

Jonathan: Welcome, ladies. Jonathan Hunsaker here with Organixx, joined by my good friend, Dr. Daniel Nuzum. Thanks for joining us, Doc.

Dr. Nuzum: Glad to be here. Alright.

Jonathan: Yeah, ladies, we get a lot of questions about hormones, how it affects your aging, how it affects your body, how it affects your mood, premenopausal, postmenopausal. And so, we figured what better than to just get Doc here to answer some questions for us. So, Doc, do you want to give us just kind of an overview of what happens to women's bodies as they get older?

Dr. Nuzum: As they're aging. Sure, sure. The best way to describe it is that things slow down. That monthly period, that even slows down and starts to happen fewer and fewer, it should happen less and less, and then eventually just stop happening. That would be the natural progression of menopause.

But gentlemen, we have to manage our testosterone and then our thyroid, cortisol, and insulin. If we can keep those three straightened out, we're good, or those four. So, we've got the three metabolic hormones, and then our reproductive hormone. If we keep all that going, we're good.

Ladies, they have to keep their estrogen and progesterone levels level, with a little bit of testosterone in there. Otherwise, they all get mixed up. And they have to keep their metabolic, the thyroid, cortisol, and insulin, they've got to keep those level. So, there's a lot going on here.

Here's what's interesting, is this might be real helpful for ladies to understand this, that gentlemen have—we go through a "cycle" similar to what the ladies go through. Typically, their cycle will take about a month. It's about a monthly cycle, right?

With gentlemen, we go through a similar cycle on a three-day cycle. So, in a month, we go through that cycle 10 times. And the reason it seems like it doesn't affect us as much is because we're moving through it so fast. But we actually have a spot in our three-day cycle where our hormones drop and then they reboot, and they drop and reboot, just like ladies.

Ladies have this, they start at zero, hit 100, and go back to zero, all in a month's time, and it's a lot of change. They really have a lot to deal with. And if they didn't have much stress to deal with, it might not be so challenging.

But with today's life, everyone's stressed, especially here in the States, everyone's stressed. The pace is very hard-hitting, very fast. We're all under a lot of pressure. Ladies are under the pressure to look good, to have things in order, to have the house in order. If they're working to have their job in order, and their house in order, and the marriage, and this and that. They've got a thousand things to organize.

Jonathan: They've got to look young, stay healthy, be fit, do this, do that.

Dr. Nuzum: Right, right, right.

Jonathan: The pressures that society puts on women is, one, unrealistic.

Dr. Nuzum: Right.

Jonathan: But two, a major stress. Major stress.

Dr. Nuzum: Yeah, yeah. Just trying to keep up.

Jonathan: Yeah.

Dr. Nuzum: And these poor ladies feel like they just can't do it, because it's unrealistic, number one. And the reason that their cycle, going from zero to 100 and back to zero over a month's time, the reason there's so many changes and it seems like such a drastic change is because it happens over such a "30-day" month's period. A month's amount of time, whereas gentlemen, we go through the same cycle every three days.

Jonathan: So, Doc, you talk about how a woman's period starts being longer and longer apart, the older that you get. What exactly is happening, and what other hormonal changes are happening?

Dr. Nuzum: One, there's usually a change in the metabolic hormones, where they slow down a little bit. So, the insulin metabolism kind of slows down a little bit, the cortisol production tends to slow down in ladies, where they just aren't producing as much cortisol, which reduces their resistance to stress. Also, their thyroids tend to slow down also.

So, as all those things slow down, everything slows down. Now that affects the reproductive hormones: the estrogen, progesterone, the testosterone. In ladies, if they've had prolonged stress, very stressful lifestyle or circumstances, and things like that, the way that stress tends to wear on ladies is eventually, things just can't keep—just can't progress any farther, they can't keep going.

And what we see then is typically, that the adrenal glands are—they're stressed, they just can't bounce back. Usually, the thyroid slows down a little bit. At that point, the progesterone usually just drops and goes kind of off the map.

And so, it leaves them in what's called an estrogen dominant situation. So, they have estrogen still, but they just don't have that progesterone there to keep it balanced out. Well, estrogen is a sticky hormone, number one. So, it can "gunk" things up, if you will. Things in particular, the liver, and that's where all these hormones are metabolized anyways.

Okay, so things get in the liver. When you have too much estrogen, the liver gets too sticky, and so that sticky substance gunks up, if you will, the liver, and it doesn't metabolize things properly, which then throws off all the other hormones. As soon as we have this going on, now we have, like they call, my patients at the clinic, they say "Now we have a hot mess." Once that happens.

So, now we have the metabolization of the hormones is off. Now, we have things like perimenopause, where they have one month they'll have menopausal symptoms, one month it's everything like normal. And then they have two months menopausal, it's back and forth, very erratic, very stressful for ladies. Very, very stressful situation.

All of that brings about a slowing down of their system, and when that slowing down happens, they become pro-inflammatory. Their system just tends to be more easily inflamed, and things just—it's like there's an underlying level of irritation in their system that's just so high, any other thing just takes them over the edge. It's just more, they just can't handle much more.

But what's going on in the background is, yes, the hormone production has waned, there's some hormone resistance that's happening, and then a lot of times, the liver itself gets plugged up, if you will. It's not necessarily toxic, but it's so full that it can't metabolize anything else. We'll start, sometimes it will get so bad that they will start having fatty liver disease.

So, what's going on here is that they've been estrogen dominant for so long that all that extra estrogen that has been unopposed by their thyroid and by progesterone and things like that, has accumulated in their liver. And

again, remember, it's very sticky. So, other toxins that are in the liver stick to this estrogen. It can even create gallstones and things like that in the gallbladder, give them gallbladder issues and whatnot.

But for sure, it starts to reduce their liver metabolism and it predisposes them to fatty liver disease, which then predisposes them to diabetes. There's all these other downward spirals. You get a lot of different things like that going on.

To bring this full circle, what has to happen is we have to follow a healthy diet. We have to come back to not 100 percent plant-based, but more plant-based. They need more fruits and vegetables. It has to be more a fruit/vegetable-based diet. We need to increase their good fats. We need to decrease empty carbs, like bread and candy and ice cream, all that kind of stuff. We've got to decrease those things. We need to cut out, almost universally cut out soft drinks. Soft drinks are—

Jonathan: I think that goes for everybody.

Dr. Nuzum: Everybody, not just ladies. That's across the board.

Jonathan: Really, cutting out the sugar.

Dr. Nuzum: It's the sugar, right, the empty carbs. If you take an apple and it has sugar in it, but it's not empty sugar. It's sugar that is carrying other nutrients with it. You take a fizzy, carbonated sugar drink, and you drink that, it's sugar. It has no other nutrients in it. It actually requires nutrition from your body in order to metabolize it. So, the more of it you drink, the more nutritional deficiencies you're going to create.

Jonathan: Let's talk about, because you're talking a lot about the extra estrogen that's in the body, how does she help manage that? Are there things that can be done to really decrease that estrogen? Understanding that, yes, you can do hormone therapy to bring the other ones up. But obviously there's natural things that can be done to really decrease the amount of estrogen.

Dr. Nuzum: Right, right. Supporting the thyroid is one. Here's something interesting, and this is for both men and women. Our thyroid is our body's natural anti-estrogen. So, the healthier your thyroid is, the more level your estrogens are going to be. Your thyroid also has to be healthy in order for, in a woman, for her to produce enough progesterone.

So, if she's in an estrogen-dominant state, it's not just leveling out her estrogen and progesterone, we also have to get the thyroid working properly or at least supporting the thyroid and the thyroid metabolism so that the progesterone can be naturally increased, but also that the estrogen can be decreased.

Now there's adaptogens would be something that I would come back to, but there's also another issue that we need to discuss, and that is there's the flip side also, where they have either had a hysterectomy, or they just have gone into menopause early. And so, their progesterone and their estrogen are really low.

Again, that's a whole other set of issues. And in that case, those ladies, their estrogen and progesterone keep things soft in the system, not brittle in the system. So, things, when there's not enough estrogen and progesterone in a woman's system, her body becomes more brittle.

And so, things, activity and sports, or just activity around the house even, can be very stressful for her body, and she doesn't recover very well from those types of things. That is an issue.

My first place that I would start with working with ladies in these situations would be with detoxing and then with adaptogens.

Jonathan: So, talk to me more about adaptogens.

Dr. Nuzum: Adaptogens. Adaptogens are herbal substances, or herbs themselves, that enable the body to regulate itself, help to restore the body's natural regulation of itself. And that would also mean they also help the body to adapt, thus the word adaptogen.

So, in helping the body adapt, in order to become chronically ill, you have to lose the ability to adapt. That's a very important thing for everyone to understand. If you have a chronic illness, the reason someone is chronically ill is because their body has lost the ability to overcome whatever it is that they're dealing with and they have become overcome by whatever it is they're dealing with, so they're not able to adapt to that.

So, adaptogens increase your capacity to adapt. So, as you take these, over time, they start to regrow or to reestablish that capacity to adapt. And so, with folks that are chronically ill, it's something we use constantly. It's just something I use, clinically, constantly, with chronically ill folks because that's what helps to rebuild them and restore that capacity to adapt. And once they have that capacity to adapt, their immune system will adapt to whatever it is that they're dealing with and overcome it.

Jonathan: So, what are some natural adaptogens?

Dr. Nuzum: The ones that I like, that I use with women, are ashwagandha. Ashwagandha is one of my favorites with women. Holy basil is another wonderful adaptogen for women. A Chinese herb called dong quai is one of my—I really, really like that particular herb.

Those all work very well at supporting the thyroid, supporting the adrenal glands, supporting the ovary function, and not just—let me say not just revving things up, but there's an orchestra here, and we don't want just violins, we don't want just cellos, we don't just want a piano player, we want the whole orchestra. And everybody has to be playing in tune in order for things to be in harmony.

And so, for ladies, that's what we want to restore, because if things aren't in harmony, things aren't in harmony, you know? And so, we've got to restore that harmony. And it's these adaptogens that do the best work, they really do.

Sometimes, ladies do need to get hormone therapy. Sometimes they need some extra hormones. That is the case. Even if that's the case, using these things in conjunction with the hormones makes the hormone replacement therapy work 10 times better, 10 times better. I don't ever give bioidentical hormones without adaptogens. They always have to be taking the adaptogens. They enable them to use those hormones better. So, they really go hand in hand. I would use them whether you're on a hormone or not.

Jonathan: Sure. So, let me ask you, and then we'll wrap up the video, how does this affect aging? So, we understand that as you age, the hormones are changing. But how is all of this affecting how she looks, how she feels, and things like that?

Dr. Nuzum: Sure. There's a few things, a few things. One is as the hormone production wanes, we go back to androgens that maintain good healthy connective tissue. Well, in women, 95 percent of their androgens come from their adrenal glands. So, good healthy adrenal glands keep your androgens up.

Now what is an androgen? Androgens are anabolic or muscle-building hormones. That's what testosterone is, it's a primary androgen. There's other androgens that are, again, that are produced by the adrenal glands.

And in women, 95 percent of their testosterone would come from their adrenal glands. Now that's important for joint health, for connective tissue health, for keeping the eyebrows where they're supposed to be, keeping the cheeks up where they're supposed to be. As connective tissue deteriorates, as they get older, number one, they

need a source of the proteins, the collagens, and things like that, so they can replace those connective tissues and rebuild them. But they also need the hormonal support of healthy androgens to keep those things.

Otherwise, things sag. Bottom line. Things just start to sag. That's just part of the—as the hormones wane, the connective tissue deteriorates, and it loses its structural integrity and it starts to sag. So, that's that. And that affects how ladies look.

And then we have things like their metabolism. So, if they become estrogen dominant, that starts to predispose them to low thyroid function, and disrupting of the insulin metabolism. That equals weight gain. If those things happen, you're going to put on weight. It's just a matter of time. So, that affects how they look. And as people get older, we tend to expand anyways. And so, if you slow the metabolism down like that, or if that happens in your system, so that's a way that it would affect things.

You have—one of the things that I've observed, this is just clinically that I've observed, is that ladies lose their confidence. They lose their confidence in themselves when their hormones get all awry. And not that they should lose confidence in themselves, it's just they don't feel as secure within themselves. And so, that being the case, as their hormones start to normalize again, we get the new normal for them, they start to get their confidence back. And that drastically affects how someone looks.

Jonathan: That's very interesting that you say that. I mean and you're talking about as they put on more weight, and then that can cause more stress because you're putting on weight, which is causing more cortisol, which is throwing off other hormones, and putting on weight affects the confidence level.

And when you're not confident, we've talked about it in other videos, just the stress and your body's response to stress and the constant, the chronic inflammation that happens throughout the body. I mean it turns into a “downward spiral,” in a sense, right? And it's really just understanding that it's not even necessarily something that she did.

Dr. Nuzum: Correct.

Jonathan: Right, it happens with age and possibly diet, and possibly some other things, but then it compounds quickly and easily, and then one feeds onto the other. So, I think there's a lot of really good information.

We've been talking a lot about aging, as you know, in these videos. We do have a product called E-Plexx that's part of our Anti-Aging package that really helps with the estrogen balance in the body. We have our Meta-Plexx, which has a lot of adaptogens in it, and things like that, to really help.

And I'm not doing these videos to try to plug anything, I'm just sharing because there's a lot here. It's like you say, it's an orchestra. And I think a lot of women are saying "Well, then, what now? What do I do? Where do I go? Do I just go and take a couple of these herbs? Do I need to go get hormone replacement therapy?" So, there are some solutions there.

Watch some more of our other videos, get really educated, understand what's happening inside of your body. And I think that that's the first step.

Dr. Nuzum: Sure.

Jonathan: Really understanding what's going on.

Dr. Nuzum: Yeah, get an understanding of what's happening, and then you can make your own decision.

Jonathan: Absolutely. And play with things and try some different things out and see what's really working and what's not.

Doc, thanks so much for joining me again.

I hope this video helped, I hoped it helped educate. I'm not sure if it was a little awkward, two guys talking about it, but hopefully we delivered you some good information.

And continue watching. We have more videos around anti-aging. We have more health videos that we're always putting out.

Thanks again; we'll see you on the next one.