

ACF: Hormones and Endocrinology – Chat and Questions Class # 1 (November 24, 2021)

00:26:57 Katherine Mossop: Yasmeen asks: Is there a hormonal birth control that is safe long term? For example, they now have very low-dose progesterone or other hormones. Also, in your nutrition section of the TNSP course, you mentioned how vitamin B can help with balancing the effects of birth control. What is the dosage for that based on different doses or long-term uses of birth control?

00:33:16 Katherine Mossop: Supplement Your Prescription by Hyla Cass

00:35:18 Katherine Mossop: Yasmeen asks: How safe is a copper IUD in terms of functional medicine? Are there any contraceptives that you consider the best for females?

00:38:40 Katherine Mossop: Helen asks: Could you please explain what is happening when a person has high insulin and low blood sugars?

00:39:16 Helen Cross: Blood test

00:39:20 Katherine Mossop: Looks like Red Tent Sisters have changed their services recently, but here is their website for more information: <https://www.kimandamy.com>

00:42:30 Katherine Mossop: Helen asks: Do adrenal glands produce sex hormones all through our life or do they only kick in once the ovaries run out of eggs and "retire"?

00:44:17 Katherine Mossop: Helen asks: In your experience, what is the best way to explain to clients the link between blood sugar balance and hormonal balance?

00:44:52 Katherine Mossop: Kelly asks: Are there instances where hormones (I'm mainly curious about stress hormones like adrenaline and cortisol) do not get "cleared" or deactivated by the body and then have a longer half life? (You spoke of how adrenaline has a very short half life, and I'm thinking of people who may get that 'jolt' but continue to feel it for longer). Is this mainly due to the liver or are there other factors at play?

00:48:12 Kelly: Thanks Josh! And sorry no video - I'm driving :)

00:49:26 Christian Beilke: Is lipedema primarily genetic or hormonal?

00:51:56 Christian Beilke: Does piperin slow down 3A4 as well and should not be taken together with cur cumin?

00:58:10 Kelly: Wow so interesting thank you! Would these mutations be found on a gene test like 23 and me?

00:58:33 Laurie Rossi: Does this include herbal tea?

00:59:18 Katherine Mossop: Kelly asks: My dad is an MD and also has studied functional medicine and taken many courses on bio identical hormones. From his teachers' perspective, we as humans used to have much shorter life spans. Therefore, we are essentially 'evolutionarily hardwired' for our hormones to dramatically fall by 40. His teachers are big proponents of supplementing with these hormones at this age for a variety of preventative health reasons (much lowered disease risk). I am way more in line with the 'upstream' health solutions you speak of but wondered if you had a specific thought on this claim.

00:59:27 Hayley Bicknell-Smith: should worriers avoid caffeine completely

01:00:44 Katherine Mossop: <https://dutchtest.com>

01:01:13 libbyglover: What age would you suggest to get the baseline done?

01:08:19 Katherine Mossop: Ann asks: With an individual who has autoimmune induced hypothyroid would you still be looking to the adrenals as first step or more to leaky gut and other factors of autoimmunity?

01:12:27 Linda Ljucovic: Wonder if this can be what seeing with vaccines? Many developing IBS.

01:12:44 Linda Ljucovic: I meant...when people don't want the V but have to get it.

01:14:18 Katherine Mossop: Christian asks: Is lipedema primarily genetic or hormonal?

01:14:43 Christian Beilke: Lipid edema disease

01:16:05 Katherine Mossop: Christian asks: Does piperin slow down 3A4 as well and should not be taken together with curcumin?

01:17:24 Katherine Mossop: Theracurmin

01:17:56 Jan Rosen: Pls explain serotonin syndrome

01:18:27 Kelly: I have a question if we have time :)

01:18:40 Jan Rosen: Can it happen with b6 supp or 5HTP?

01:22:37 Hayley Bicknell-Smith: Thank you very much

01:22:38 Katherine Mossop: Thanks everyone!

01:22:43 Ann Sirenko: Thank you :)

01:22:46 cory: Thanks!

01:22:46 Nashima: Thank you so much!

01:22:50 Libby Glover: Thanks!