

Women's Vitality Summit

Dr. Keesha Ewers Interviews Bridgit Danner

April 2017

DR. KEESHA: Welcome back to the Women's Vitality Summit, Caring For Yourself Body and Soul, everybody. I'm delighted to introduce you to Bridgit Danner today, who runs an online women's health community called Women's Wellness Collaborative. Through this community, she interviews experts in women's health through blogs, videos, podcasts and online summits. Bridgit Danner practiced Chinese medicine for 12 years and has performed over 12,000 treatments. She is also a certified functional diagnostic nutrition practitioner and has worked extensively in the fertility field and has worked with many professional women in helping them find health within their busy lives. She became passionate about women's health after her own postpartum health crisis.

With the help of life coaching, holistic nutrition, functional medicine, and whole-food cooking, she was able to recover from her postpartum depression, Epstein-Barr virus, and adrenal dysregulation. She loves to share her tools and skills that she's learned, along with the tools of other experts, to help women everywhere find the energy that they are craving. Welcome to the summit, Bridgit. I'm so happy to have you on.

BRIDGIT DANNER: Thanks, Dr. Keesha. It's so fun to be here.

DR. KEESHA: We're going to be talking about the hormone pathway for women. We could say from 14 to the end of their lives when we talk about it in that way, but there's this one area of life that seems to trip women up in our culture right now, and that's about after 40 and beyond. I really want to focus on helping women understand why their vitality can sometimes take a dive. But I always start these interviews with that word vitality and I would love to hear what your definition of that is.

BRIDGIT DANNER: The first word that came to mind was joy, just feeling the joy of your life and doing the things that you want to do, being around the people that make you happy, and health is definitely a part of that because we can't live life to the fullest if we're not sleeping well and our brains aren't

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working and that kind of thing. Ultimately, I think our goal is to be here and enjoy life and contribute how we want to contribute.

DR. KEESHA: Beautiful. What you see is one of the biggest drainers of women's vitality in our era?

BRIDGIT DANNER: I think healthcare has become so complicated these days because of all these privileges that we have. Technology is pulling our attention and stressing us, and we all have electricity that we take for granted, but it keeps this up too late. We're bathed in chemicals from morning till night in our foods and in the air, in our products. It's challenging, I think, as a woman, and women's health is more delicate. We have these cycles that we go through and our hormones are very actively a part of us.

I think just modern life is a challenge to that, finding your balance in modern life is tricky. As we'll talk about today, it can especially feel like a challenge when you're over 40 and your hormones are changing because that change is a stress on the body. Any change to the body can be a stress, so if you add that stress and change to all the other stresses bubbling around, that's a challenge.

DR. KEESHA: Beautifully said is that elusive word, balance, but this Summit is all about; finding balance so that you can have your vitality. I always say libido is a great level indicator about how well you're balanced.

BRIDGIT DANNER: That's a great point.

DR. KEESHA: How is your desire doing for life? Not just for sex, but for everything. Your relationships, what you love, your hobbies, what Buddhism would call your Dharma, your life path. If you feel wrung out in that you don't have enough energy for anything left in your life, then you don't have any vitality. I know, in my own practice, I see that happening, often times, around 30 let alone 40 with women today. I've even the teenagers recently with no sex drive and I'm just thinking, "My goodness, we're really out of control," and how overscheduled we are. When we start talking about, then, this word, you're doing the summit that's going live in June and I want you to say the name of it for everybody.

BRIDGIT DANNER: Sure. It's Moving Into Menopause: Hormone Balance After 40.

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DR. KEESHA: That's going to be in June, lots of speakers talking about this subject, which I think is just fantastic. We have this word, perimenopause, that actually I always say this is not a thing. We didn't use to have such a word 20 years ago in our culture. Perimenopause was not even around, but now we have this thing where women have gotten themselves to this place where we have to bring home the bacon, fry it up in a pan, and look hot at the same time, so we have perimenopause.

I would love to have you take us on a little journey of hormones because I think this become something that takes us by surprise often, about how our energy fluctuates and how our moods fluctuate and periods change and here we are trying to live our lives, and then there's this niggling, little hormone imbalance over here that's creating chaos for us.

BRIDGIT DANNER: I'm going to go ahead in time and then come back. Let's define what menopause is, because I think there is cultural confusion around that. I think people think menopause is having hot flashes or forgetting things; those are symptoms. Menopause is actually the cessation of your period. If you haven't had your period for 12 months, and it's not coming back, that's menopause state. That doesn't just come out of nowhere; that comes out of a gradual change. Different people say different things, but for about a 10 year period before that cessation, there is change in the body.

The ovaries, that are very active during our reproductive years to keep us fertile, start to decline in their function. This is a normal process of aging. As they decline, hormone production changes, becomes more erratic, becomes lower, the periods change, and this is, again, normal. But, like we talked about earlier, a change can be a stress on the body and your body is trying to adapt and from that, you can have symptoms. Basically, the more off-balance you were to begin with, usually, these symptoms will be magnified during this time period.

DR. KEESHA: Let's pause right there and say that again because this I think is so important that people understand.

BRIDGIT DANNER: While hormonal changes are normal in your 40s, the severity depends on your overall health.

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DR. KEESHA: Where you were when you were 20. I don't think they really understand that and I think it's so important. If you've already started wringing everything out in your 20s and 30s, then by the time you get to 40... I call menopause the finish line. When you're on a marathon, and if you didn't train well, you're going to bonk at these different mile markers. I used to be a marathon runner, so I always think about it that way. There's nothing left in the tank.

BRIDGIT DANNER: Yeah. It's like you said, it can happen at very young now, teenager; we just took on a new client, 23. In the 40s, there can be a lot going on. Sometimes we have tiny kids, sometimes have older kids, sometimes we're still trying to get pregnant. We're usually hitting our stride in our career, if we're working, we may have elderly parents to take care of; you probably just feel pulled in a lot of directions. Probably people who are watching and listening to this are trying to optimize their health in some ways, but it's super easy to use wine to relax at night and use a coffee for a pick me up or a muffin for some energy.

DR. KEESHA: All three of which make hot flashes much worse.

BRIDGIT DANNER: Exactly. All those little things that pick us up, that we can maybe get away with when we were younger, now are a lot harsher. I don't know for you, Dr. Keesha, but drinking and me just don't get along anymore.

DR. KEESHA: I don't drink at all because of that; there's not a nutritional value in it. It's my history of rheumatoid arthritis. I had a leaky gut in my 20s and then was diagnosed at 30, reversed it within six months, but ever since then, I have been like, "That will come back if I start drinking and doing things that will aggravate that leaky gut." It's really important that people really get that, that what's on your fork and in your glass is either going to cause healing and health or it's not and there's not really an in between.

BRIDGIT DANNER: I think in every phase of life we have to adjust to that phase, and in this phase, we need to adjust often to just really having grounded, healthy habits. There could be a mourning period a little bit like, "Why can't I just eat whatever I want?" but the other side is so delightful. It's so nice to not drink and not wake up feeling foggy and bloated. There's so much life has to offer beyond those quick fix, pick me ups. I think it's just a matter of getting into your groove. We talked about joy earlier, what really brings you joy? Sometimes staying up late to watch Netflix does bring you

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joy, but doing that every day is draining and it's not really tapping into that bigger picture of joy that you can find.

DR. KEESHA: Yeah. JJ Virgin was on, I interviewed her yesterday, and she was saying it used to be shoes. Shoes really, the happiness and the joy don't last that long. I think that we all have what is it? Is it going to be wine? Is it going to be socializing? Is it going to be Netflix? Is it going to be shopping? Is it sugar? These things that we think are going to bring us joy, and it is a little tiny bit of a pick me up for a moment, but it's not long-lasting. I think that's part of getting older and moving into menopause is you're really getting wisdom and you're starting to look at your patterns from behind you and saying, "Oh, that actually doesn't work that well." So now you get an opportunity to shift it. That's why I would never be 20 again; I love being 52. I have so much more wisdom than I had 30 years ago and I get excited about the 75 because I think, "Gosh, think of it, how much smarter you can be."

BRIDGIT DANNER: That's a great attitude. I think our culture loves you and they think, "Aging, just put me out to pasture," but there are some role models of women who you can look at. Like you're completely radiant at 52, and I want to be completely radiant at 52 too. It doesn't matter the number if you can keep up that vitality like you're teaching about.

DR. KEESHA: Let's continue on then with our journey through the hormone pathways here.

BRIDGIT DANNER: Sure. We talked about ovarian functions depleting. Every cycle, every month when we have a period, we start all over making estrogen, growing a new egg to ovulate, we ovulate and we make a bunch of progesterone, it evens out that estrogen and that whole process is really for fertility and reproduction. But as that ovarian function declines, sometimes the eggs we're producing are less quality, sometimes we don't ovulate, other times the brain is really pushing the ovary to work and there is more estrogen, there's a spike. That's sometimes why we get twins in our 40s, there is a push. That up-and-down can create some change in your body and different symptoms.

Also, I think there's early perimenopause and then there's later. I'm in the earlier phase now. In the earlier phase, you may still have pretty regular periods, but you may notice some other things changing like insomnia,

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anxiety. You may not even put two and two together that it has to do with your hormones, but it can have to do with less progesterone because the eggs aren't as good quality or there's changes in the cycle. As you get more and more towards full menopause, the type of estrogen, as your main estradiol goes down, then the type of estrogen changes. Estrogen receptors are all over your body, in your brain and everywhere. As your body gets used to using a new type of estrogen, there can be some hiccups in there. That memory loss and total recall that can happen in these years is some of that change with the estrogen.

Estrogen also puts our curves in all the right places; when you're a teen, you grow your breasts and your hips. As that estrogen declines, you can get weight in the middle, which nobody really wants, but it's just a process that you have to work with and be aware of. I think if you can be aware of what these hormonal changes are, then you can respond appropriately for symptom management.

DR. KEESHA:

Perfect. I know we will have some fertility issues sometimes, a lot of women are waiting, because of careers and things like that, and don't really want to have children and then all of a sudden say, "Oh my goodness, my biological clock is ticking and I want to have a child." I'm seeing more and more women that are in their very late 30s and 40s wanting to get pregnant. I would love to have you address that fertility piece and how to enhance fertility for women.

BRIDGIT DANNER:

Partly it's some of the things we already talked about. If you're overworked, eating on the run, not sleeping enough, all of that stuff is going to play in. I tell my ladies, especially if they're over 40, that you really need to optimize everything; there's just not a lot of room for cheating. But they're still can be joy in that, it's not like you have to follow a bunch of rules. We still want you to have a date with your husband and weekends away and have fun, but you do need to be stricter with yourself about what you're eating and how you're treating yourself because this is a natural decrease in ovarian function. I find that late 30s is not as hard. Sometimes there's more miscarriage, but after 40, it's definitely harder. I think there's that idea of you still feel vital, you're really productive, you're really smart, you've got a lot going on, but your biology does have its rules and the waiting game is usually a little longer after 40. I think it's a finding of balance of being hopeful and being practical and meeting in the middle. Egg quality is really important to

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support after 40, and sperm quality. Probably your partner is around the same age and he doesn't get a free pass either; he needs to support that sperm quality.

There's lots of super foods that can help with that egg quality, there's supplements we can talk about too. Things like abdominal massage and keeping circulation, avoiding too much sitting and keeping your body moving, having sex often. This is one of your areas, Keesha. Having sex and having orgasm and juicing up your hormones that way. You talked about your sex drive is a good indicator of your overall vitality and I think that's true for fertility too. If you're both exhausted and you can just barely have sex a couple times a month to try to get pregnant, not the best time. Let's get both of your vitalities is up, and your sex drive up, and your sex life more interesting. If you waited a long time to have kids and you're with the same partner and now you've got this job of getting pregnant, it can take some of the fun out of it, so just making sure the fun is back in there is important.

DR. KEESHA: We do colon hydrotherapy in my practice in my clinic, and it really helps enhance fertility and it's because of that gut microbiome, if you have a lot of dysbiosis or pathogens that are in there, overgrown, and it's imbalanced. We have helped so many women get pregnant through that, and that's really fascinating. Really rearranging that gut microbiome, making sure that there's not a yeast overgrowth, no parasites, no small intestinal bacterial overgrowth, that has made a huge difference. In fact, I don't even know of one woman that has come in that have not gotten pregnant after doing a series with that. It's pretty remarkable.

BRIDGIT DANNER: Yeah, the gut is such a big garbage area. There can be so much inflammation, that's where we should be detoxing all the hormones, so that's a really important area to keep healthy. That's really great, that's a really interesting feedback.

DR. KEESHA: Talk about supplements that are helpful that you were just saying.

BRIDGIT DANNER: Antioxidants are good for protecting the quality of that egg, things like resveratrol, like grape seed extract, CoQ10 is a popular supplement for egg quality and I think it can be helpful. I would say to do it, again, in conjunction with everything else. Organ meats are good for egg quality, any nutrient dense food like eggs and cruciferous vegetables, that kind of

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thing are good. I think turmeric supplements can be helpful for keeping inflammation down and antioxidant activity. Green tea extracts, you sometimes used. Those are some of the things for egg quality and some of those things can be used for men as well. Like you said, gut health is important, looking at all the other body systems that they're supporting.

There's only so much you can do for your egg quality per se, but there's a lot you can do for hormone optimization in your early 40s. You can get your hormones tested with salivary or urine testing, and you can take things like Vitex to help stimulate communication between the brain and the ovaries. Depending on your case, different supplements for different people so to speak. For estrogen clearance, if you're finding your estrogen dominant, this can be for anybody listening who's having heavy periods or breakthrough bleeding, supplements like DIM, which is an extract of cruciferous vegetables, can help clear that excess estrogen so to speak. There's also CDG, calcium-d-glucarate, is one that I'm really into right now; it just helps bind the toxins so they get removed. I think that's pretty powerful for removing estrogen.

DR. KEESHA: That's huge. These are all part of my breast cancer prevention kit, I call it that. After doing genetic testing on women, I put them on that. I designed it for me, because I had that issue with estrogen not metabolizing well. But at the end of the day, it's not just for breast cancer prevention, it's also for fertility. It's for good menopause, it's for getting that junk estrogen out that can be carcinogenic with all of the metabolites that build up, so it's good for all parts of that 40 after for women. Those are great, the one that you just said. Broccoli seed extract is another one that's in there that we really love a lot.

BRIDGIT DANNER: The good thing is if you get your foundations, and there aren't a ton of supplements and stuff you have to learn. I feel like I should mention, too, some powerful seeds like sesame seed, flax seed, pumpkin seed, borage seed, you usually you see borage oil, these are all great supplements to put in smoothies or on salads, and you can increase hormone production. The one side is increasing hormone production and the other is fixing any estrogen/progesterone imbalance.

When you're in the midst of your symptoms, it can seem so overwhelming, but it doesn't have to be. Take care of the basics and then check a few body systems that you talked about, the gut, and we can talk

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a little bit about the liver. Check in with some different systems, learn a few and super foods and special supplements and this all could be much easier for you.

DR. KEESHA: Yes. The other thing that I do is also food sensitivity testing because, again, you're trying to see where are things getting inflamed, so that's one of the biggest places. We're eating at least three times a day, and if you're eating something that your immune system is reacting to, and if you have a leaky gut, which almost who doesn't now, it's come to that point, then that helps to calm down the inflammatory response in the body, which then brings down those hot flashes, it helps with fertility, it helps with the mood swings. Because mood and food go together, so this is a really important concept too that I think a lot of people don't make that connection.

BRIDGIT DANNER: Yeah. Like you said, perimenopause maybe didn't exist as a term because, if we're in our ideal health, our body can handle that stress. But if there's a bunch of other stresses going on that you haven't identified, food sensitivities, gut infections, stagnant liver, all of that stuff, all of these things are going to show themselves. It can be frustrating, but it's also a good wake-up call for your future because nobody wants to be on 20 medications when they're older. So it's a great time to address some things that have been neglected perhaps.

DR. KEESHA: Liver stagnation is a distinctly Chinese medicine terminology. I would love to have you talk about it because I am an Ayurvedic practitioner and we talk about a clogged up liver too. I think this is another thing that is missing from Western medicine and our cultural story and context. When we say, "No, a glass of wine every night is not good for your heart, it's actually affecting your liver," a lot of times women don't understand that and don't get that they're having heart palpitations because of the wine or that they're having flushing because of the sulfites in the wine, or that they're having hot flashes because it's inflammatory to the liver because of stagnation. Why don't you talk a little bit about that, because I think knowledge is power and it can be quite freeing and helpful to understand the why.

BRIDGIT DANNER: I think this age group, in the 40s especially, the liver stagnation can be really common. Because we talked about how those hormone levels are changing and the periods are maybe coming at different times and it's

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kind of a stagnation. Coming along with that is the moodiness. If you're finding yourself getting angry quicker, being frustrated all the time, that some liver stagnation and I think this time period is ripe. Especially for me, I get so much crabbiest when I feel overbooked, and I think in this time of life, you can be overbooked, your hormones are stopping and starting and getting stuck and that can be some liver stagnation. Alcohol, in the moment, moves most things; it feels good in the moment. The only things that move the liver are exercise, anything from just taking a walk to lifting some weights. I think that's a great exercise in this age group. There's foods that move the liver, like bitter foods or using little bitter tinctures in your seltzer water or things like that, it's really simple and can help move the liver.

Something I've been getting into, that I don't think I ever would, was I'm really into doing coffee enemas now. It really moves the liver, really cleans your blood and increases antioxidants, we talked about those for fertility. I would say do that with the supervision of a practitioner, make sure you're ready for that. But it's an amazing liver flush. I'm a big fan of sauna.

DR. KEESHA: Me too.

BRIDGIT DANNER: I love, as I get older, doing these luxurious things to support that movement.

DR. KEESHA: I love the little mini rebounders too.

BRIDGIT DANNER: I just got one a few weeks ago. That's a great way to get things moving, and also, it's probably our mutual friend, Suzanne Bennett, she wrote a book about mitochondria and I interviewed her, getting that movement helps get rid of damaged mitochondria and keep your mitochondria, your energy source, clean. So it gives you more energy for your fertility, it's good for egg quality, so getting bits of movement in in the day. Again, there's healthier alternatives to keep that liver moving.

DR. KEESHA: I don't think women realize that the lymph system, there's more lymph fluid than there is blood in your body, and it's the garbage collector; it goes along on the outside of every cell and picks up the debris that the cell takes out. If you wake up and you're puffy, or your rings are hard to put on or off, or you've got a little ring around where your socks were,

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your lymphatic system is sludgy. The mini rebounder is fantastic for that. You can do dry skin brushing before you get into the shower, take an Epsom salts bath at night and do the rebounder, and it'll help your lymph system flush all that garbage out of there. You don't want to collect your garbage, whether it's constipation or it's lymphatic, so it's really good to do all of this movement. It's so important for women.

BRIDGIT DANNER: Yeah. Again, I think great at this age, like you said, some of the symptoms coming up like puffiness. I got the rebounder because I'm coming out of mold toxicity and I'm getting congested lymphs so I'm doing the dry brushing. It feels amazing. I talk about vitality, moving all that blood to your skin. If you think about how you looked at 22, or how your daughter looks now or whatever, there's a lot of color and there's a lot of circulation to our outside layer so to speak, and I think that dry brushing, the sauna, the trampoline, it all helps bring that vitality to the surface.

DR. KEESHA: Absolutely. Part of this Woman's Vitality Summit is everybody that participates gets a cookbook of anti-inflammatory foods. Hopefully, you donated your recipe already, Bridgit.

BRIDGIT DANNER: I haven't done it yet.

DR. KEESHA: Get that in today. You've got to do that. The other thing is I have a 21-day program of different things, like how to do dry skin brushing. All the women that are participating in this are getting a way to do this together, so I think that this is really important that you are talking about it because now they can see the why, like, "I read blogs about oil pulling," or, "I read blogs about dry brushing," or, "I read blogs about jumping up and down on a trampoline, but why?" Having you here to explain what's happening with your hormones and why this is so important, it's just so good. Thank you so much.

BRIDGIT DANNER: I think there's different levels of healthcare and probably a lot of people watching are like, "I'm already making smoothies," or, "I'm already going to yoga. Why do I still have symptoms?" You might need to add some more things to that routine. Once they get in your daily practice, it's no big deal and you feel the rewards.

DR. KEESHA: Of course, I call the summit Caring For Yourself Body And Soul as the subtitle because of the women that would be in my office and I would

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suggest, "Are you skin brushing?" and they would burst into tears and say, "I can't do one more thing in my life," and I would think, "Oh." This is self-care. You're not going to be any good to anyone else if you're imbalanced and you're not to your highest vitality level. You can't then do what you're meant to do in the world. I think we lose sight of that sometimes.

I think people also look at menopause as this dried up time, and I would love to talk about that because it doesn't need to be that way. In Chinese medicine and Ayurvedic medicine, we talk about lifecycles. In Ayurveda, we say that, after you go through menopause as a woman, that's your vata stage of life and vata is drier. You can think about it as the leaves on a tree where the fall leaves are going to be that vata kind of feeling.

But then that means that you put a lot of focus and energy on moisturizing yourself, on making sure that you're taking in nourishment internally and externally. It becomes more important that you do focus on yourself because, during vata stage of life, that is when you start losing your memory, it's when you start getting dizzy, it's when your fluid balance goes off and you get constipated and all of these things, because you're drying up. Ayurveda has this term called ojas and it's your life force, it's your life essence, and if you focus on feeding it during that stage of life, you don't need to dry up; that doesn't need to be your reality, so I think this is an important discussion. I know one of the things you recommend is fish oil. Oiling on the inside and the outside becomes even more vital than it ever was before.

BRIDGIT DANNER: Yeah, a lot of those oils help with hormone production. You don't have your ovaries cranking like you used to have, but they still make a little hormone and you want your adrenals making hormone. You want to just keep up that production with nutrient dense foods for sure.

DR. KEESHA: Menopause, you were talking about a year without a period. I was telling you before we started our interview that I got pretty excited because four months ago my period shut off and I thought, "I'm here," because I'll be 52 next week, and I thought, "Okay, then, it's just going to go that simply. That's amazing," and then I started a period a couple of days ago. So that's kind of the journey of menopause, is to really expect that you're going to be shutting and your periods could be closer together, they can be heavier, they can be spotty. So how can women really augment that

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stage where things are doing what I call spinning and sparting like a little fire that's trying to go out?

BRIDGIT DANNER: I think I mentioned to you earlier that, as I've been an acupuncturist, often people's periods will come back to life again, and again, and that's not going to happen forever; it's going to stop eventually, but I think acupuncture can help smooth that out. I think all the hydration you talked about, the nuts and seeds, and really using those all the time. I've got them in my smoothie, I put sesame oil on my soup at lunch, I'm really incorporating nuts and seeds all the time and I do think that helps.

Some of the supplements you mentioned earlier for estrogen clearance I think can be super helpful because it's disturbing to have a really heavy, frequent cycles and it can lead too much blood loss and it can lead to your gynecologist saying to get on birth control or some hormone replacement. That often freaks women out and they don't want to go there, so that's time for stepping back and educating and maybe testing your hormones, maybe cleaning up your gut like we talked about.

Again, I think it's kind of a different for everyone, what needs to be addressed then. Is it's your periods feel out of control and your life feels out of control and you need to simplify and turn inward and take more time for yourself? Or is it your dietary habits and your gut that's been really neglected that needs to be cared for? it's tricky because there are some super supplements, but it's also easy to say, "I'm just going to replace the pill with a supplement and be done with it," when, really, as you know in functional medicine, there's underlying causes to be addressed that are a little different for everyone.

DR. KEESHA: What's your opinion about women being into there into birth-control way into their 40s?

BRIDGIT DANNER: I don't love it, I will say that. You're 49 and on birth-control, it doesn't make any sense.

DR. KEESHA: There are potential dangers to that.

BRIDGIT DANNER: Yeah. It's nutrient depletion, again, it's clogging your liver, it can lead to autoimmunity.

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DR. KEESHA: Increased risk of blood clots. It really is kind of dangerous after 35 is what we've always been taught in Western medicine, and yet I'm seeing more and more women get put on oral contraceptive pill by their gynecologists and I'm like, "What is going on?" and it's just, "I feel miserable, give me something," and it's the six-minute medical appointment, "Let's help you to feel better quickly and get out," and it's not serving the larger picture at all.

BRIDGIT DANNER: Yeah, and usually it's just that estrogen dominance is really usually all it is. We talked about the CDG, the DIM, colon hydrotherapy, also just getting lots of fiber. As I say, 20 different types of fiber a week to keep the clearance moving through your colon. I think that there are other ways to address it. You can get hormone testing done and see what's really going on behind the scenes, you talked about genetics earlier. Sometimes it's a great time in life to look deeper at how your own unique body acts so you can adjust accordingly. I would say there's a couple of cases where I have talked to women who the bleeding is out of hand, it's pretty severe, and I'll maybe say, "Maybe you can use a hormonal IUD," or something just because whatever circumstance they've gotten themselves in, it's severe. I talked to one woman, she had had a tubal ligation, and it seemed to get some kind of shock or symptoms. After that, her periods became really heavy and it's like, you've already had one intervention, so maybe in this case, you would need another to correct it. But I don't think in most cases that's needed.

DR. KEESHA: Bridgit, thank you so much. Thanks so much for sharing your wisdom, and again, I want to make sure that people know June 5 is when the menopause summit launches.

BRIDGIT DANNER: Yeah, so you can definitely keep in touch with us at bridgitdanner.com to find out, and you'll be participating and sharing it too, so people will hopefully hear it from here and there and remember to sign up.

DR. KEESHA: All right, thanks so much. We've got your free bonus on our speaker's area of the website on womensvitalitysummit.com, and I so appreciate all of your wisdom and what you're up to the world.

BRIDGIT DANNER: Likewise. Bye, everyone.