

Hormones and Endocrinology Live Stream Q&A #3 (December 9, 2020)

00:21:14 Rene: Ugh! Caved on Sunday. Ate 6 chocolate covered almonds. Before that, I was feeling great. Need to get back on the horse. I have done it for 30 days and it's amazing!

00:22:49 Rene: Concentration improves too

00:26:55 melissa de brito: I will also do the no sugar challenge but want to wait until I am done with your wife's CNE program as I have a pear tartlet and coconut ice cream to make :)

00:27:37 Sandra Chikhani: I am doing it too :)

00:31:38 Katherine Mossop: Natalie asks: How can we manage to treat the hormonal imbalances of our patients with vitamins and herbs in conjunction with bioidentical hormone replacement? How about artificial hormones? What are the 'no' and the 'yes' in these situations?

00:34:41 Katherine Mossop: Natalie asks: Would you treat male or female patients with estrogen dominance with I3C? And how about DIM?

00:35:05 Sandra Schellenberg: all good now

00:36:08 Katherine Mossop: Natalie asks: How can passionflower be used to inhibit aromatase?

00:39:10 Katherine Mossop: Natalie asks: For post-menopausal women (50-90 years) suffering from hot flashes, vaginal dryness, mood swings, insomnia, fatigue, brain fog, spotting, what would be your 'first go-to'? Which therapies would try to target this population?

00:39:33 Zophie: yes

00:39:39 Hana: yes

00:39:39 sarah: yes

00:39:40 Jenny Huynh: yes

00:39:56 Rene: yes

00:39:59 Zophie: :)

00:41:40 Valerie: looks like it's fine now

00:41:41 Rene: LOL

00:48:00 Katherine Mossop: Estrovera - Metagenics

00:48:12 Katherine Mossop: Natalie asks: In regards to using stinging nettle for inhibiting aromatase and 5-alpha-reductase, would you use nettle tea? If so, what time of the day would you recommend and how many times per day?

00:49:21 Katherine Mossop: Sandra asks: In terms of blood sugar imbalances and things like diabetes, cancer (breast or others), hypertension & CVD etc., I hear of a number of health experts recommending a plant-based vegan/vegetarian diet however doesn't that generally mean low fat high carb? And wouldn't that generally increase insulin levels? I'm guessing this is why it's so important for finding a personalized diet for each individual. In your clinical experience have you dealt with vegans/vegetarians with blood sugar issues that you were able to resolve without having to eat meat?

00:52:38 Katherine Mossop: Sandra asks: I've also heard that with women, during their cycles, become more insulin resistant in the luteal phase as estrogen drops down as well as during and after menopause. If this is true then would the drug Tamoxafin which blocks estrogen increase a person's chance of becoming more insulin resistant?

00:57:53 Katherine Mossop: Colleen asks: I am curious your thoughts about using Rhodiola and those on birth control?

01:01:43 Katherine Mossop: Melissa asks: How would one go about addressing and balancing hormones for a transgender person? I suppose it depends on the person's own personal goals to some degree, but it seems like it would be a challenge to balance hormones in a transgender person. Which direction would you go -- balance their natural-born biology or do the opposite? I do not mean for this post to be political or offensive; I am truly just curious in case I ever have a transgender client who wishes to have hormone support.

01:03:13 Rene: Often with warnings on use of herbals, it's based on high doses in lab rats, not normal doses in humans. Dr. Kerry Bone in Australia may have more info on the Rhodiola /BC pill interaction. He is a master herbalist and author of The Essential Guide to Herbal Safety.

01:03:41 Katherine Mossop: Jonna asks: When you do a fasting day, as you explained you do once a week, are you able to add in any exercise? Do you only consume water or anything else? Would you recommend typical fasting for someone who has a high energy job?

01:03:55 Katherine Mossop: Thanks for sharing Rene

01:05:38 Katherine Mossop: Jonna asks: I have a client who is experiencing menstrual migraines during her cycle. They last a few hours and are mainly at night. I was wondering if you could speak to possible causes of menstrual migraines.

01:09:31 Katherine Mossop: Jonna asks: I am a self-declared sweet tooth. I have accepted the challenge to go sugar free and will extend the time period because I am noticing that I am really addicted. I tend to want more fruits than vegetables during the

day and always have. Which leads me to my question, are people born with sweet or savory preferences or is that a learned behavior?

01:10:23 Colleen Little: There are genes that are for sweet and bitter preferences

01:10:29 Katherine Mossop: <https://www.joshgitalis.com/starting-with-a-blank-palate/>

01:13:23 Katherine Mossop: Sinthuja asks: Can you explain what triggers a hot flash?

01:14:56 Katherine Mossop: Sinthuja asks: You mentioned that valerian root can be used in lower doses during the day if one is wired. What would be the lower dose? Also, how much can we start with for someone already in low dose of antidepressants.

01:15:59 Rene: Yuck!

01:17:51 Katherine Mossop: MyoCalm Plus

01:18:00 Katherine Mossop: Sinthuja asks: Chewing gum and alertness - what is the correlation?

01:19:11 Colleen Little: I am also an Occupational Therapist who worked with kids with attentional issues. I used chewing gum and chewing food while doing difficult tasks and it significantly helped with attention in classroom situations

01:20:08 Katherine Mossop: Sinthuja asks: Can you talk about flax seeds and phytates. Usually we soak nuts and seeds and rinse before using. In case of flax the soaked water is used. Also, raw flax seeds are encouraged to be ground and taken. What are your thoughts on the anti-nutrient?

01:20:54 Katherine Mossop: Sharif asks: What is your approach to help get someone to stop having daily coffee? If they want to be able to have it because they enjoy the taste rather than just for the stimulant effect do you allow this at all and if so, how often?

01:21:02 Rene: That's interesting, Colleen.

01:22:35 Roselby Rodriguez: love dandy blend

01:23:18 Zophie: slowwww

01:23:32 Anya Rampersad: Fast!

01:23:34 Barbara's iPhone: I'm a fast

01:23:51 Ali's iPhone: I am fast.

01:24:22 Katherine Mossop: Sharif asks: For people who do not necessarily have adrenal fatigue but are going through a stressful/busy time with work which could end up being for a long period of time, along with ensuring other lifestyle and diet factors

are okay do you use adaptogens as a preventative measure? If so, what would be the ones you would most likely use and how would you adjust the dosages?

01:27:59 Colleen Little: I like to use foods as much as possible. Ashwagandha does not taste great. I am curious about how people incorporate it in their client's food

01:28:04 Katherine Mossop: Susan asks: Is waking up with a headache have any connection to cortisol, sleep or estrogen?

01:28:28 Katherine Mossop: Natalie asks: You haven't mentioned the use of adrenal glands. When is it appropriate to use it? Is it more in a state of extreme fatigue like stage 3 adrenal fatigue? What are the recommended dosages of the adrenal gland? What time of the day and for how long to achieve the therapeutic effect?

01:30:36 Katherine Mossop: Natalie asks: Is magnesium malate something you recommend to help with fatigue and mitochondrial health?

01:30:57 Katherine Mossop: Natalie asks: How about the use of 5-HTP instead of St. John's wort for the treatment of depression? Or how would you choose one or the other?

01:32:06 Katherine Mossop: Brain Mood - Douglas Labs

01:32:22 Katherine Mossop: Natalie asks: Other than licorice, which other nutrients/herbs can be used to increase cortisol for a person with stage 3 adrenal fatigue?

01:33:05 Katherine Mossop: Natalie asks: What are your thoughts on the use of holy basil, Schisandra extract and astragalus? For which case would be most recommended?

01:34:25 Katherine Mossop: Natalie asks: What are your thoughts on supplementing DHEA?

01:35:30 Katherine Mossop: Natalie asks: How do we properly analyze the answers from the HPA axis questionnaire we have available in the course portal?

01:36:35 Barbara's iPhone: Thanks Josh and Katherine!

01:36:54 Anya Rampersad: Thanks a ton!

01:36:55 Katherine Mossop: Thanks for joining us everyone!

01:37:03 Natalie Stuart: Thank you!

01:37:12 Valerie: thank you

01:37:14 Sharif Long: Thanks!