

DR. KEESHA EWERS: Welcome to the Women's Vitality Summit: Caring for Yourself Body and Soul. I am your host, Dr Keesha Ewers, and I'm so delighted to be interviewing Alisa Vitti, who is an integrated nutritionist, best-selling author of Woman Code, creator of the Woman Code system and the founder of FloLiving.com, which is a virtual health centre that supports women's hormonal and reproductive health. She's a graduate of John Hopkins University and the Institute for Integrated Nutrition and she's been featured on the Dr Oz Show, has a web series on Lifetime and has been a regular contributor for CBS, Fox, Shape, Women's Health, Mind Body Green and The Huffington Post. She's also the hormone whisperer for Yahoo Help and serves on their advisory board and has presented at TEDx, Talks @ Google, Summit Series Outside, Hey House, the WIE Symposium, the She Summit and you can follow her on all the social media places.

I really am excited to have you on this summit, Alisa, because this about vitality for women and one of the things that I usually start these interviews with is a reminder about what vitality even means. It's our whole life energy and yoga, what we call Prana and Chinese medicine Chi. It's our sparkle, it's our pizzazz, it's our passion and what I see in my medical practice so often is what drove me to do this summit, is women dreamed of vitality. And, of course, that's why they're there to see me. What I would love to ask you is: what do you see as the number one drainer of vitality in women today?

ALISA VITTI: Well, first of all, it's great to be here and thanks for having me. It's such a pleasure to chat with you about, you know, women and their health and how we can, you know, share that practically so we can all feel better and live better.

The number one thing that drains us as women... I think the challenge is that we're getting bombarded by so many different directions with things that really put a drain on our hormonal systems.

For me, my world view is as a woman your vitality, your energy, your creativity is all going to be either supported or made more disused by the state of your hormonal system and your hormonal balance. And so there are so many different things that put a drain on that system from chemicals in your food, to your make-up, to the timing of how you're eating; that it can get really – it can feel impossible for so many. And we see that showing up in women's periods, women's fertility and how women go through pre-menopause is just really indicative of the state of their hormones and just how drained they feel.

DR. KEESHA: I agree so much because, you know, women will come in and say: "I understand that you prescribe bio-identical hormone replacement." And I'll say: "Yes, sometimes if it's necessary, but let's chat about first where you're at and what your hormones are doing, and then let's get to root cause of why they're imbalanced, if they are." And so we have a whole long conversation about this.

One of the things that you practice and teach is the ability to be able to look at that cycling, you know, and have cyclical self-care with these four phases and I would love to have you talk a little bit about that because one of the things that I don't think women realize: that they're different throughout the month and yet they expect to be more linear in their mood, in

their energy levels and we know from looking at biorhythms and things like that, that we aren't that way as humans anyway.

We're very much cycling, like you could say with the moon with the nature rhythm and cycles. We're a part of nature and this expectation that we're going to be as reliable as an electronic device that we have in our hands... Well that's not going to be the case, right?

ALISA VITTI: Well, I would say that the issue that I've observed in the women that I treat is that it all stems from a misplaced belief about how our body should perform. And that belief along with the fact that we're basing our expectation of our performance, our daily performance, on a male hormonal cycle.

DR. KEESHA: Right.

ALISA VITTI: Which is 24 hours. And so the male hormonal pattern is high-functioning in the morning, which is why it's like ideal for a guy every single day of his life to wake up and either have sex right away or go for a run or something strenuous to burn off that energy and etcetera, etcetera, right.

In a woman's 28 day cycle we are distinct in terms of our performance daily. Even the different, you know, areas about cognition and communication that are stimulated in our brain from our hormones is different week over week within our 28-day cycle. I keep to this concept called Cycle Thinking which is really for understanding what are the phases and then how did you optimize yourself to get around the four phases of your cycle. And why would you want to do that? We want to do that if, for example, you get someone who is struggling with a condition that I used to have a DOF or you have fibroids or you have difficult periods, heavy bleeding, not enough bleeding, irregular cycles, anything that's going on with your hormones that are showing up in the cycle as, you know, indicative of hormonal imbalance.

You'd want to do this to help address the root cause. Also, when you eat the specific foods that I sort of have you eat in each week of the cycle, depending on where you are hormonally, you're actually supporting increased estrogen detoxification, improved progesterone levels. All of these foods help balance out the places where women find themselves most vulnerable hormonally during the month so that you can really move out the experience so that you don't have PMS, so that your period is easy and lovely. So that you restore balance and regularity to your cycle. So that's the first layer as to why you would do it. And the second reason why you would do it is because you want to tap into this amazing brain chemistry shift that happens week over week.

Again, estrogen and progesterone stimulates different lesions of the brain differently in different concentrations and so, you know, there is a predictable pattern to when you have the best communication, or the most spoken on or the most intuition or the most initiative to start your thing. And knowing when those failures happen and taking advantage of them only helps you work smarter, have more success, have more things getting accomplished after. Having that happen without your body being the one that's taking all the brunt of trying to do it all, which I think so many of us as women feel like: Alright, well I have to perform this way every day. I have to push through to do it and get it done every single day and if I don't get to all of the things

I'm a failure, I'm a sad person. I should be a better mother, I should be a better student, I should be a better business woman, a better whatever.

We are so quick to internalize the criticism and it's unnecessary because if you plan all the tasks of your life over the 30 days, based on where you are in your cycle, get it all done, but you're happy to have your body take advice.

DR. KEESHA: Now hang on, so you're telling me that just popping a Red Bull or some coffee won't just let you do it all?

ALISA VITTI: [Laughing]. No, no, no, and in fact ...[intervention]

DR. KEESHA: What's wrong with that picture, Alisa? [Laughing]

ALISA VITTI: What's wrong with that picture? Well, let's figure it out. Let's speak out, okay?

DR. KEESHA: Yeah.

ALISA VITTI: So when you have caffeine... Why should we care about caffeine with your period or hormonal issues or your pre-menopause or your fertility? Well, there's a lot. First of all, there are studies that link even moderate caffeine consumption to decreased fertility in both men and women, but, you know, it's a whole other conversation. But when it comes to caffeine there's a mechanism that triggers the regulation of the endocrine system and the disruption of blood-sugar, right? And that will throw off ovulation. So whether you're having coffee or a Red Bull or, you know 17 glasses of unsweetened ice tea and you think you're being good...

DR. KEESHA: Or green tea.

ALISA VITTI: Or green tea, right. I have been testing three for 20 years. I have a 20-month old daughter and I run an international hormone practice and I, you know, cook my daughter's food three times a day and, you know, I'm living my life, I'm taking care of myself, I'm very productive.

DR. KEESHA: H'm-'m.

ALISA VITTI: And that's possible through the practice of Cycle Thinking. I would be not able to do any of this without the Cycle Thinking technology that supports my organization around myself here and my work priorities.

DR. KEESHA: So you're telling me that pumpkin seeds are better than Prozac?

ALISA VITTI: Sure, certainly.

DR. KEESHA: [Laughing].

ALISA VITTI: You know, I mean, you and I are preaching to the choir with ourselves here, but of course we don't want you to be viewing medications because – well, let's talk about The Pill, which is usually the place where we start down the slippery slope of medicating the natural properties within our body, right?

DR. KEESHA: I want to start this as a heading. Let's talk about The Pill because girls are being started on The Pill for acne at the age of 14. I really want to talk about The Pill and I want to say this in a way that alerts people that really prick up their ears because this is so important what you're saying.

ALISA VITTI: Well, I'm so glad. I mean there should be like a group of us that just sort of get out there more and more talking of it because you're absolutely right. It's the greatest experiment that we are conducting on human reproduction, outside of a lab setting, without any control and we're letting the whole experiment run wild and we have no idea what the consequences and repercussions of interrupting the development of the conversation between a pituitary gland and the ovary at the beginning stage.

We have no idea what the long range effects of that are on a woman's fertility when she goes off. And what I'm seeing in my practice as a woman who will come off The Pill after having been on it for 20 years, but says she's on it because she has acne or some irregular cycles at 14 and her mother agrees to let her be on The Pill, and then she goes off at 35 because she's finally found her life partner and they want to have a child, is that system has no capacity to do ovulation and menstruation.

In fact, just today a woman, 36, has been off The Pill for six months, has not regained her cycle, is desperate to conceive, had been on The Pill for 15 years and has no cycle – and of course it's not studied. What they say of course is that there's no reason why this is happening. There's no reason that you shouldn't be able to conceive. It's idiopathic – no known cause infertility, which is on the rise in both men and woman and we'll talk about the men if we can...

DR. KEESHA: Hang on, just a second. Idiopathic, for other people that are listening, means we don't know. I always say we're idiots and we don't know, but idiopathic means that we have no known cause for what just happens. Anytime you see that word just for explanation that means that we don't know.

ALISA VITTI: And I would say conventional medicine doesn't know, but...

DR. KEESHA: Right.

ALISA VITTI: ...functional medicine can clearly point to several factors.

DR. KEESHA: Oh yes.

ALISA VITTI: What has happened when you've been on The Pill for any amount of time? The Pill decreases the micronutrients that are essential for your body to not only produce hormones, but also have them talk to each other in a way that makes sense. We're talking about stripping you of B Vitamins, Magnesium and Vitamin B3, just to name a few. These three alone are going to disrupt your ability to make enough hormones, to have a proper cycle, and put you at greater risk for other health conditions.

So that, in my world view, where we're looking at the functional reasons why you might have this issue with your fertility or even just getting your period back if it's not even trying to have a child, and feel like the youthful, wonderful, juicy woman that you're designed to be from a hormonal standpoint, but having taken The Pill and having your micronutrient level so depleted that your body is unable to kind of reboot itself. And that's not an unknown cause, that's a clear cause and effect of this medication.

DR. KEESHA: Right.

ALISA VITTI: And it's a slippery slope because often times women will go on The Pill because they have extreme PMS, not just because they're not dealing with the cramps, or irregular cycles, it's their mood is so unstable. They're one person one half of the month and then a person that they don't like a second half of the month. And so they go on The Pill, but The Pill of course is not going to fix what's wrong with you. I mean but we should even go back and say that if you take The Pill for conditions like endometriosis, chronic ovarian cysts, dysmenorrhea of any sort, it's not going to fix why you have those conditions. It's just going to sort of suppress your hormonal conversation and basically put masking tape over the indicator light of what's really wrong. And you'll be in a state of stability until you go off [the Pill] so to speak and then those symptoms will come back, usually with a vengeance, for you to deal with, but this is just - you know, again conventional medicine will say we don't know why you're having these issues. Functional medicine will say there's reasons and my book Woman Code I break down the three main root causes of all hormonal breakdown, which have to do with blood-sugar, irregularity, cortisol dysfunction and estrogen overload and those are really to address with food.

It doesn't matter what you happen to be presenting with as far as a condition that's based on genetic factors and all of that, but you can very quickly turn the tide from an endocrine system test point with diet. In fact, food is the only drug powerful enough to manipulate all of the glands in your endocrine system effectively, much more than supplements, much more than herbs. Both can be helpful additions to dietary changes, but in my experience never powerful enough on their own. Like, you know what I'm saying you can't keep eating Big Macs and drinking coffee all day and take a bunch of supplements and hope that that's going to affect your health issues. [Laughing]

DR. KEESHA: Well, let's start with just the very beginning of the day. How about running out the door, dropping your kid off at day care, you've got your briefcase, you're busy for a meeting, you're already getting your cell phone fired up so that you can get going in the car with your Bluetooth and you're doing a drive-thru to your favorite coffee stand and that's breakfast?

ALISA VITTI: Anytime you start the day on an empty stomach with caffeine or even caffeine and like a simple carbohydrate like a muffin or something you are basically going to be out of regulation for 24 hours until you release that overnight with sleep.

DR. KEESHA: Right.

ALISA VITTI: There's nothing else that you can do that day... You can modulate it by making better choices at lunch and dinner, but you will have sent a clear signal to the endocrine system, which is the brain and the heart are not safe. Glucose is too high, insulin is too high and so please put all the effort into protecting the brain and the heart from whatever we're doing with our food today and take energy and focus away from the reproductive system and the sex drive system because those are not essential for your survival.

DR. KEESHA: I say this all the time...

ALISA VITTI: You know what? I don't think enough of us can be saying it because the truth of the matter is this is an unfortunate blind spot for women. And I say unfortunate because what is really the education that we get as women that are elegantly complex, genius bodies that print whether or not you choose to do that are capable of printing 3D printing kind, right?

DR. KEESHA: On television about your feminine care products and drugs that you can ask your doctor to prescribe. To me that's the full extent that people are getting about it.

ALISA VITTI: You know, I mean I remember getting told, like, "Okay you're going to get a period." And I remember biology textbooks in junior high but most people get, you know, a little bit of like a Cosmo quiz or there's not much. It's unbelievable that we are in this. It's the most advanced technology age that we have – there's so much happening in the world that's advanced and yet we are still in the dark ages about how our bodies work and it's a huge liability.

Let me just pause and say this: Your body's hormonal system is not a liability. You not knowing how it works is the only liability and that what you're being taught is the opposite – the messaging that we get is: "Oh my God, you're a woman. Hallo." [Laughing] You know that kind of video, not the good end of the stick, right? That your hormones are going to be mysterious and unpredictable. You're going to be moody, you're going to be nasty, you're going to have all these issues, it's a liability.

Try your best to push all those things into a box so that you can at least attempt to have a successful happy life, in spite of your body. And that is the biggest, you know, piece of programming that you have to unhook to recognize that in fact it's the complete opposite. Your body, as a woman, is infinitely more powerful and, you know, I love men, but I'm going to, just from a biological standpoint, say that we have the better deal by far. From the giant corpus callosum that connects the hemispheres of our brain to our increased immunity to again the ability to 3D print tiny human beings, bleeding every month and not dying... We have an extraordinary system that is superior in every way to that of the male physiology and yet we're given messaging that makes us believe that it's the opposite and it's just based on false data.



And why I'm so passionate about sharing the science of these hormones and how everything works is because once you see how the science is working in on your behalf, you can't help but to fall in love and be awestruck about what's going on in your system and want to support it and take good care of it and live in harmony. Do the cycle thing again and start, you know, really doing everything in your life.

DR. KEESHA: I agree. Sounds like we've got another person heard from here. Could this be a seven-month-old daughter? Alisa?

ALISA VITTI: So sorry about that.

DR. KEESHA: It's okay.

ALISA VITTI: Yes, my daughter just made a post-nap appearance. Sorry about that. Working motherhood.

DR. KEESHA: I know, I love it. I love it. So, you know, historically we have this understanding that as women we live through several different stages in our lives which are just beautiful. You know we go from maiden to matron or mother and to matriarch and in those cyclical changes, you know, they're heralded by changes with our hormone system, with the outward appearance of what our menstrual cycle looks like what we are about in those different stages of being female and when we suppress our period with like an implantable device that says, "Oh guess what, you don't even have to have a period for months" or "You don't even have to have a period at all when you're in this stage of life." You're just saying "Okay, that's really important to take a look at because what you're doing is you're counter-sinking what is actually possible of this very powerful body that you have and you're getting further and further out of communication with it." And I love what you had to say about that.

So as you move into this stage of life that where your menstrual cycle is going away into menopause, I find that women don't have – and I see the same thing when you're going through puberty – there's not a community to be able to talk to other women that are going through this. We now have it as a diagnosable code, right, with an ICD10 code that says for insurance based purposes menopause – as if it's a disease – PMS, you know as if it really is a syndrome that it's – and yes, it's real. These hosts of symptoms and things that are going on in the body are real and you're feeling them powerfully, but it's because like you're saying there's lack of communication.

I love to talk – I'm 51 now – and I'm doing an event with Dr Jalaja Bonheim, who is also an expert on the summit in November on menopause as an initiation. And that this is the initiation into this next time of your life as a wisdom keeper and how to really have a conversation about that that makes it something that you really want to live through and into and to embrace. And one of the things you talk about is archetypes and I love that because we don't talk enough about this, I believe, woman to woman inside of our culture and I would love for you to address that.

ALISA VITTI: Well, you know, again I love sharing with clients of what's happening because it's so hard to not get excited about what's coming when you know what you can expect, right? When it's just unknown falling off the cliff and how the picture is painted, you know, of like you're going to be all dried up sexually and all the stereotypical misinformation about, you know, post-menopause. And I love actually that the code is for menopause which is also a mislabelling of the event, right? So menopause is the very last period and then everything after that is referred to as post-menopause, which is the state that – you're not in menopause, you can't be in your last period forever.

DR. KEESHA: Right.

ALISA VITTI: You're post-menopausal, you then see that somehow conventional medical beliefs are still getting that wrong, it's not surprising. Though, you know, what happens here and I love the word that's used is initiation, it's you know such a powerful time because women in their cyclical years have, you know, only a few days out of the month where the conversation between right and left hemisphere of the brain is happening most effortlessly or most will say directly.

In the post-menopausal brain is elevated to the sort of final level that it will reach to suppress ovulation and it is happening all the time, you then reach a state of sort brain function condition where the hemispheres of your brain are communicating with each other constantly as opposed to only cyclically and then that makes you a very powerful force to reckon with and this is why a lot of women during this time feel as if they can't help themselves, but just say what's on their mind or just feel they're clearly able to communicate them. And I love that you use the phrase 'wisdom keeper', but I think it's more like 'truth say-er', you know?

DR. KEESHA: Exactly.

ALISA VITTI: ... knowing and saying and doing. There's an unbroken line between knowing what is happening, really appreciating the situation, being able to assess what needs to be done and then being fearless about taking action and that has to do not just with the elevated hormone levels, it will have to do with the change of the estrogen and progesterone. Looking for it in this very potent hormonal ratio through a consistent way that you can rely on. And that also has effect on our sex drive as well and again a big piece of the belief here is that you know your sex drive wanes. And where do we get that? Well, we get that from the male sexual evolution, right? A man starts andropause basically at 25 and has this slow process of decreasing output of testosterone and that will affect his sex drive and it will get less as a man ages. But for a woman it's the opposite.

DR. KEESHA: [Laughing]

ALISA VITTI: We have an increase in our sensitivity to testosterone as we go through our cyclical years or reproductive years and our menopausal journey and, you know, this is why you



might sprout a chin hair or two. It's not a bad thing, it actually means you've got more sensitivity to this hormone and it is in fact making you a juicer, more libidinous woman.

DR. KEESHA: H'm-'m.

ALISA VITTI: Over time and you should be enjoying a healthy sex drive well into your 70s, 80s, who knows? Not enough women in that decade are talking about their sex drive. I hope to be one of the women at that point reporting that from the front, so stay tuned! You know, it's so important to really just appreciate that this is not the bill of good that you've been sold all your life about being a woman is sort of a done deal, right.

You're also being sold a version of menopause, post-menopause that it's like, you know, not empowering and you have to really empower yourself by knowing the signs of what's happening in your body and your biochemistry and living the belief and the truth of that out in your own life.

So, you know, saying yes to adventure, doing things that are more physically challenging, not sort of shrinking away from life, but really leaning into and pushing forward on your boundaries and your aces and exploring and being a champion in your own way.

DR. KEESHA: I think this is so important and one of the things that I had asked you before we got together and started talking about this, was what do you feel is some of the most important strategies women can implement in their lives to improve their own well-being? Because this whole summit is about caring for yourself, body and soul, which again, you know, not to repeat over and over again, but women have not been that great about doing the self-care activities, but more taking care of other people. And one of the things you wrote was non-negotiable self-care. I love that term, non-negotiable.

ALISA VITTI: I mean, it has to be. It has to, because everything is going to take you away from your body in our modern life. You know, from your technology to the family connection you have with work, social. I mean it's all a life of being disembodied from a practical standpoint and then from a feminine energetic standpoint which is a very juicy conversation that we can dive quickly into, is that we're being kind of conditioned to be afraid to go and deeply connect to our own bodies, right? When is the last time you danced around naked in your living room? I mean, that's an extreme example of something you could do to try to get in touch with how you feel in your own skin...

DR. KEESHA: But why is that extreme? That's not even...[intervention]

ALISA VITTI: Ha, because some women might find that a little bit scary, right?

DR. KEESHA: Right.

ALISA VITTI: Although it shouldn't be because your own body is your own home, you know, if that – even me saying that out loud makes you uncomfortable, that's a good indicator of the degree to which you may be – you know, there's so many ways...

DR. KEESHA: Yeah, the thing that I love is to watch a two-year-old. You know, watch a two-year-old run as fast as they can, strip their clothes off and just play. Just play, uninhibited, dance, play. They love to not be constrained. And, you know, you can watch that and say: "Oh, is that part of me still there? Can I take those little embers that are underneath the ash and blow on them and revive that fire that says: 'I feel fantastic inside my body. I love to feel what it feels like to move inside my body.'"

So many women are so busy in front of computers or at soccer games or behind the wheel of a car driving people everywhere that they're not moving and appreciating what it feels like to have this body in this time in this moment. And some people are in a lot of pain and they don't want to feel it. So they take things so that they don't have to feel it.

ALISA VITTI: And not to mention that we are also bombarded with images of what the ideal body should look like.

DR. KEESHA: Right.

ALISA VITTI: And we internalize these – the images that we internalize or dialogue that is very negative and critical of our own bodies and so, you know, who would be motivated to sit in front of their mirror and say: "God, look at how fabulous I am" when you've got these images sort of all hanging in the background script of your brain to compare yourself to. It's tough. It's tough to be a woman in our environment, it's not set up for us.

DR. KEESHA: Right.

ALISA VITTI: And that's what I love about the Cycle Thinking. Wherever you are in the reproductive or post-menopausal journey to know the science of what true-for-you can really help you pull the wool off, pull the veils off, kind of see more clearly what's true and what isn't about all these messages to free you up to just have your own authentic, unconditioned thoughts about yourself. And then there are practices you can do to take it out of the realm of the mind and start to anchor it into an experience of the body. So, for example, you know, self-pleasuring. A habit of self-pleasuring is a great practice to begin at any age to start to get more comfortable with yourself.

DR. KEESHA: And research shows that if you do not know your own body, you know, as a teenager with self-pleasuring, that when you do finally partner, it's more difficult for women to reach orgasm or to find that space where they can release fully with a partner if they haven't figured it out for themselves.

ALISA VITTI: Yeah, you also believe that the partner is responsible for your pleasure.

DR. KEESHA: Right.

ALISA VITTI: Which is the worst thing that can happen to a girl. [Laughing].

DR. KEESHA: Right.

ALISA VITTI: If she believes that: “Oh, my God, I’ve never felt these feelings before and all of a sudden I’m feeling these feelings and this boy made me feel that way, so therefore boys are the way that I’m going to feel these feelings” which is not the case, you know. You have 8,000 nerve endings dedicated to your own pleasure. It’s not a multi-functional tool like the penis. The clitoris is just there for you to feel amazing and also to secrete oxytocin and nitric oxide at these huge levels and, you know, balance your endocrine system regulates ovulation, improve immune function, strengthens bone density.

I mean it’s not just there as like a ‘nice to have.’ Nothing on the body is just accidental and you are the one to be in charge of your pleasure creation, not just sexually, but also moving through your life with pleasure. You know, when we started the call before we started recording I let you know that I happen to be menstruating and breastfeeding and so today has been a day of like a little more fatigue and so I took a nap before our call with my daughter and then I had some sugar-free organic coconut vanilla chocolate ice cream before we started the call because that just made me feel really good and happy. [Laughing]

DR. KEESHA: H’m-‘m.

ALISA VITTI: And it’s a choice, it’s a choice of how can I choose something that’s going to delight my senses. You know, what can I wear today that’s going to make me feel really good in my skin? What can I put on my desk that’s going to delight me visually? What can I do that’s going to make me feel like the happiest version of myself? You know, those are all things that are my responsibility to do and my pleasure to do. And just like you want to derive your pleasure from – sexually from, you know, the belief that it comes from someone else, you also want to take back the notion that you’re feeling good and enjoying your life and being happy and pleasurable stimulated, visually, physically whatever, it’s all something that you can generate for yourself at any time. And that’s a powerful practice to embody as a woman...

DR. KEESHA: And you deserve it and you’re worth it and you don’t have to do anything to earn it, it’s just right.

ALISA VITTI: Right.

DR. KEESHA: You just said that women are more prone to being sensual, loving color, loving texture, loving feelings, loving images because you have that right and left side of the brain that talk clearly to each other. You need that and so the more that you do what you’re saying, Alisa, the more creative you will be and the more it repeats itself.

ALISA VITTI: Indeed and, you know, the more you have these practices of pleasure, the more you're going to be in your body, the more sensitized you are going to be when things are slightly off. You're going to be saying: "Oh, gee, you know, whatever it was I ate yesterday, I don't feel so good right now. The effect of what I ate yesterday is not pleasurable. That feels like out of a line of how I want to feel." And so you might make a different choice, right?

DR. KEESHA: H'm-'m.

ALISA VITTI: It comes from a place of how can I align myself with my best energy and my highest pleasure? Instead of saying: "Well, I shouldn't that because it's bad for me" or "I shouldn't eat that because I'm trying to change my body or fix something." It's a very different center point. It's very different center point to say: "How is this making me feel?" Just as a question, just as an open-ended experiment that never ends as long as you draw breath. "How is this making me feel?" "How is that making me feel?" "Do I like this?" "Do I not like this?" I don't know until I try and then once I try it, if I have an adverse reaction I might choose not to try it again, right?

DR. KEESHA: H'm.

ALISA VITTI: But if you can be sensitized in that way to, you know, your own creature comfort, like a mother to her beloved child and she likes it? No, she doesn't like this. Let's not do that anymore, right?

DR. KEESHA: Right.

ALISA VITTI: And treat your body like that with that love and that maternal energy then through these hormonal issues there's a much easier game because you're going to notice: "Oh, if I eat this, you know, super-salty Chinese food the week before my period, the bloating that I experience is off the charts, unbearable. Maybe I'm going to try something else." Right, and it becomes a much better way for you to really begin a lifelong relationship with managing your hormones.

As I said before, it's not easy for women these days and we have so many endocrine disruptors in our environment and chemicals in our food supply, in our drinking water. We see more and more girls developing precocious puberty. We see more and more women and men developing idiopathic infertility, more cancer, female cancer, female specific cancer. It's not a good situation out there.

DR. KEESHA: Women go into menopause earlier and earlier.

ALISA VITTI: Yeah, earlier or premature hormonal ageing is something I talk about a lot because we have women now 37, 38 who are in stage pre-menopausal and that shouldn't be happening for another decade.

DR. KEESHA: Right.

ALISA VITTI: And all of that from the endocrine disruptive chemicals and micronutrient deficient dieting, extreme dieting, all of that and, you know, you want to begin a lifelong relationship with your body, no matter when you come upon this information. For the rest of the time you have in this body that you have, you have to be its partner.

DR. KEESHA: H'm-'m.

ALISA VITTI: To support its function. You just have to make sure you don't put bad things in its way as an obstacle for its optimal performance, right. Take the chemicals out, take the sugar, the gluten and dairy out...

DR. KEESHA: Okay, I'm stopping you right there, Alisa.

ALISA VITTI: Yeah, yeah.

DR. KEESHA: I need us to go back, because this is some point where you're saying, what you said about you looking at your beloved child: "Oh, my child doesn't react well to this, doesn't like this, so I'm not going to continue putting this in this child's body." Now I hear this all the time in my practice.

When I get somebody going on a diet that's going to help them with their hormones I call and they're going well on it and then they say to me they felt fantastic. And I go; "Yeah" and I say: "Well, what happened?" "Well, I went to a party and it's just too hard. I mean they made this and I felt like I had to eat it" and, you know, I want to bring this up because if you had your child there and someone was trying to force something on her, you would come out like mother bear. And so bring yourself to that place where you say: "You know, I'm going take my own food to this party like I know I can eat. I know it's good for my hormones. I know where I am in my cycle. I know what's good for me right now. I'm paying attention, I'm in communication with my body. It is that precious that I am going to make sure that I have something that will feed it and nurture it" instead of saying: "Ooo, I really, really want that great cheesecake" or whatever is at this party, "and so I'm going to make up an excuse that there's too much pressure and I have to eat it, right?"

ALISA VITTI: I mean, I love what we're talking about. Yes. [Laughing] Yes, you know, I mean, God, I don't go anywhere without my favorite bags of tea in my purse. With, you know, my favorite snack bars, just because no, I don't – just like I don't believe that I should expect somebody else to mother me the way that I need, right? I expect of myself to rescue myself, to love myself, to nurture myself. Those are my jobs and my responsibility and my privilege because I'm alive in this body, it's what I get – it's part of the deal of being in human skin, right?

So, you know, part of this, you know, we've talked about so many things that disempower us today from not knowing the science of our bodies, to believing certain pieces of

mythology, this very thing that you're bringing up, Keesha, about, you know, expecting that either it should be there for you waiting, or "It's too hard", or "I wish somebody else would do it for me" or "Oh, my friends will think I'm weird" or whatever that is that all comes from the mother wounds that we all carry.

And we also carry a lot of the stuff around sexuality from the Prince Charming – or I'd like to say Prince Charming syndrome, like we believe that some perfect person is going to make us feel happy and pleased and none of those pieces of mythology are true and they're just as toxic as the mythology that we carry about our bodies and our cycles that keep us sick. So, yeah, you do have to do it yourself and it's fun, you know. It's fun to figure it out. It's fun to start negotiating you know. It's an adventure. I've travelled the entire world, including to India and I've been able to keep eating the way that I'm eating. So how do I do that?

DR. KEESHA: Yeah?

ALISA VITTI: That's a bit – that's been a fun game. I mean sometimes I pack my suitcases like, you know...

DR. KEESHA: That's right because then when our food is gone, now there's space for me to bring something beautiful home in terms of a piece of art, something that women have made in the country that I've just travelled to and I just place it there. And so it's perfect.

ALISA VITTI: And, you know, I also want to say that I do – I have lived through – because when I started this journey some years ago, you know, this was before all of this was cool, okay, or even widely known, eating this way ...

DR. KEESHA: Been there, yeah.

ALISA VITTI: ...want to table organic, it was a long game with relatives and family who didn't understand why I was making the choices. It was inconvenient for them, it was unpleasant it was – it caused some conflict contentious situations at family gatherings, etcetera...

DR. KEESHA: It's called extreme. [Laughing]

ALISA VITTI: But it's been lovely. It's been lovely because just about everybody I know now, you know, whether it's just a factor of everybody getting older in their own bodies and realizing for themselves individually that they need to take better care and make healthier choices or it's the combination of it being more widely adopted in the media. Everyone that I know is, you know, I've got relatives who do Crossfit. I've got people who are eating whatever diet is great for their bio-individuality and it's wonderful. Now that's what's bringing us together instead of separating us apart.

So if you happen to be the maverick in your community like I was, first of all don't be afraid of offending the people that you love. They will be inspired by you eventually if that's on their path and, you know, and if not then you are going to embark on creating new communities



that will be supportive of the things that you bring where you'll have to work this hard for the family barbeque to bring all the food you need. Like they'll be there. [Laughing]

DR. KEESHA: Right.

ALISA VITTI: So, you know, if you've hated to be first and, again, because we're in a moment now where it's so much more mainstream, you're definitely not going to be isolated in the ways that some of us were a long, long time ago.

DR. KEESHA: Right. And called an extremist. That's it. I mean I just remember – that's why I said when you were talking about dancing around naked in your living room, no, it's not extreme and I'm so tired of that term like this is so extreme. And nowadays as you said it's being used less and less as people start to wake up to the fact that, "Oh, our food supply is contaminated and I do have to take this responsibility that government is not the Prince Charming," and you know, "is not here to save me."

ALISA VITTI: Yeah.

DR. KEESHA: "I actually have to take responsibility. I have to do my research. I need to know what's right for me and my family" and I think women are just engrained in the way that we're built to do that and so I love that women are waking up. I love what you've had to say. We're out of time.

I want to tell our listeners that Alisa Vitta has a speaker's page on Women's Vitality Summit website that has her bonus that she's offering. Links to the content that she offers on her website, link to her website. She's got great programs, four-day hormone detox guide that's free that you can link to and you can check her out under Woman Code. Woman Code is her book, it's fantastic and it's just all things female hormones and it's time to learn your bodies, women. Come on, ladies, we've got to do that. It's really important and I love that you are all about that Alisa. Thank you so much for sharing your wisdom.

ALISA VITTI: Oh, my pleasure. Thanks for having me, Keesha.

DR. KEESHA: Remember, everybody to live, love, laugh and keep learning and be the most fantastic version of yourself and till next time.