain in the

neck.

So you need to like I said reinvent yourself one of the things that I did is I'd always wanted to. learned partner dancing. And so I got myself into the Portland Congress Street main ballroom dance and learned Argentine tango.

Then I made my living room into a dance floor, put mirrors on the wall, and for about seven, eight years till COVID, we had close embrace tangoparties here.

Nitric Oxide, Endothelium, and Self-Care

But I also learned something. I had to learn how to receive the lead of a man. Like, literally surrender to the LEAD. Now, the feminists of today don't have a clue the power of the feminine.

So in tango, a leader, usually a MAN, doesn't need to be, but usually is literally intuiting. This is male intuition. He's intuting what will please her.

So it's like, um, he's the surfboard and she's, the wave, and he is riding that to, okay, now she'd love it, uh, to twirl here or to have a dip here, whatever.

And what I tell men, if you'd like to be a God, learn how to partner dance. All women, almost all women love this but we currently have a generation and it's interesting I was on a at a conference with Mark McDonald a psychiatrist from LA, and he wrote in his sub stack.

Why American women are not dateable, you know, if who wants to curl up with a porcupine. So this is another thing. And I don't know if you've ever heard Tucker Carlson go off on the offended 40-somethings who went to Ivy League law schools and have beta males for husbands.

There's this righteous, anger that comes up in women. And I will tell you, it will harden your heart and it'll make you no fun if you don't get a handle on this.

You gotta stop blaming everyone out there. Look at the fact that you have the innate ability to create heart health to create vibrant health for your whole body.

But if you keep doing the same things you've been doing in your twenties, your thirties, here's the other thing that happens. In your 20s and 30s, you can lose weight, You can like diet for a week, get into your little black dress for the weekend.

You Can't do that anymore. Here's what the body does. It says, Oh really? You think that I'm gonna let you get away with the stuff that really never did work, because you and I both know from the Bogalusa heart study that eight-year-olds are starting to get atherosclerotic fatty streaks in their arteries already.

So what happens is right at about 40, 42, 43 in there, the body goes, I'm not going to let you, if you want to survive, not gonna let, you keep doing what you've been doing.

And so what, what have to do is give your body live messages. Here's the other thing. I worked with Dr. Mario Martinez, the Biocognitive Institute, and he's worked 700 healthy centenarians all over the world.

And they all have what's called centenary in consciousness. He said, their telomeres can extend. It's the fastest growing segment of the population, by the way.

They all think the same. they are future oriented. They practice the causes of health, exalted emotions and uplifting thoughts and righteous anger, righteous, anger.

Now, what does that mean? Well, Mario worked with a group of Tibetan monks, And many of them had diabetes and he couldn't understand it because their diet would not have created diabetes.

It wasn't high sugar. Wasn't any of that. Well, what he found out is all these Tibetan monks had been trained in loving kindness. And so instead of being angry with the Chinese who were raping their nuns and killing off their villages, they went right to loving-kindness.

What does that do? That creates beta endorphin, which raises your blood sugar because it's literally something that is like an opiate. We know from studies of rats that little rats can keep their paws on a hot plate longer if they are drinking sugar water.

But if you're making this sickly sweet thing, oh, choose the thought that feels better and he didn't really mean it. And he's really okay underneath all that when you keep making excuses for people.

You're literally creating a situation in your body where you're more apt to get diabetes. So what he said, you've got to go, You can get to loving kindness, but you gotta go through righteous anger.

Don't stay there. You don't say there, But all these people think about it right now. What is the mainstream saying? That everything is about white males, toxic masculinity.

It's like, what are you talking about? And this is crazy. So then we get men subverting their instincts, which is to protect and serve. I mean, during COVID, how did we not have every man going into school and saying, this what you're doing to my kids?

No, it was women. Well, that's okay because we have to women. The feminine is now rising to meet the masculine, but that doesn't mean you're hating on men.

But don't do that because what you doing is you are taking a person who should be a Ferrari and you making men to some kind of little old VW bug. I mean, what women can do that they don't realize is women elevate men.

It is the feminine that's actually the power and your father and you're husband. And so you know how that works. You know, how works it's literally, it is a dynamic of life.

So what happens at midlife is, women need to stop being the masculine all the time. I don't need anybody, I can do it all myself, i do better than him.

No, no, you literally think about the heart. You have systole and diastole. you've got to relax and receive the blood and if you don' the whole cardiovascular tree gets like this and you get hypertension.

What if your heart could actually get better, not just managed? What of your recovery didn't depend on adding more prescription drugs, but on finally understanding why your is struggling in the first place?

I'm Dr. Jack Wolfson, cardiologist at Natural Heart Doctor, and we believe heart disease isn't random, it's a message. It's message that inflammation, toxins, nutrient deficiencies, or lifestyle stressors are driving your symptoms beneath the surface.

Aging, Birthdays, and Mindset

That's why our approach goes far beyond the band-aid typical cardiology approaches. What we do is if we want to prevent treat and reverse cardiovascular disease, we help you develop a natural evidence-based plan to help your heart recover.

So if you're ready to move past fear, past confusion, and past just take this and wait, you deserve real answers. Visit naturalheartdoctor.com forward slash discovery and get the answers you've been searching for The answers that can help you achieve your best heart health your next chapter with a simple free discovery call should start now so I I love that analogy of course with uh systole and diastole that just uh speaks obviously uh so well I there's so much to what you just said there are so many absolute brilliance in that um I know that you've said you know you kind of you're like anti birthdays, anti-concept of aging, the senior.

And I'll tell you, my wife is exactly the same way. She refuses to acknowledge birthdays. Honestly, she would never even know that it is the day that she was born if I didn't remind her and be like, hey, your birthday's next week.

But she's at the point right now that the whole idea, and you can obviously explain a lot better than I can, that this kind of like the focus on this one day To to a to celebrate like we shouldn't celebrate 364 days out of the year, but this one day like this is your day to.

As opposed to the reality, we should be celebrating every day. And then the other, I was just talking to my mom who's just turned 80 and she's like. I don't know, like the other numbers didn't bother me, but this one does.

Unpack that for me. I will. Why that number bothered my mom and why it shouldn't and how do we get rid of that? What really is just the construct of the devil or some other evil entity that gave us that aging construct?

Well, it is. I mean, aging, even Mary Baker Eddy, the founder of the Christian Science Church, said that birthdays and putting a number on a birthday was kind of a psyop.

And so I don't celebrate milestone birthdays. You know, we're all getting together for mom's 60th or we are all going to Bermuda for dad's 80th. The culture needs to have celebrations.

We need to celebrate each other. But do it over something else. Now, I celebrate my birthday. I just don't put a number with it. And I've been done with milestone birthdays because they become a millstone.

now that I'm okay here's what we do we limit ourselves dramatically now, that i am whatever 50 and as I when I wrote goddesses never age I talked about this and then here is what I would get in my community well I am proud of my age, look what I can do at 60. Or look, I'm doing pretty well for 55. And then I'd say, you jumped right into it.

You jumped into the box. So you don't want to have anything associated with age. But what do we do in medicine? In medicine, or fashion, for heaven's sake.

Somebody used to be, they've gotten away from this, thank God. Maybe they were listening to some of us, where they would have What to wear in your 20s, what to where in 30s?

What's a good haircut if you're in 40s. And they always stopped at 50, by the way. So there's no life after that. We've literally been sold a bill of goods.

What a fantastic thing if want to control a whole population. The cage of age. You know? And so at my age, it's too late too. And so I told you the centenarian consciousness is future oriented.

And Dr. Mario Martinez has, uh, they're doing studies on this. If you go to, I think it's called glycan age, G L Y C A N.com glycannage. Com. You literally take a test to see how you think.

And then you change those thoughts, like Ellen Langer, professor emeritus at Harvard, has a book out, The Body Mind or something, but the subtitle is the one I love, Thinking Your Way to Chronic Health.

thinking your way to chronicle. It's literally how you think about things. So I wanna give you an example. I like to lift heavy things around the house.

Like to get up on stools, I'd like do all of this stuff because it tells my DNA, oh, she's still useful. Now, Ellen Langer did the most incredible study in 1994, it came out and she sent two groups of people, two group of men, aged 70 onward.

One went to a monastery and talked about the good old days. The other went somewhere else and they had to live as if they were in their prime. So she had Time Magazine, Life Magazine.

Pictures of them when they where in there prime, let's say in thier forties, whatever. and they literally had to stay in

the present moment as though they were 45. She measured hearing, eyesight, took pictures, pulmonary functions, cardiac output.

They did all of that before this group went away for 10 days. At the end of 10 day, all the people who were acting as if took 10 years off their lives with the biometric data.

The people who talked about the good old days, nothing happened. Now, what happened was when the families came to pick up their fathers or whatever. Oh, dad, let me carry that for you.

So it's, and in our way back in, our psychiatric ward at Maine Medical Center, they had the senior team, meaning if you were over 60 and you started to walk down the hall, the Senior Team, like a couple of nurses would come and walk with you like you are decrepit.

I mean, Come on. So what I always say for people to say, that doesn't apply to me. Okay, so, oh, it doesn' apply me and you want to, you've got to step outside of that box.

Now it's the same with heart disease. Cause I could say to you, Oh, well, It's only a matter of time before I get heart because everyone in my family died of heart.

Instead of how am I different?

Family Trauma, Epigenetics, and Healing

from those people. How is it different for me? How am I gonna live wholeheartedly? how am i gonna make sure that my nitric oxide is elaborated from my endothelium?

And by the way, nitrous oxide, is the molecule of health or chi or life force. And when you have high nitro oxide it balances serotonin, dopamine, beta endorphin all of the chemicals that the brain makes when it thinks.

So let me ask you something right there too, is that boosting up nitric oxide levels that actually helps with arterial flow to the clitoris and helps the sexual function in the female as well.

So it's almost like when people take beetroot powder or certain amino acids, arginine, citrine, taurine. Grape seed extract helps to prevent the breakdown of nitrous oxide that when you give these Viagra like components to women, They perform better as well, which is isn't everyone's been best interest for sure.

Yeah, let me you're providing so much information, like rapidly taking notes on what to ask next. And then you keep adding more information. So. People are gonna have to listen to this again and again, and, again.

Obviously, all your books are a tremendous resource. Birthdays are psi-op. I mean, we can talk about that forever. My wife is in the room with me as we're recording, I wrote it down, then I circled it.

And my wife was just, a smile came across her face, tremendous. One thing that I know you talk, about and I find it very fascinating on a physical level, uh you know OB uh gyne if you will you, know by training and you've seen so much that the that all of us were inside of our grandmother like physically inside.

Of our Grandmother because our mothers right our Mothers were being you Know formed in the womb the uterus of of Our grandmother and then our mother has eggs, right?

These you? Know the ova, you. Know um, uh, You know the the female egg is in there so that literally becomes us. So two things there, we are exposed to all of the toxins that grandma is exposed, to a mom is expose to, and now you're talking about plastic phthalates, all these chemicals, which really helps to explain some of reason why there's so much sickness, but I don't wanna go up, because you and I could talk about that, it's really not overly interesting, It's just a reality.

But I love where you talk the traumatic experiences of grandma and mom, and I know you even get into past life trauma. Are those two separate things of what I'm talking about here?

Am I really talking, grandma really experienced trauma that impacts us, but then there's also maybe this broader concept of past-life trauma, tell me about that and really how it relates to preventing a heart attack, preventing stroke or recovering from those events.

You know, it's interesting in the family medicine literature, They have studies of, let's say that you had a grandfather or a great uncle or whatever whose name was John and he drowned.

And then you decide you're going to name your kid after that person who had that traumatic experience. I remember this because I was talking with John Randall, Dr.

John Randal, chief of our family practice division, and also a pediatrician. He said, it is absolutely eerie how this stuff repeats itself. Don't name you kid, after somebody who met a bad ending.

because it tends to happen again. So what we're all doing here, whether you believe in past lives or not, you've actually explained it, it doesn't matter.

It's in the DNA. And we know from the book It didn't start with you by, I think it's Mark Wolin, fascinating material. He works in what are called family constellation work, family, constellation, work.

One of the most powerful, powerful interventions that one could do where you look at how One family member is a kind of the whole shadow of, the family lands on them.

You know, it's often the most psychic or the. Most intuitive, but then everyone decides they're crazy. They're holding the shadow for the, whole family now that shadow creates.

epigenetic changes in the DNA. So we know, and this is the work of Bruce Lipton, the biology of belief, which is that it is not our DNA per se that determines how our genetics are, how they show up.

It is the epigenetics. It's the cell membrane that is, the brain of the cells. The DNA is just a gonad. it just makes the self divide. But it is a brain cell, a membrane, that determines what proteins are going to be made.

Now that's where our power is. You change your thoughts And you're going to change everything. I recently had a knee problem. Okay. So my right knee and I couldn't run up the stairs and all of that.

And so, you know, what would a normal person do? Well, You would go to an orthopedic surgeon or a physiatrist and you'd have an MRI and they would tell you this and that and the other, I don't operate that way.

There's something else going on here. Right side, masculine side. Don't have a leg to stand on. worked with a DO who does, you might be very interested, energetic osteopathy, because of what she says.

And I don't know if you were trained classically, but she was trained by Dr. Jim Jellis, who's an absolute legend in the osteopathic world. She said, our hands and our hearts.

are our healing instruments. And if that is of course stills, that's the father of osteopathy who says, look for the health in the body and then spread it.

So I worked with her and we got that knee back in two sessions, two to three sessions. If I had done the regular thing well at my age and this and that, and somebody injured it back here and yeah, okay.

I believe that we have the capacity within us to heal anything. And in fact, what you want to do, and this is interesting. So there's a woman named Laura Sanger, who is a clinical psychologist, but also a pastor.

She's done an incredible book on the roots of the Federal Reserve. from the Nephilim to the American dollar. But she got into this in an interesting way, which is she was doing prayer briefs for various areas of the country.

And she said, what you do is you find out where there are strongholds of iniquity. Now, I want each of us to do this personally, strong holds of the in equity.

Who had the family secret? And the inequity is broken covenants, bloodshed, sexual perversion. Well, i don't think there's any place in the United States where hasn't been a broken covenant.

with the people who were here before we were. And we know now sexual perversion, child trafficking, and all of that is rampant. So what she would do is do a prayer brief on this.

But the People in the area would begin to, with microfiche and so on, look at the old newspapers. What happened on This Land? We do it in our families.

What happened to Aunt Sarah over here? I'll tell you where you really find this. And this was the work of the late Narabi Payne because we would talk about why people didn't get pregnant.

And she would do this family epistogram. And you would always find out that there was someone in the family who had a baby, but no one knew. Cause you know, they used to just raise the baby as the sister of, of whatever, because that was so shameful.

That unconscious, unhealed trauma. would come down to the one person who wanted to get pregnant but wasn't getting pregnant. And so Narabi would always ask at the end, why don't you want a child?

And then oftentimes it would up. So I believe that the key to all of it is for us to take full responsibility. That doesn't mean you're to blame. It means you are taking dominion over your own expression of your DNA, we have that kind of power.

And that's the key to health. Instead of this victim consciousness, and by the way, I don't blame anyone because from birth, what are well baby checks now?

They are a chance to indoctrinate your kid into the medical industrial complex. All they are is the chance get seven vaccines at once, which have never been tested.

in combination. And I've always known, well, baby checks were, you know, and I'm also told women way back, get out of the hospital as soon as you can.

Energy Vampires and Restoring Vitality

You know? And my friend Larry Pilefsky and we'd talk about the newborn nursery was concentration camps for babies. So, that was back then. I mean, just that you've been in this industry, it is an industry obviously for so many years, how we reflect back on all this and say, how did it get to, I mean, we know how it got to be this way.

I think we now how, it became how who took it all over. It's just, so horrifically sad and so unfortunate for the people who don't get this message. Dr.

Northrup, the message of what you're giving the, people are suffering with heart attacks and strokes. And I, think what said earlier on to like, if you have suffered, choose life or choose death.

If you stay in the medical community, you are choosing death, And if you are reading the works of Dr. Northrup and the people who she's referencing, you're choosing life.

It really is that simple. I tell people, if your taking cholesterol drugs, your on your way to dying. You're not going to make it. The beauty of you and I is we were trained As you said earlier, before we got on this call in the belly of the

beast, like we were trained in that and then you escape from that matrix and you come over here and it's just it so beautiful to see this is where the answers lie.

You mentioned, you know, Bruce Lipton and the genetics and I tell this to people all the time. Your genetics are perfect. Whoever built you, call that person, that entity God or evolution or whatever you believe in, you're here perfect.

You can run and jump and see and feel and you can make babies. Like you could do some incredible stuff. Why are you genetically programmed to have heart attacks, strokes and cancer?

You're not, yeah, or absolutely not. That is exactly, exactly right. And oh, so, without all the heart attack family, my HDL used to be 35, and I was taught that that couldn't be changed.

And one of the things that, okay, the only medical care really of any thing that I've gotten is when the obese nurse shows up with the scale to do a life insurance physical, right?

And so I have longitudinal data for years that show that all my indices have continued to improve. Now, what we normally see in the graphs that we're taught about in med school is what I call planned decrepitude.

Let me give you another one. Okay, so you go to a gym, you get on an elliptical trainer or a treadmill or whatever. When you put in your real age, let's say after the age of 50, you have to understand there's an algorithm programmed into that machine for planned decrepitude.

So what I do is I just put in the ages of 40. I've been putting in in age 40 for a long time because I don't want the workout for plan decrepitude thing.

And I also have a bathroom scale And because I have really good muscle mass, this is a scale that sends the current through your feet and all that. So it measures muscle, mass percentage of body fat, and then it gives you a metabolic age.

I love getting on the scale in the morning because my age is always between 18 and 21. I love it. I know we've only got a couple minutes left because you're such a wealth of knowledge and everybody's got such demands on your time.

You did mention this and you have a book of the same title but I feel like women especially but even men of course are going to gain so much value from this for many different ways.

Uh I'm not sure that I'll run out and do any kind of Argentinian tangle. If there's a shortage of men, all these women probably want to do it and the men It's hard to find the men, but before you comment on that, I do want you to unpack what you said earlier about energy vampire.

I feel like energy vampires have to be such a massive contributor to heart attack and stroke. Absolutely. They're parasites. Let's be clear. They are parasiting your life force.

What's lifeforce? Nitric oxide. Where does it come from? The endothelial lining of your blood vessels. We're literally talking about things that could save your lives.

So I wrote this Dodging Energy Vampires, an empath's guide to evading relationships that drain you and restoring your health and power. And by the way, men are equally susceptible.

The good men, when I meet really good man who are divorced, I always know There is some energy vampire in their background, a woman they couldn't please, no matter.

There's one family doc I met, and he said, every time we'd go to the therapist, the therapists would say, you need to be a better man. OK, there are some people you cannot please.

And what often happens around that midlife perimenopausal thing is you know exactly how to keep this person happy. because you have been donating bone marrow for your entire, let's say, 24-year marriage.

But your soul says, I can't do this anymore. Oftentimes, that would be your job. I had a fibroid that was like this big, and I knew that fibroids were shooting creative energy into a dead-end job or relationship.

And so, you know, when I had it removed, because I dressed around and I did acupuncture, I said, oh, for heaven sakes, a good surgeon, get it done. And I asked, and this is Peggy Huddleston's protocol.

When I went under anesthesia, asked the anesthesiologist to say, Several things, because you're in a hyper suggestible state, right? Because your intellect isn't bothering you.

And so one of the statements was, and when I awaken, the pattern that created this in my body will have left. I was single two years later. Now, I'm not blaming that guy.

I had lessons to learn about being able to receive and standing up for who I was. Now, being a holistic doctor, when I as a wholistic doctor was bad enough to be a woman in a field that at that time had very few women, which was OB-GYN.

And now there's all kinds of them, but there wasn't then. trying to fit in and constantly giving people the benefit of the doubt. And I remember listening to Helen Mirren talk about when she was younger, what she should have done differently.

She said, What I should've done a lot more frequently was to tell people to fuck off. I did not do that. I still would not do that. However, I understand that's the righteous anger that I was talking about.

So you have to feel that, you to have feel, that yeah. That is such brilliant information. Dr. Christiane Northbrook, thank you so much. Everybody grab her books.

How can we support you on this, Dr NorthBrook? How could people benefit from your learnings and teachings and again, support I have a Substack True North on Substac and a Telegram channel.

I'm on X and I haven't an e-news. All of that, the links to everything are on drnorthrup.com. Oh, and there's one more thing I want you to know about, I created a substance, a model life using the herb Peraria Marifica from Thailand that has been used for 700 years.

And for those women, who are having trouble with dry eyes, dry vagina, all of that. I created the best stuff known to man. It's a Prairie Morrifica Gel.

But again, drnorthrup.com, and then you would go to amadalife. com. Everybody check it out, check out. Thank you so much Dr. Northrup, Dr Jack Wolfson, signing out for this episode inside of the Heart Attack and Stroke Prevention Summit.

Be well. Thanks for listening to the Natural Heart Doctors show. If this episode challenged what you thought you knew about heart health, make sure you follow the show so you don't miss what's next.

And if you're ready for a deeper personalized approach, you can schedule a complimentary discovery call at naturalheartdoctor.com forward slash discovery.