Intro to Hormone Heroines and mitochondrial health

our mitochondria become dysfunctional because no matter how well you take care of your health, just like any factory, like you could keep a factory in pristine condition and maintain it as much as possible, it's still just going to be subjective to wear and tear.

So your mitochondria, the same thing, they're going to decline. And that starts to kind of accumulate as we age. Lifestyle can contribute to mitochondrial decline.

So our bodies are so amazing and recognize that the mitochondria are so critical to life. So we have this quality control mechanism where as our mitochondria become dysfunctional, we have the ability to sort of break them down and recycle them and utilize what is still usable to build new mitochondria.

And that process is called mitophagy. Do you feel like your hormones have turned against you? Trust us, you're not alone. We're Dr. Serena and Dr. Heidi, and on Hormone Heroines, we explore all the root causes that are behind hormone imbalances, and we teach you how to thrive through them.

Join us for real talk, expert tips, and even a few laughs. Hi and welcome back to Hormone Heroines. I'm Dr. Serena. And I'm Dr. Heidi. And today we are talking to Jen Scheinman and we are super excited to talk to her about mitochondrial health, why that matters, and this really fascinating product with urolithin A in it.

So let's get started. Hi, thanks for having me guys. Excited to be here. We're excited to have you. So for most of our listeners, they might not know what mitochondria is.

So why don't we start there and let's talk about what it is, why they're such a big deal. And like when it comes to healthy aging, why do we care about our mitochondria?

What mitochondria do and why they matter

Well, if you are not familiar with the mitochondria or you haven't thought about them since high school biology, which is probably the case for most people, you are not alone.

But it's something that I really think people should be aware of because what we are learning is that your mitochondria are such a key driver in not just how you feel today, but how you're aging.

So most of us have almost like a knee-jerk reaction where we hear mitochondria and we think like powerhouse of the cell, right? Like that's what you learned.

If you remember it from high school biology at all, that was probably what you learned. And it's aptly named because it's kind of like a little energy factory that is inside your cells.

But, and I don't know if this was your guys experience as you were going through all of your professional training, but when I was studying to become a dietitian and we learned about the mitochondria, it was really just like this memorization of like, I'm really going to scare people with like a Krebs cycle and like, how is this like, right?

Like this whole, how does glucose become energy? PTSD right now. Totally. Right. But I never really was like taught anything about that actual factory, the actual mitochondria itself and what they do and like the fact that like your cells actually have thousands of them all generating energy for you and that these little factories like work in tandem together and they kind of like form buddies with their neighboring factories and they become damaged just like any other factory that's sort of, you know, creating things.

And that they do so much more for our cells and our body besides energy like cell communication and just even when it's time for a cell to retire, they play a role in that.

So they're really important drivers of how our cells are functioning on the inside and then how that makes us feel on the outside. But for the most simplistic way of thinking about them, and I think as we kind of like talk about how they work today, an energy factory is like an easy way to think about it, powering how your cells do their job.

So whether it's a brain cell or a muscle cell or a skin cell, they have this little power plant in there that's helping those cells do their jobs. Right.

Yeah. I like the way you describe that because I think that's easier to remember than just, oh yeah, they're the powerhouse of the cell. And then it's like, but why?

And they do so much more than just the energy too. Like you said, they do the communicating. They're kind of like the CEO, the HR, the actual worker down there.

They're kind of like everything. Everything, yeah. So we have this incredible, at Timeline, we have this incredible research team of experts in mitochondrial health.

And one of our researchers, she calls them literally the CEO of the cell. They are the communicator, but they're almost like the CEO of a one shop job, right?

A one man show. They do everything, right? They're the CEO of a one person business. That's probably the most important business. Yes, exactly. Small business owner.

Yeah, exactly. Exactly. Small business owner. I like that. And well, and they're the anti aging small business owner. Exactly. Exactly. And that is I think what people are starting to kind of recognize is that But like science has identified these, they call them like hallmarks of aging, these sort of drivers, these biological drivers, like what's happening inside our body that's actually causing us to age.

And they're really trying to unlock these different drivers and different interventions that can impact these different drivers of aging that will hopefully, right now, I think we're in a great place where we're recognizing how we can slow down aging.

But I think there's this goal that we can actually like potentially even reverse it at some point. I don't think the science is there in any way, shape or form, no matter what some longevity folks are saying.

But we do have some amazing tools that can really help to slow down these aging pathways. And that one mitochondria seems to me like a really central hallmark because they touch so many different processes inside the cell.

And also, there's real interventions that are easy to implement that impact mitochondrial dysfunction. Well, yeah. And I mean, we talk about it all the time on our podcast.

And when we're guests on other people's podcasts, we talk about how as we age, especially midlife women, in perimenopause and everything, when our hormones go down, we start losing muscle mass.

And we hear a lot about muscle loss with aging and what the role of it does to our bodies. But what does the role of mitochondria health play there, especially in us well not her but us midlife women.

Yeah well this is something to be honest like I only like learn and I don't know if it's because the science has really only recently uncovered it or just nobody was like talking about the mitochondria like when I was in school but like the mitochondria have estrogen receptors on them right like so everything in your body not everything but almost everything in your body right like estrogen is impacting.

So if your mitochondria in your brain don't have estrogen to bind onto those estrogen receptors, we're going to feel that impact.

Mitochondria, hormones, and midlife aging

The other thing that I thought is so interesting is that the mitochondria are the first spot of our sex hormone synthesis. So that first conversion of cholesterol into, I believe, what is it, pregnenolone.

That actually happens inside your mitochondria. So there's sort of a two part thing that's happening in women in midlife. Like we're rapidly losing our hormones, specifically like estrogen progesterone.

So that's impacting mitochondrial function, but mitochondrial function is also declining as we get older. So we're kind of getting this in different ways and different shapes.

And so we're going to feel it and we're going to see it, right? Like we're going to feel it with brain fog. We're going to feel it with energy, you know, tanking.

And then we're going to see it to your point in like, how our body looks like we start to lose that lean muscle like you know my friends and I are constantly talking about like we're getting that like you know mid midsection kind of growth that we don't really want, right?

Like the action poofiness. Yeah, I love that. Yeah. And so that's in part due to estrogen is in part due to mitochondrial declines in part just due to aging.

And like, unfortunately, we feel it a lot more rapidly than our male counterparts, because it's happening to them too. But it's just happening at like a more gentle, slower pace, whereas I feel like we get pushed off a cliff.

Yeah, this is the way I explain it to my patients is like a man's kind of andropause is like this. Yeah. Nice slow waves kind of goes down a little bit, but still pretty good levels.

And then what I say for women in perimenopause, our hormones are like those balloon thingies that you see at car lots where they're like this and all over and that.

Yeah, that's what our hormones are doing. So that's why it affects us so much more because they get this nice little slow ride and it kind of dips down, but they still have, technically they still have good levels of their hormones.

It's just going a little bit lower. Ours is just up and down and all around and it's just. crazy. Yes, I love that like little wind blowing guy like I that's because honestly, like not only is that what our hormones look like, but I think we all feel that way to feel chaotic and like out of control.

Yeah. On the note of mitochondria, we've talked a lot about what it does and how it gets affected with our aging, but we also have been mentioning that there's things that you can do to slow this process down or support our mitochondria through healthy aging or really at any point in your life.

And one of the hot topics lately is urolithin A. I would love if you could tell us a little bit more about what urolithin A does for your mitochondria and how that supports healthy aging in regards to cell metabolism and all those things.

Yeah. So just like if you have not heard about the mitochondria, I am not surprised if people have not heard of urolithin A, and I know that's a bit of a mouthful.

So you are not alone if this is something you have not heard of. I only recently learned about it probably about, I don't know, four to five years ago.

And part of the reason is this is in my belief, one of the most well-researched like in clinical and humans, actual humans, not in like lab rats and test tubes, but like one of the most well-researched interventions that we have to

support mitochondrial health and just, you know, healthy aging.

But there hasn't been like a brand behind it until about five years ago, really like putting marketing out there where people are going to hear about it.

So I'd like to kind of start with like in nature, what like, where would you find Urolithin A and what is it? So it's a nutrient, but it's not found directly in food like vitamin C or, you know.

protein, right? Like you get that directly from food. Instead, it's a little bit tricky because our gut microbiome will make this nutrient for us. So when we eat certain types of foods, if your audience is familiar with like polyphenols, these are these like health promoting compounds that are found in plants, for example, and specifically for urolithin A, it's not even a lot of plants, it's pomegranates, like dark skin berries, and certain nuts like pecans and walnuts.

And so when we eat that, our gut microbiome will actually metabolize or digest those compounds, and they'll create urolithin A for us. So the way I think of it, and again, I like to talk in simple analogies that I hope most people understand, is it's almost like we give our gut microbiome room and board.

These little bacteria and critters get to reside inside our gut. They get to eat molecules and things that we can't digest, like fiber is a common prebiotic is what that's called the fuel for your gut microbiome.

How urolithin A supports mitophagy

So they get to have the things we are not going to utilize ourselves and they pay us and how they pay us in this case is urolithinase. They pay us in these postbiotics.

But the key is that Most people don't have the right gut microbiome to make urolithin A. I'm sure you guys talk about gut health a lot, right? All the time.

All the time. Right. And so like I know myself, As a dietitian, like I eat a ton of fiber. I eat a ton of plants. I eat a ton of polyphenolic foods, but I was bottle fed.

I was a C-section baby. Like my gut just will probably never be the peak gut it should be, despite all the things that I do. And so this is kind of like this rare case where I'm probably not getting enough urolithin A just like through my own diet, because I either don't have the right gut microbiome or I'm just not eating and like.

tons and tons of pomegranates every day. Right. So now there is pomegranates, but not that often. And they're actually kind of hard to get. They're hard to get.

They're a pain to eat. And truthfully, to get the equivalent beneficial dose, and we'll talk about the benefits we're seeing with supplementing with urolithin A, but to get that equivalent 500 milligram is the starting dose for urolithin A, to get that benefit, you'd actually have to drink six cups of pomegranate juice.

And as a dietician, no. too much sugar, like we never recommend someone drink six cups of juice of any kind a day. So yeah, so it's a little, a little tricky to kind of like recap.

It's not directly found in food. You need a healthy gut microbiome to make it. And even if you do, you'd have to drink six cups of pomegranate juice to get like a really effective amount of urolithin A.

that does anything. Which we are not promoting. Do not drink six cups of juice. Even if it's no added sugar, there's still sugars in it. There's no fiber in the juice.

That's the problem. If you're drinking juice in some, like, seltzer water, delicious, like, eat the whole fruit, like, not, you'd need to eat, like, I don't even know how many pomegranates a day you'd have to eat to have, like, six cups.

Yeah. So you'd probably get sick. Yeah. Yeah. Well, you'd probably definitely have the runs, for sure. for sure. And

I like don't do it while wearing white.

Because every time I eat a pomegranate, like it looks like a crime scene on my shirt. Like there's somehow like a bon bonoc and there's like pomegranate juice everywhere.

So I know why like pomegranate is just not going to be your best source if you're all with an egg. Yeah. So basically, we can't get it in our diet is what you're saying.

Most people I think that's a pretty safe bet. Okay. So then what does the clinical evidence tell us about Urolythin A and how can it really promote that healthier aging?

Let's get back to how it helps us. You're like, why? Why Urolythin A? So it comes back, obviously, we spent the first half of this chat talking about what the mitochondria are and what they do.

And so that's really the secret sauce here is that it helps this very unique process that it's basically like a cellular quality control process that we have.

So as our mitochondria become dysfunctional, because no matter how well you take care of your health, just like any factory, like you could keep a factory in pristine condition and maintain it as much as possible, it's still just going to be subjective to wear and tear.

So your mitochondria, the same thing, they're going to decline. And that starts to kind of accumulate as we age and just lifestyle can contribute to mitochondrial decline.

So our bodies like are so amazing and like recognize that like the mitochondria are so critical to life. So we have this quality control mechanism where as our mitochondria become dysfunctional, we have the ability to sort of break them down and recycle them and utilize what is still usable to build new mitochondria and then kind of get rid of the rest as waste and debris.

And that process is called mitophagy. So if you guys talk about fasting and any of your other conversations, that term has become a little bit more commonplace, it's that sort of cellular recycling that happens when you fast.

This is just a more targeted, like, you know, instead of getting rid of the whole home, you're just kind of getting rid of the kitchen, right? Like, it's just recycling the mitochondria.

And that's how Urolyphin A works. And as far as I'm aware, there's like some great nutrients out there to support mitochondrial health, like NAD and CoQ10.

But the This recycling process, which I personally think is foundational, you have to get rid of those dysfunctional mitochondria because they are just gunking up the system.

And that's kind of specific to urolithin A. Exercise and fasting certainly will also help that. So like never forget that those lifestyle interventions are your foundation.

I was a private practice dietician for decades, and if it was just so easy as eating better and exercising more, we wouldn't need some of these other support tools, right?

Those behaviors take a lot of time. People don't always do them. And so this is a really nice option to support that aging process through a dietary supplement.

Well, but like you said, you know, I mean, it's like when you were talking about how you're using different parts, I kind of thought of like an old car, right?

Like maybe the body's all wrecked and so you're taking out parts of the engine to put in different cars or something like that. So no matter how good you take care of yourself or how, you know, how much exercise you do, you're still

breaking down those things and they're still gonna break down.

Like I don't care how much you oil them or how much you, you know, do that. You're still gonna need to repurpose them because they're going to die off.

They're going to have to, Retire as you said earlier, you know, and you why not use some of that stuff And and like you said, there's a ton of you know, there's a ton of longevity Medicines or supplements out there.

There's a ton of stuff that they talk about, you know mitochondrial health Hey boost your mitochondria all these kinds of things. How does urolithin a Compare to those mitochondrial support supplements that we see on like tik-tok and Instagram and all these things so A couple things I want to point out about that is when I think about mitochondrial support, there's three ways.

If you want more energy, there's three ways that you can do that. You can build more factories. You can make your factory run more efficiently, longer.

But at the end of the day, like I said, those factories are still going to break down. And so you can You only have so much cellular real estate, so you do have to remove the damaged mitochondria, so that's where urolithin A works, and then build new mitochondria, which is another way that urolithin A works.

We're targeting two different ways. I think there's definitely a case to potentially layer on other things on top of mitopure or urolithin A to support cellular health, but without cleaning out the junk drawer.

Yeah, yeah, you're only getting so far right like we keep throwing pieces of paper into your junk drawer like it you're trying to find that pen like you're never going to find it.

You need to get rid of that. The other thing is not just the mechanism of action.

Clinical evidence, dosing, and performance benefits

There are several like really well conducted clinical trials on outcomes. So like not only are we saying we're improving like mitophagy this, but like, what does that mean?

And what am I going to see and feel like see as a provider or feel as a customer when I take this? And so there's several studies that have looked at muscle quality and performance, more specifically I should say muscle performance, so like strength and endurance.

And so we see meaningful and significant improvements in that. We're now starting to look at other areas of aging that are driven by mitochondrial dysfunction.

So immune aging, and there's some studies that will be coming out later this year. So it's not just like we know it. like, is working on a physiological level, like, or biochemical level, but like, that it's also translating into meaningful outcomes.

And a lot of other longevity supplements out there are still in that like mechanistic world, like, well, or in mice, like, we know we make mice live longer.

But a lot of you energy but that's all it does is like it just helps it have a little bit more energy and energy is like subjective right like I think a lot of times like you could be given a placebo pill and be told that this is gonna give you more energy and you might feel more energetic and that's not to discount that like you're actually feeling that right but yeah, so I think like for me both when I'm like wearing my like I don't do private practice anymore but like when I wear my like nutritionist hat and I'm working with people and I want to give them like there's so many supplements out there and things that you can take or just like myself also as a customer and the consumer like there's so much stuff out there like I want to choose the thing that is like has meaningful outcomes, right?

Like that you're going to show me like, I'm going to see this in my muscle strength, or I'm going to see this potentially like, you know, show up in some other like tangible benefit than just like, oh, I have more mitochondria.

Like, what does that mean? So I know you know this, but just to tell our listeners, I use it every day. I don't go without it because I notice a huge difference.

So when I first started taking it, the first thing that I noticed was when I worked out, I was not so sore that I couldn't walk the next day. I'm still sore and I know I still built muscle because I'm getting muscle, but I was not so sore that I could not do anything the next day or the day after because usually it's worse the second day.

Then when I started taking it more and more and I was doing it for a couple of months, I noticed my brain fog and word finding and all of that was a lot easier.

or would go away. But also now I'm taking a little bit higher dose and we'll talk about doses later. And now I'm noticing that I can really go, like my endurance in my muscles, I can go up in weights faster than I ever could before and build more muscle without them fatiguing to the point where I have to not do that last rep, even though it's higher than I ever did before.

Yeah. And I, I mean, A, I've personally also experienced things very similar to that. That's, and so of like thousands of like customers constantly, like I'm constantly like, you know, shocked by like the great feedback we get from our customers who are saying things like that too.

And the clinical data points to that, right? Like, so. We have done studies at both and we'll dive a little bit into dosing at both 500 and 1000 milligram dosing.

And we do see with 500, so both with 500 and 1000 milligrams, we see through muscle biopsies, we're actually taking a little piece of muscle and looking at like high tech imaging and looking at the mitochondria.

So with both doses, we're seeing significant improvements in that cellular turnover of the mitochondria. But then when we take those like outcomes based studies, we look at like in for months, we're seeing significant improvements in muscle strength.

And that's actually even in sedentary folks without changing their diet or their exercise. We also see with the 1,000-milligram dose, significant improvements in muscle endurance, which you're feeling.

We've also done some studies with athletic populations, like professional and subprofessional populations of athletes. So we've done studies with runners and then independent of timeline, there's been some studies that were done in soccer players and strength trained athletes.

Unfortunately, those were all men and they were young, but still what we do see is recovery, markers of recovery, rate of perceived exertion. Those are all improving as well.

So it's no surprise that you're feeling that. as well. And to be clear, I felt it on the 500 as well. Yes. But then I had read a study about the thousand and I was like, well, I'm the dummy for our practice pretty much.

So I tried everything on myself first. So I started taking the thousand milligram. So and it's been great. I'm really excited to see some of the studies that come out regarding cognitive health that you were mentioning because when I'm pregnant right now, so I'm not taking it because there's no studies on that, but when I wasn't pregnant and I was taking it, what I noticed the most was how much clearer my brain was because the brain fog was the like my biggest symptom after like my first pregnancy, before I got pregnant with my second one, I just like felt like the brain fog never recovers from that.

And there was stuff in between too. And I feel like when I started taking the urolithin A from like the mito pure source, the brain fog just suddenly went on.

I was like, oh my gosh, I feel like I can recall words again and functioning faster. So I'm really excited to hear about those studies when they're coming out.

Well, and the ADHD too. Yeah. Cause both of us have ADHD. So let me tell you when we're working together, it's super fun. Yeah. Yeah. But you definitely, it definitely helps to calm it.

with focus. So dietary supplements are, sadly, the research behind them is just not usually great. It's just not an industry standard. And honestly, this is a big part of why I wanted to join the team behind Mitopure, because they you know, while there's really only been a product for maybe five years, there's like 15 years of research behind this.

So there was a lot of research that went into understanding the mechanism of action and those clinical trials I taught were just sort of like, the tip of the iceberg, we started in animals and really just trying to understand how does this thing work?

Are there improvements in animal health and does this go to humans? And I forgot where I was going with that. Talk about brain fog for a second. Oh, but brain study.

So we kicked off the largest dietary supplement brain study with 650 people. That's a lot of people looking at a lot of different markers of cognition and recall and executive function.

I think we even are starting to try and tease out some information about sleep So hopefully, and our goal is to have all of that published, all of our stuff is published in high impact medical journals that are open access.

So anybody listening to this, they can go to timeline.com and the whole page with all of our research and you can go to the journal and you can read it yourself if you are so inclined to do.

So that's our goal with the brain study as well is that that research will be published and. That's honestly a bit on the whim of the publication and how much back and forth editing that has to happen.

But this year, my hope is that it will be in this first half of the year that we'll have a publication we'll be able to share. But again, we're at the mercy of the publications for if they accept and when we publish.

Yeah. Publishing takes a long time. Yeah. And the research takes a long time. It takes a really long time to do the research and to analyze the data. But yeah, so that study is well underway.

It's just exciting to know that there's research coming out to support what we're seeing clinically using this product because that's always reaffirming.

Yeah. And we, I mean, we hear lots of incredible things from practitioners that are using it with their patients or customers that are using it.

Brain, sleep, and cognitive benefits

I mean, things that like, you know, we'd like never really even like had on our radar. Like I don't think sleep was ever really on like the radar, but we hear very often that people are noticing improvements in their sleep quality.

We hear often people who wear like aura rings or other sorts of trackers. We hear that like their HRV is improved and like nothing else has changed. VO2 max.

Sometimes people notice improvements in that. So there's just a lot of things that we have not even like thought about studying yet. And it's just generating a lot of ideas because we don't want to go out there and say like improves HRV if we don't have a clinical study.

Right. Right. I mean, it does make sense. It would make sense that it could. Yeah. Yeah. On that note, I know this

is a little bit separate from what we've been talking about regarding, like, longevity and, like, overall, like, internal health.

I know Timeline has skin care products as well, and urolithin A can benefit your skin. And I feel like for our listeners, that's part of things we care about.

How can we have our skin looking brighter and more youthful. And so if you have anything you'd like to share about how your Elythene improves skin as well, I'd love to chat about that for a little bit.

Yeah, so you're absolutely right. There is a line of skincare products that stretch from a cleanser to night creams and eye creams and serums. So the idea, because I think sometimes people ask, well, why do I need the skincare if I'm taking the supplement?

It's kind of like vitamin C, like you have to consume vitamin C for one benefit. And if you really want that skin targeted benefit, you use a topical vitamin C serum.

Now the mechanism action is totally different than vitamin C, but I think that's sort of like concept that when you're taking the supplement, we don't have skin studies, but I suspect there's a little bit of skin benefit, but to really get that skin benefit, you want to use the topicals.

And it's working that same way where it is helping those mitochondria in your skin to recycle. more effectively. So your skin cells have more cellular energy and they're basically able to act like a more youthful skin cell.

So what we see on the outside is significant improvements in fine lines and wrinkles. It's noticeable improvements in literally just two weeks. And then when we take that study out to the eight week mark, it's an actual statistically significant improvement in wrinkle depth and wrinkle volume.

The other thing that I personally find really interesting about topical mitopure or topical urolithin A So a lot of the traditional, I hate the word anti-aging, but things that we use for our skin like retinols or like alpha hydroxy acid, even vitamin C for some people can be like really irritating and drying, especially with like retinols.

You have to be very careful in the sun. So what we've seen with Mitopure is that actually it helps to resolve some of the damaging effects of the sun.

So it helps to kind of protect us from photo damage, which is actually the main driver of skin aging. No, it won't replace a sunblock. That's your number one thing you need to see for skin cancer.

But it is helping to resolve some of that damage. And it means it's going to be much safer for you to use than some of those other things, especially if you're somebody who lives in a climate where you're exposed to sun all year long.

I'm in New York, so that sadly is not me this time of year. It's not us either. Yeah. scared of being in the sun. And it's also not irritating. Like a lot of those other things are irritating, they're drying, they're flaking.

You have to kind of like build up to it. And some people never can get past using like retinol. I can't use retinol more than like twice a week. And this is something that is very powerful, but gentle.

So you'll get very similar wrinkle reducing results that you would see with some of the more traditional things that we've been using, but without all of that irritation, that sun sensitivity.

Skin benefits and topical urolithin A

Nice. Yeah. I haven't got to try any of the face stuff yet, so I look forward to it. We'll try to get you some. I personally, so I am a bit of a skincare junkie, so when we launched our skin line, I was obviously very excited.

And granted, I understand I work for the company, but I still think this is some of the best skincare products that I've used. And the thing that's really interesting to me is I find with other skin products that I've used, after a certain point in time, I'm like, I don't know if this is really doing anything anymore.

And then I switched to something else. I still feel like this is working. Like I just still feel like my skin is kind of can glow and feel hydrated and to look healthy.

Um, and especially like, like I'm 50, right? So like our skin is definitely like this whole menopause change is not just like happening on our muscles and like our mood and our brain.

Like I feel like I woke up one day and was like, what happened to my face? Um, and so this has just been like a really powerful ally for my skin as well.

Yeah. I'm a skin junkie too. She's the skincare junkie. I don't, I have a hard time taking time to even remember to do all those things. I'm a skincare junkie.

And so as soon as I'm not pregnant, I'm like super excited. We'll make sure. Yeah. Yeah. For me, it's like my little like nighttime wind down. Like, I think we all have our thing, but it's just like, I get like a few minutes in the bathroom by myself and I get to kind of like give myself a little facial massage and just like, it's my like little transition, but that's just me.

Yeah. I agree. I'm kind of the same. It's like take a shower and then I get to like do my face stuff. You guys get to be alone in the bathroom? Well, sort of.

I don't know if I've ever had that in like 20, how old is Morgan's? 23. So I don't know if I've had that. My daughter that is here is like, I want to do it mom.

So then I like, I'll put like lotion on her. That's fun. That's a cute little like bonding moment. My teenager would definitely like it. Yeah. She's definitely into skincare.

Skin girly stuff. Yeah. Yeah. It's like everywhere these days. So it's, it's hard not to be. Yeah. Well, I just think that, you know, if you're seeing so much research with urolipid A supporting connective tissue in the muscle, it just makes sense that it would support skin as well, whether that's topical or internally.

I know you guys, I know you say you don't have any studies about how it's supporting the skin from taking it internally, but I think I mean, it makes sense.

If you're supporting cell turnover and mitochondrial health, it just makes sense. That would help it. We have skin cells. They have mitochondria. It's mitochondria.

And that was truly the concept, I think, where our skin line came from. And we are actually, from what I understand, we will be doing some research on oral supplementation with skin too.

And is it a better together? And maybe some of those deeper layers of the skin will be better supported through an oral first, the more superficial layer and visible layers of the skin will be more supported by the topical.

So more to come. There's just so much exciting stuff that's kind of like happening in the back end in terms of research. We just published a study in October on immune aging, which I think is sort of like a curious like as like providers where this sort of like comes up in your guys' conversation, but I think so many people think about immune health more just like seasonally, like cold and flu, and we gotta like boost our immune system with vitamin C, but what I've been reading is that like the key drivers of aging, like muscle, everybody's talking about, brain, like that's a no-brainer.

And aging is such a dad joke. Such a dad joke, I know. And puns, I can't help it. My husband will love that one. But immune aging, We talk a lot about inflammation or inflammation aging, but that is driven by our immune system.

We just published this study looking at several different markers of immune aging, both from the types and quantities of different immune cells that we have to how much energy and how much mitochondria.

It was just really this beautiful, great study. Our chief medical officer is an immunologist and he was just blown away by this data. That's another area that we're trying to figure out what's next.

Can we support maybe immune therapy with cancer patients? Not replace that, but could this be a supportive adjunct? I think there is this concept of do people, especially elderly people who maybe don't respond so well to flu vaccines, might they respond better if they do this?

Do people get less cold and flu because they're taking this regularly? So there's just so much to understand and unlock. But to your point, like everywhere, so every cell other than our red blood cells has mitochondria.

So anywhere where there's a cell that's relying on mitochondria for energy, I think there's a potential for there to be a benefit. Nice, yeah, I love it.

Well, if anybody out there listening, obviously talk to your doctor before you start any supplements, but we will put our link, because we have a link to our Timeline shop, we will put our link in the show notes down below so that anybody who wants to, after they have gotten it okayed by their doctor, wants to get any of the products, you have a direct link to our store from Timeline with all of this Uralithamate.

all the different products.

Immune aging and closing thoughts

And then just to wrap up a little bit, what's your favorite way to incorporate it into your longevity routine? I know we've kind of talked about it, but just to give a little bit of a summary, how do you incorporate your lip and A?

Even if he just used the timeline products into your longevity routine. So, um, I, my favorite way is not necessarily the way that I do it all the time.

So my favorite way is our, our berry powder. And I put that in plain Greek yogurt with some like fresh berries and like some, some nuts and some seeds.

And like that's in the summer, like that's breakfast. But because of travel and I like go through phases where I also I'm like, I can't eat another yogurt.

The way I do use it most of the time is our gummies, which are also delicious. Yes, that's what I have. Yeah. And then we have the soft gels, which are just like a standard kind of like the size.

They're a little bit on the larger size. They're kind of like the size of a maybe like a fish oil. And so there are different ways that you can incorporate it.

So favorite way is not always the most practical way for me. But so we kind of wanted to be able to meet people with where they're at and have them have something that doesn't sit in like the bathroom cabinet or kitchen shelf and is actually gets your body.

And then I already talked about like, I just love skincare. And so it was our entire skincare line. And so we have this like beautiful cream based cleanser.

And then I love my favorite product is our Dewey cream, which is like a lighter, we have two different creams. We have a barrier cream, which is like more of a thicker hydrating almost like a Like you could think of it almost as like a night cream, like a thicker type of cream.

And then our dewy cream is like this lighter, I feel like it just gives me this like really glowy finish. And I just like love

that product. That would be my like one could not live without skin cream.

I love it. That's very in right now. The dewy skin. Dewy glass skin. Yeah. Yeah. Okay. Well, thank you so much for sharing that. I am super excited to get back on my urolithin A.

I'll be taking mine later. I'll take it at lunchtime. Who doesn't love a gummy? But thank you for being on our show. I think this was really great information and we are so excited to keep using the products that we already use and try out some new ones.

Amazing. Well, thanks for having me guys. Thank you. Thanks for being here. Bye. Bye. You know how us women are always just pushing through it, and then when we go to find help, we're often not taken seriously or told, oh, that's just part of being a woman.

Yeah, we've lived through it, prioritizing everybody else and then our own health falls to the wayside. That's why we started blossoming longevity by women or women.

We created programs that meet women where they are, addressing the root causes and all of the struggles that come with every stage of life. Like our vitality program.

It reconnects you with your youth and your life so that you can thrive through the years. And with Clarity, we go beyond the skin to restore your health, clear your complexion so you can feel radiant from the inside out.

With our Silhouette program, we help you reclaim your strength, optimize your metabolism and your body composition so that you can feel great in your body again.

And with Harmony, we help you rebalance your hormones to heal from within so you can feel vibrant and ready to take on the world. That is why it's time to stop saddling and start flourishing.

Visit blossominglongevity.com today. Thanks for watching Hormone Heroines. If this episode spoke to you, follow the show and share it with someone who also needs to hear it.

And write a review. That helps more people find their way back to balance. See you next week.