



## Hormones Live Stream Chat and Questions #1 (November 27, 2019)

00:22:17 Marilyn: Is everyone seeing choppy video or is it just me?

00:22:24 Team Josh: Katherine: Welcome everyone to our first Hormones live stream!

00:23:16 Team Josh: Katherine: It's a little choppy

00:24:49 janadeluca: Notice your new award on the shelf, Congratulations Josh!

00:25:29 Lynn Burck: Yes, congratulations, Josh!

00:25:39 Team Josh: Katherine: Please ensure you switch your chat mode below to "All panelists and attendees"

00:27:57 Lynn Burck: yes

00:28:21 Team Josh: Katherine:

<https://www.joshgitalis.com/truthaboutgamechangers/>

00:28:25 Marilyn: It's better

00:29:12 Marilyn: Congrats!

00:29:34 gracemagnotta: Congratulations!!

00:29:46 Team Josh: Katherine: Stefania asks: Do you have any reference book on these topics?

00:32:46 stefania: Thank you!

00:32:51 Team Josh: Katherine: Kelly asks: Do you cover the risks of taking bio identical hormones in class? If not, could you provide some good references to such material?

00:36:55 Team Josh: Katherine: Kelly asks: Big aha moment for me - the adrenals produce estrogen and progesterone after menopause. Is that why some women have no real problems with menopause, because their Adrenals successfully take over production and produce enough to satisfy their bodies need?

00:41:23 Marissa: Will we touch on the challenges surrounding medications that stunt weight loss when hormones are also a factor? Ex. A client who is overweight by 20-30lbs, on SSRI's or SNRI's, trying to implement dietary / lifestyle changes but not seeing movement on the scale?



**00:44:41 Marissa:** Agreed... I will look at that course. This is very touchy subject with MD's.. ;) )

**00:44:45 Team Josh: Katherine:** Kelly asks: When exactly do the Adrenals take over that production? Is it a gradual thing as the ovaries ramp down production the Adrenals ramp up (if they can)? or some other mechanism triggers the change? Maybe you cover this in the sex hormone module?

**00:46:02 Marissa:** Yes working with MD's and clients with MD's and the ones I have worked with do not feel the clients can ever remove the meds from their lifestyle.... My clients have been taking SSRI's for anxiety not clinical depression

**00:46:39 Marissa:** I agree 100%. Thank you so much for your help.

**00:49:40 Team Josh: Katherine:** Kelly asks: If someone is low in Aldosterone, there would be increased sodium in their urine, would that mean that they would also urinate more frequently as well?

**00:53:09 janadeluca:** So, what is happening hormonally when you stand up and feel a bit dizzy, low blood pressure.

**00:57:46 stefania:** I work with many doctors helping women with infertility, doing that with a more "natural" approach, meaning use of bio-identical hormones as much as possible. In your experience, are nutrition and lifestyle changes successfully solving their problems without drug support? Do we have practical approaches in this course on how to make that happen?

**00:58:01 Marissa:** I used to get it all the time too!

**00:58:57 janadeluca:** Thank you, this is a great answer and practical information. Orthostatic hypotension.

**01:01:15 Marissa:** I have a follow up questions on clients having challenges with infertility and have Thyroid challenges (ex. Hashimoto's Thyroiditis)

**01:01:17 janadeluca:** cholesterol

**01:01:22 Marissa:** Cholesterol

**01:04:29 stefania:** Yes, thank you, I am a MD myself and trying to work on this mindshift!

**01:06:15 Team Josh: Katherine:** Kelly asks: What is the difference in blood work between "T3 Total" and "Free T3"?

**01:07:59 Team Josh: Katherine:** Karolina asks: Why does an anxiety attack cause chest pain and heart attack like symptoms? References state this is the result of adrenaline release. Obviously heart attack like symptoms are not helpful in



fight/flight situation. Can you expand on the mechanism at play causing such symptoms?

**01:10:01 Team Josh: Katherine:** Philantha asks: How does blood glucose impact hormone balance? (or will this be discussed further in then upcoming sections)

**01:11:29 Team Josh: Katherine:** Ann asks: The majority of women would not know about the correlation between the adrenal glands working overtime to produce female hormones during menopause. If we addressed adrenal fatigue could we possibly help women reduce menopausal symptoms? And how effective could that be?

**01:14:42 stefania:** Do you support your work with bloodwork to understand what might be lacking from a nutritional point of view or mainly work on symptoms/case evaluation and clinical results?

**01:24:20 Team Josh: Katherine:** Thanks everyone! Class 2 will be released tomorrow morning by 10 am EST.

**01:24:39 Marissa:** Thank you Josh!

**01:24:41 Lynn Burck:** Thanks Josh and Katherine

## Q&A Box

**Sophie asks:** Can you take too many prebiotics? What about the SIBO patients who have done a few rounds of herbal antimicrobials and still aren't healed?

**Hayden asks:** For someone that has a colonoscopy, do you have a protocol to help the gut recover from the prep and scope?

**User asks:** Do you have a chart available for each digestive healing diet available?

**Sonali asks:** What is your take on migraine? Is it due to gut health? Can one add digestive enzymes on top of eliminating allergic food?

**Maria asks:** Working with older individuals, I have experienced significant weight-loss when taking a large variety of food out of their diet. How do you manage this condition, where it can cause under-weight or muscle loss? Thank you.

**Sophie asks:** can you talk about specifically what you ate during your fasting mimicking diet??

**Silu asks:** Did you lose a lot of weight on the fast?



**Hayden asks:** If we have further questions after this session, can we email you to ask?