Full Workshop Transcript

The Midlife Journey Workshop: From Cell to Soul to Spirit, with Daniela Hess and Kim Beekman. This is the complete transcript of the live session and the Q&A that followed.

> **A note on this transcript**
>
> This transcript is generated from the live recording and lightly grouped for readability. It may contain small transcription errors or informal speech, since it reflects a live, unscripted conversation. Use it alongside the replay for the fullest picture.

Daniela Hess

be with Christopher. I'm also the founder of the Autoimmune Recovery Method. And the first thing that I just wanna say just on the logistical side today is that you you don't have to take a single note. Right? We get to spend, we're scheduled to be here from 2 to 5 with you Eastern. And we'll have a nice 15-minute break, and we'll have plenty of Q&A at the end. If you have to leave early, you can put your question in the chat, and then we'll just make sure that we answer it so you see that on the replay. So, you're also going to have a full written transcript of the whole talk, plus the Q&A. You'll have a companion PDF, you'll have something that's called the Midlife Lab Wish List, and the five-question card, so all of it, just make sure you have tea, water, and just, you know, if you want to take notes, of course, you're welcome to. And you can just let this land in your body. Because some of you here may be women in midlife who may be tired of being told that you're fine when you can sense something. Not often a bad way, just often an off way, and some of you may be here because you are professionals who serve women. You may be a yoga teacher, a therapist, a counselor, a coach, healers, the healers and helpers of planet Earth, so... If... if this is you, everything that we say today is also about the women that you're sitting across with... across from, in your classes or sessions, so... We are thrilled that we get to have 3 hours on this topic, whereas some of you may have seen our 45-minute, you know, or our 1-hour talk, and it's a lot to pack in, and there's very little time for Q&A, so today we've got room to just slow down. And like I said, we'll have a break halfway through, and some... a real good chunk of time for Q&A, so... Yeah, I'.

Kim Beekman

Really excited to have the space to lean in and to go into discussion and explore a little bit more deeply. So I'm excited for this longer, longer way to do that.

Daniela Hess

So, shall we jump in, Kim?

Kim Beekman

Let's go.

Daniela Hess

All right. All right. So this is section one. I'm just going to say we've got like 11 sections to go through. What it is.

Kim Beekman
Okay.

Daniela Hess
Sometimes what I'm saying and the slides line up and sometimes You know, so we are now in section one and this section is really about the stakes and the sentences that we hear in midlife. All right. So there are four. sentences that I want you to listen for, whether you've heard any version of these, maybe from a woman after class, or in session with you, or this is something that you've said. I just don't feel like myself anymore. or... I just don't care the way I used to. And that scares me. Or... I'm tired, no matter how much I sleep. Or it takes so much effort now to do all the things that used to come easily. So if you're someone that teaches yoga, maybe you lead breath work or sound baths, if you coach, you sit with clients as therapists, or you hold any kind of healing space, women have been saying maybe these versions of these sentences to you. They may say them like it's like an apology, like they're confessing to someone that they should be able to fix on their own. Let me zoom out and let's go with the bigger question. What's at stake here? What's at stake when, for women in midlife, is their independence at 80, Because that's built in your 50s. What's at stake is your cognitive clarity at 75, because that's built in our 40s. And when a woman is navigating perimenopause and menopause, one of the strongest predictors of our risk for dementia and Alzheimer's... I mean, perimenopause is the strongest predictor, how we navigate it. Muscle mass is another single and strong predictor of our longevity and independence when we are older adults. And this, this is a predictor that can give us information as to whether or not we're gonna fracture a hip. 20 to 30% of people who fracture their hip in older age don't survive the first year. So this is... this is a conversation about us, for us, and it's also about whether the women that we serve If we get to recognize the faces of the people that we love when we're 75, this is about whether we can get off the... up off the toilet when we're 80. This is about whether we get to live the last third of our lives feeling fully alive. We're feeling like we're slowly disappearing. And if you're the woman in this room and not the helper, this is for you. Like, we're not saying any of these things as scare tactics. It is THE reason that we're spending 3 hours on this instead of 45 minutes. And here are just a few numbers that I just want you to get present to. 1 in 6 women right now is living with an autoimmune condition. Oftentimes, this emerges in the midlife years. Known or unknown? 1 in 6. Hashimoto, which is what I live with. Is one of the most common ones. So, if you're teaching a room of 12 women. Two of them are navigating this. And here's another... another thing to just... Stay present, too. 1 in 4 women is on medication, either an antidepressant or an anti-anxiety drug. Many of these women that got these, this prescription. Never had anyone check their... Because they, they didn't know to ask. Nobody checked their sex hormones. their thyroid, They're ferritin. They're vitamin D. Or their cortisol. So, we're often covering up the smoke and not looking for the fire, so to speak. So, the story that we're talking about today is the story of many, many women. And it may... you may resonate yourself with parts of this story. So, let me tell you how I came into this topic as an area of teaching and education. And like many of us as educators here. We teach what we've walked. So, for about 7 years, I was being told by very kind, well-meaning, insurance-covering doctors that I was fine. They looked at my labs, and they said they were

normal. But I kept feeling sicker. I was experiencing, and I'm in my mid-50s now. I had fatigue that didn't lift, no matter how much I slept. I had brain fog, severe enough that one night when I couldn't sleep, I was googling, what are the symptoms of early onset dementia? I had severe joint pain. My hair was coming out in the shower, like, there'd be more and more in the drain, or more and more in the hairbrush. I... every time I ate, even if I ate something like what seemed healthy and simple and whole foods, I was bloated that just wouldn't resolve. And I no longer felt like I was in a body that I recognized. You know, and underneath this, there was this kind of this constant inner prickliness. It was this background tension that never would fully lift. I had a nervous system that was just alert and braced. And if you had asked me then, Daniela, do you have that anxiety? I would have, I would have said no. I literally never have thought of myself as an anxious person. But what I do know now is that when the body is trying to navigate and heal and bring balance to so many things at once, it's the nervous system that pays the price. Because when a body is working overtime, it's holding together, kind of like the system under siege. Now. I also spent about half my life as a vegan. It's a path I chose with care and conviction, and I kept thinking to myself as I was experiencing the symptoms I described. I've got the training, I'm in Ayurveda, I have a master's in health education, I eat the kitchari. I'm taking years to do gut healing. I'm gonna shit on myself, I should be able to heal myself. What I didn't understand was that this wasn't, like, about willpower, mindset, or even a metaphysical spiritual problem. It was a cascade. And the cascade for autoimmune, and what a lot of women in midlife are navigating, begins in the gut. Let me talk tell you about the gut. It's amazing. The gut lining is one cell thick. One cell! That's so tiny, friends! This is... One cell is the barrier between the food in your gut and your bloodstream. One cell thick. It is the most vulnerable barrier in the body. Now, when it gets damaged by inflammation. inflammatory foods, chronic stress, and by environmental toxins, little gaps open up between the cells. So now, undigested food particles, bacteria, and toxins start to leak out into the bloodstream. The immune system, which conducts 80% of our... of its activity in the gut, then it mounts this attack. And in the confusion, it mistakes its own body tissue for a foreign invader. And that's what autoimmune means. And it is what's happening to one in six women. Now, underneath my... my autoimmune was something else that goes on that often accompanies, when our gut becomes impaired. We have low stomach acid, so sometimes people have acid reflux and think, I've got too much stomach acid. But when we have inflammation and gut issues. Very common in midlife. We, more often than not, we have low stomach acid, so now... When we have in at... in at... When we have inadequate stomach acid, protein doesn't break down properly. We can't absorb iron. We can't absorb B12, and our minerals stay locked up and unavailable. So, I was eating genuinely nourishing food, and still, it turned out I was profoundly nutrient deficient, because my body couldn't access the nutrients I was giving it. Now, a lot of women in midlife learn, oh, you are anemic. Now, it's not always classic anemia. More often than not, actually, it's poor iron absorption, driven by low stomach acid, or a damaged gut lining. Now, on top of all these things, I had what's called SIBO. Small intestinal bacteria overgrowth. Bacteria growing where they shouldn't be. And that damages the gut lining even further, creating bloating, brain fog, and more inflammation. So eventually, what shows up, what showed up downstream for me was Hashimoto thyroiditis, hypothyroidism. So I had nutrient deficiencies my body couldn't correct, no matter what I ate, and I had depleted hormones. So I spent 2 years... I wasn't able to... work anymore, and even when I left work that I... I loved, I didn't quite yet know what was going on in my body. So I spent 2 years, at this point, barely able to function, and still being told I was fine. Friends, this is the story of 1 in 6 midlife women. Now, for me, what finally changed completely? was I found practitioners

who looked at my labs through a different framework. Functional medicine practitioners A lot of naturopaths, osteopaths. They look at your labs through a different framework called optimal ranges. These optimal ranges are different than normal ranges, like when you get your labs done from your... many of us are general practitioners, and the green dot lands in the normal zone. Those are... we're going to call those conventional normal ranges. But these practitioners that I found understood that the gut is the beginning of everything else that I described. So with the right support, it took me about 2 years. Full time. to come back. And here's the thing. I didn't get the old me back. I actually ended up getting a version of myself back that I hadn't met yet. So currently, I actually get to live caffeine-free. Very low sugar, under 10 grams, and I genuinely had... I know what my honest energy is now. I have more energy and clarity than I did in my 50s, and than I actually had in my 30s. I get to experience now real sustainable energy, not borrowed from caffeine or sugar or just Shakti. And so all of this is really what brings me here today because this conversation is the talk I wish my 40-year-old self had had. And it's the conversation I wish that I had had someone give to me when I just was in that space of something's not right and I don't yet know what. So, over to Kim, so Kim can share a little bit of her story, and what brings her into this conversation.

Kim Beekman

Mmm. Thank you, Daniela. So I'm Kim Beekman. And I'm just gonna jump into my story, and you'll hear about how I built my practice from that. So, my story started much younger. I was in my 20s, and I started getting chronic hives, like, big welts of hives on my body. Now, nowadays, that's MCAS, right? Mast Cell Activation Syndrome. We actually have a word for it, but I was, like, going to doctors and having my hives biopsied. Like, I'd be like, can you take this one and tell me what this is? What about this one here? And I was kind of vain at that point. I was going into my wedding, and I had welts on my face. And it was... pretty much in my late 20s, early 30s. I'm 51 now that I was just searching for answers. And I found the body ecology diet. I had found that I might have chronic candida overgrowth at that point. And I became like candida fanatic. And I think it's important to say that I have a history. I have been recovered from bulimia for over 35 years. So at a very young age, I hospitalized myself at. 15 years old. for bulimia. So, I have a history of trauma, I have started my mental health and well-being path at 15 years old with a 3-month stay in a hospital to recover, and then by my 20s and 30s, I have chronic hives. chronic constipation and all kinds of gut issues. So, it was in my late 20s, early 30s that I started a Candida diet, and it took me 2 years to heal my gut lining that Daniela just talked about, and I kind of felt like I was... I had it together at that point. really clean diet, low glycemic diet, food combining, not having fruit, like, I learned all of the rules. to be able to get my gut. I did colon hydrotherapy, but that created, and I'll talk about this later, vata imbalance in my nervous system. And so, I was almost creating more imbalance while trying to heal myself in that space. It was a really interesting time, but what I did find is that I was able to, through diet and lifestyle change. to heal my gut. And then I had 3 babies, and that threw my sister 2 years, 2 years apart, 3 daughters, and my nervous system was a mess during those years, not sleeping. was something that my body could not handle. And my third daughter came out with a genetic metabolic disorder where if she didn't eat every 2 hours, she could die. It's called MCAD. And so... That level of stress in my 30s really built a very weak health foundation, even though my diet was so clean and I was doing yoga and I was keeping myself balanced and I was a yoga teacher and I was doing all the things. I was doing all the things. So we go to Cape Cod on a camping trip, and my whole family gets covered in ticks. we come back, now I'm in my 40s. Really imbalanced, like, body

is just, like, on the brink, right? I get, like, I get Bartonella. Among a few other co infections and my system really starts to be challenged even more such that I couldn't while I was teaching yoga and I was like really killing it just at the prime of my life and really on purpose and in my dharma. I started to injure myself. chronically. I was like able to do all kinds of things because I was hypermobile. And then I was getting into a warm yoga room. And teaching through my own physical body. And then I was at the chiropractor, the myofascial specialist, the craniosacral specialist, and every... like, just to put my body back together again each week. Because chronic Bartonella, probably with some underlying EDS or, you know, Ehlers-Danlos or connective tissue something or other, really set my body up for, inflammation, allergies, just... just a body that, seemed to go out of sync, no matter what I did, but no consistent reason why it was going out of sync. Needless to say, I found my spiritual path. Pranayam, meditation, really charging my body with vitality. Nobody would know that I had chronic illness because I was charging my body, I was a Kriya Yogi on the Yogananda, Pramahansa Yogananda path, I am a Kriya Yogi, and was really able to compensate for what was happening in my physical body. I was not bypassing it. I was eating well, I was sleeping really well, I was, I mean, I was like Princess and the Pea, like the atmosphere in my bedroom had to be such that my husband didn't move and I fell asleep before he started snoring and I was resting during vata hour and like, like I set my life up so that my rhythm. was ayurvedically aligned and as balanced as I could make it balance. So I wasn't ignoring my body or the signals of my body, but then I hit 50 and all hell broke loose. that is where my hormones started to shift. I mean, my hormones had been shifting, I had frozen shoulder, I had all kinds of symptoms that I wish someone had said, oh, this is perimenopause. You know, I wish, like, my hair falling out or the swelling of my ankles or, you know, the frozen shoulder had been assigned to something, but that's partly on me because I wasn't really going to the right doctors. I was just kind of, like, working on symptoms and doing what I could. So around this time, Daniela had already gone through what she just explained, and she was like. Did you get your hormones checked? No! Did you get your ferritin checked? No! Like, she was like the bird in my ear that was like. and she was so subtle and sweet, because I'm fire, and she's air, and she was just like... just like a little, little, little whisper into me. And I finally did that. And we're going to talk more deeply about what that looked like. But what started to happen is I started to do my research. I started, like, because I hear... I started to hear hormones, get my hormones tested. I have not been on any medications. In fact, I got off of thyroid medication many years ago because they put me on because of a module, and I'm like, no, no medications. I want to be on no medications, I want to be natural, I want to be, you know, I'll take supplements, no medications. So when I hear hormone replace, test your hormones, hormone replacement, I'm like, - not me. I'm going the natural route. I'm I'm doing this naturally. Women have been going into menopause for many, many years, our whole existence. I should be able to do this naturally. I'm an Ayurvedic wellness counselor. I should be able to figure that out. And then I started to dig into the Women's Health Initiative, which was the research that happened in the 1990s. Have you heard of it? Hormone therapy causes breast cancer. is essentially what the message was. However, there are some crazy female doctors who are doing some serious research right now and many people have reevaluated that data and they found so many flaws and so many errors. And what I found was that the age of women that they were studying was like 60 to 80 years old. And hormone replacement therapy really should be started before you run out of the receptors to be able to receive it. So that was the first error, was that they were studying people who were really potentially too old, or on the older end. The second thing that I found is that The mode or the the type of hormone, let's say synthetic versus bioidentical. They were

using synthetic hormone. Current bioidentical HRT has bioidentical hormone. And the third was the method through which that they were giving the hormones, which is... was, for example, estrogen might have been oral, which in some cases can cause clotting or bleeding. And so current bioidentical hormone replacement really takes all of that data into consideration. The other thing that I found absolutely fascinating as I dug down the rabbit hole is that menopause Is a modern problem. We have extended life expectancy just in the last 3 to 500 years, and the age of onset of menopause has always been about 49 to 51. Across the ages. But instead of, women passing at 60 years old. we have now, over the last few hundred years, extended lifespan to 85 years old. So all of the things that Daniela was just talking about, cognitive ability. Bone density, heart, cardiovascular health, those 3 things which are, as we're going to talk about, very much affected. By our hormone balances, or the amount of hormone. is completely changed in the last 300 years, meaning We're living longer, and we have longer years Without these essential hormones. Now, I don't know about you, I've taken magnesium ever since I realized magnesium is, like, helps 400 functions in the body, and it actually makes my brain clear. But I was AGAINST Anything medical or taking anything daily. when it came to what was plummeting in my body. By the time Daniela was whispering to me, I had zero estrogen, progesterone, testosterone, my thyroid levels were low. Which I thought was natural. but in fact wasn't. the optimal expression of my body. And so since then, and I'll get to this later, I started looking at my husband. going, how are your testosterone levels? I started looking at my teenage daughters at 17 years old. I have 3 daughters. At 17, something started to happen. Something started to change, so I started to get curious. And now, everywhere I look, you know, like when you buy the Honda Accord and you look around and all you see is Honda Accords? Now, everywhere I look, I'm kind of like, what's your ferritin level? What's going on with your testosterone? How are your hormone levels? What's going on? Because honestly, it, it, it's, it's been an iterative process. But it has been. foundational in the way that I see mental health. I have helped. I work in the field of childhood trauma stored in the body. I've worked with 400 women. in helping them heal trauma stored in the body. I have worked primarily with midlife when women who have been put on medications, mental health, psychiatric medications. And as I pan out and look at really what's happening around 40 years old. I have a completely different perspective based on what Daniela has brought to me. and has taught me and has coached me through. So sorry to go a little bit longer. But that's my story.

Daniela Hess

Oh, I'm just so moved every time I hear you tell that Kim, I always hear something new in it, and it just lands, you know. We come to each of you here today, everyone that's here with us live, and if you're right now watching this on replay. With the hope that there's something in here. Sometimes, it's just one gem. that can completely Impact? The degree of unnecessary suffering. that we feel. In midlife and in menopause and beyond. And. There's so much suffering that women in midlife and beyond are experiencing that is unnecessary. And so that's what brings us here with you. Hmm. Thank you, Kim.

Kim Beekman

Yes.

Daniela Hess

I... Alright, I'm gonna roll up our... let's roll up our sleeves, and let's dive in, because today... the intention for today is we're going to cover different layers, what's going on in the midlife journey, right? This talk is the midlife journey from cell to soul to spirit. So we're going to cover the physical layer, the mental, emotional, the energetic, the spiritual. trauma, and also relational. What happens to... who are we in relationship with? Our relations in our midlife journey. So... so starting with the physical layer, I'm going to bring it back to inflammation. Alright, so we're gonna go all the way down to the cell, because I'm gonna... you're gonna... inflammation, inflammation, inflamm So let's get clear about what it is and what drives it. We live. In an inflamed culture. And no one loves the first thing that I have to say, which is one of the biggest drivers of inflammation in our culture. Is literally sugar. Now, the daily recommendation of sugar, and now sugar isn't necessary, even, okay, for us to be healthy. It's not like, well, you need sugar packets, right? Nonetheless, the cap is supposed to be not more than 25 grams of sugar a day for women. Now, the body doesn't distinguish added sugar from natural sugar when it comes to the insulin response. So, 1 cup of orange juice, let's say fresh squeezed, you have it at breakfast. Has 23 grams of sugar right out of the gates. So this healthy glass of juice is nearly the whole day's worth already just there. So... So there's that, right? If, if you ever wanted to do an incredible exercise. Track. The sugar... The amount of sugar that is in your daily diet. Just see what that number is. So, the second driver is processed food. Now. just because something comes from Trader Joe's or Sprouts or Whole Foods doesn't make it food, and it doesn't make it unprocessed or healthy. So, there's a very simple... Rule. And that is, if great-grandma wouldn't recognize that as food, and that includes And he's. Cauliflower. Bunny crackers, you know, if granny, if granny doesn't recognize this as food. it probably isn't food. It is considered processed food. Like, we tend to think, like, Doritos are processed food. What about the packaged foods that come from Trader Joe's and Sprouts? Okay, so just Just have that. Awareness. The third driver for inflammation is chronic stress. Cortisol is a stress hormone, and one of its jobs is to instruct the body to release glucose into the bloodstream. Now, when we're chronically stressed, we are going to have chronically elevated blood sugar. Regardless of what we eat. Now, if you had asked me earlier in my life, Daniela, do you live under chronic stress? I may have wondered if you were talking to me. And then I would have said, absolutely not. I had when I look back in my 30s, my 40s. I had so normalized it that I wasn't I couldn't feel it anymore. And this is not uncommon for high functioning women. Now, the fourth driver hits us right here in midlife of the fourth driver of inflammation, hormone changes. See, estrogen isn't only a reproductive hormone, it's an anti-inflammatory. It helps to keep inflammation in check. So, when estrogen declines through perimenopause and menopause, that natural brake on inflammation comes off. So, that season when everything else is shifting is also the season when the body loses one of its built-in protections against inflammation. So, this is some of the chemistry of midlife. Now, there's a fifth element that weaves through this. And is that we are not moving enough. Movement is one of the body's most powerful anti-inflammatories. Many women are barely getting any. So see how this all connects sugar. Processed food and chronic stress. They drive insulin resistance. Insulin resistance drives inflammation. The drop in estrogen takes the brake off, so inflammation now climbs higher. Inflammation goes back and damages that one cell thick gut lining. And a damaged gut lining has a name, leaky gut. So the immune system now gets all confused because we've got the inflammation. Creating the gaps in the cell lining in the intestines. Particles, bacteria, toxins are leaking out, and now the body starts to attack its own tissue. And often, this is, Hashimoto. This is the most common autoimmune condition in the United States currently. And almost all... so this is what you have to understand, and if you hear someone

has, I have hypothyroidism, 90% of the thyroid issues also go hand-in-hand with Hashimoto. With autoimmune. So, thyroid issues... Is the way downstream. End result of a gut issue. So if we're only bringing attention to the thyroid and we don't tend to the gut, it's kinda like you're mopping the floor, but but but the faucet is still running. Right? So... I also want to step back and talk about inflammation, because many of us may think, when you think inflammation, something that's, like, red or hot or swollen, like a banged-up knee or a boil, right? Inflammation is so much bigger than these things. Inflammation can look like any of the following, right? Because a lot of people are like, I don't... I don't think I have inflammation. Inflammation can be the cold that you get that lingers for weeks. Cold bacteria, bacteria virus. Inflammation can be sinus headaches that tend to Be common. Inflammation is migraines, constipation, bloating, inflammation drives hair loss. Inflammation drives fatigue, brain fog, allergies that came up... that come out of nowhere. That happened to me all of a sudden in 2018. One summer, I... I never had allergies, and all of a sudden, I had tons of allergies. So the following are conservative numbers pulled from CDC. Only 12% of American adults. are... Metabolically healthy in their cells. Only 12% are healthy. Okay. 53% of adult calories come from ultra-processed food. And 62%. Of processed food is, the diet of children. Only 24% of US adults meet basic physical activity guidelines. So, when you're... when you're in any room. Especially with women, nearly 9 out of 10 are metabolically dysfunctional. Now, there's one more layer, and this one you can, like, act on immediately. How many things that we put on our body? From shampoo to laundry detergent, toothpaste, lotion, to makeup. Here's the million dollar question I like. Would you eat it? Where'd you get it? If you can't eat it, don't use it. Oops, hang on a second. Something just... Went by for me. I couldn't.

Kim Beekman

If I could just add for a few minutes. So what we're starting to do is paint the picture of what health, true health and vitality might look like. But as someone with a history of an eating disorder, and as someone who spent her 30s and her 40s beginning obsessed With I didn't want to have anything with estrogens or BPA and I had to keep my diet extremely healthy and I needed to be gluten free and sugar free and bubble free and then I raised my three daughters sugar free and I was in a Waldorf community and I was raising my kids Waldorf and you know I became militaristic. on my lifestyle. And I see you guys smiling, so I think you know what I'm saying. And then I got Lyme, and I became, like, obsessed with healing Lyme. And this is where consciousness, I'm getting chills, needs to be a part of this conversation, because I don't know about you, but when I start hearing Daniela say that, I'm like. Right? Like, oh my god, I have to be even cleaner, or I have to be even more... and really, my vata pitta, air, fire, and we're going to talk about this a little bit later, in my constitution, I'm like. But I bec... I, like, literally... hit the maximum of what I could do to keep my life and my three daughters... I didn't even worry about my husband. He was eating Cheetos, and I was like, fucking good luck. good luck for you! I can barely keep myself and my three daughters' lifestyles clean, like, honestly, good luck to you. Kinda. Not really, but really, that's... that's the way it looked. And so... the no sugar, the keeping the lifestyle, like, some of the things she's talking about, what I want to honor is that those of us who have been on this path. I ask you to listen with softness. Through ease, Trust. Grace... like, I had to almost go in the opposite direction. So there's a couple of chapters in my life, because At 40, I'm going to say 5, 44, I moved from upstate New York to California, and that trip broke me such that I couldn't micromanage the kids' diets anymore. I was like, coffee here and there. Like, I had to almost loosen my belt a little bit. on that. And I had to find my way, because the way... the rigidity with which I was living was...

unsustainable and was creating more cortisol than the lifestyle shifts. And so, like, I'm from the field of business. I had to do cost-benefit analysis. on what I was going to incorporate, and the biggest return on that investment of my energy. And really find a way, and based on your dosha, if you're Vata Pitta like me. then you're controlling everything, getting everything perfect, and then your anxiety levels are rising. If you're Kapha, you might be hearing this as saying, don't take my comfort foods away, I can't sustain that. Like, so depending on your dosha and your... Your trauma. You might be hearing this from... in different ways, and what I ask you to do is just soften and allow your Consciousness to take in the data and then what we'll do is we're going to put the pieces together of like what this looks like step by step in a very livable way because this has to be manageable and livable and if it creates more stress than the benefit that it gives, it's, it's not going to, it's not going to be worth it. And really, I had to, like, pull myself out of Lyme disease consciousness and live above Lyme disease consciousness while doing all the things for my physical body that sustained vitality. so I don't know if that's helpful or if that makes sense, but I just want to kind of reorient ourselves, because when I start... when I start hearing this, I tap back into what those years were like for me. And I nearly drove myself and everybody else in the house crazy.

Daniela Hess

I appreciate that, Kim. I get that, I get that. And I... that's why I so love how you weave in about our doshas and our constitutions and our life stories, right? For me. I... because I finally... I discovered all these things were, needed some pretty significant triage in my system.

Kim Beekman

Right.

Daniela Hess

I... in... and what I wanted was my clear, sharp mind back. Like, I wanted my wellness at a 10 out of 10, so I... Chose to do everything. Cons that I had sovereignty around to do so I could reverse. What had been damage happening over decades, so I, by the time I came into understanding what was going on in my body, I didn't have the luxury of, oh, I can have a little bit of this, sometimes I can have a little bit of that, because the fire was too big.

Kim Beekman

And I think that's an important piece. Like when I did my two years of gut healing and getting my diet together, it was super rigid and it was like non-negotiable, not a little dairy, not a little sugar. It was a, I did it in my twenties, thirties, but it was a very rigid window of cleaning up my diet such that I had the ability to like. get flexible here and there, because I had done the sustainable healing on my gut. And so, I want to honor that. Like, it's true. Like, if you're going to clean up your gut, you have to do that in... with a level of rigidity that just doesn't allow the other stuff in, because you take, like, 6 steps forward and then 4 steps back. You really do need to do that with pure integrity, and these things can be layered in that way, or we can take it on without the fear. And all of this can apply, but the way that I did it originally had a lot of fear in it. And I have this story and I'll just share it real quick now. When I was in my, I don't know, 20, probably 20s or 30s and I felt like I was this autoimmune mess already. Like, I couldn't even get through my day without

napping at the end of the day. When I was there, my husband and I, my husband had some guy come to the house and evaluate us for our life insurance policies, and I felt like I was the mess, like my body was just a mess. I didn't poop, I had chronic hives, I was just, I felt like a problem without a solution. And the guy comes, and he does both of our health evaluations, and then a couple weeks later, we get our life insurance. And, like, I had the best rates for life insurance. And I was like, what? How did I get the best rates? And so what that did for me at that early stage was that it shifted my consciousness that even though I feel kind of broken and like a mess with springs popping out of my body, like, I'm okay. I'm not... I'm not broken. And I can do this, and I have a long life ahead of me. And I know that sounds silly, but it was just the perfect piece of information that I needed early in my autoimmune life. that just showed me that even though it feels like, like, things are not okay, that I'm okay. It's gonna be okay. And having and regrouping back to that, I think is a really important piece as well.

Daniela Hess
Mmm.

Kim Beekman
Okay, sorry. Sorry for that.

Daniela Hess
No, sorry, I'm feeling, I just go into the, I'm just gonna feel that, I love that, okay? Because I'm also scanning for, you know, we all wanna find that. It's like that sometimes a lifeline that that. moment, or something that we can just refresh our posture in. We can drink from that chalice of, no, I really am okay. No, I really, I really actually am. And I think that that is. potent medicine. To find those... those examples in our own lives, in our own journeys, of... you really are okay.

Kim Beekman
Yes.

Daniela Hess
this is uncomfortable, this is inconvenient, this is XYZ, and... You are okay.

Kim Beekman
Right, the body is loud and is telling me something's out of balance.

Daniela Hess
Yep.

Kim Beekman
And I'm okay and everything's going to be okay. And most of us can't hold both of those at the same time. And that's really, I think, the piece that's absolutely critical as we, as women, have declining hormone levels and ferritin levels that are plummeting, and all of these things that feel in our body, like our, the sound, our nervous systems, like, sounding the alarm. And we're okay. It's going to be okay physiologically.

Daniela Hess

And all of this is attendable. It's all attendable. And so that's the joy of bringing this conversation to you is that. we can... and we have, great references and resources at the end, next steps for you. If you want to find a little more data about your system, we have those recommendations for you, so you'll leave this conversation today with some clear direction or some options for yourself.

Kim Beekman

And we are not medical doctors and we are not giving medical advice and we ask you to consult your doctor and be sure that you're talking to your own doctor and clinical therapist.

Daniela Hess

No, we are just educators. Two ladies, two ladies with a laptop, you know, just, just edumacating. Yeah. So that's all that's happening here. So Kim, according to our schedule, it says we have a break now till 3:10. Shall we do that now?

Kim Beekman

Yes, but before you go on your break, folks, if you would, if you want to make this a bit of a richer conversation as we go deeper into the part that I'm going to bring, which is this, the consciousness of Ayurveda. I'm not going to tell you what herbs, I'm not a physical herbal Ayurveda practitioner. I am an Ayurvedic wellness counselor. And so I work from the, from the Elements in the body. Like, all of us have a dominant element in the body. And how things show up in our body will look different based on whether you're a bird, a lion, or a bear, from an Ayurvedic perspective. And the way that I teach Ayurveda is really to simplify. So what I've just done is I've put into the chat, and for those in the recording you'll have access to this. My new dosha quiz. It's an Ayurvedic or yoga psychology quiz, so it's not going to ask you about your pulses or too much on the physical. It's just going to give you a sense of mentally and emotionally what doshas Are there what elements are there in the body and so while we're on we're going to do I think a 15 minute break while we're on a 15 minute break if you want if you don't know your dosha or if you even want to kind of look at it through this lens go ahead and do that you're not going to this is a very new tool and it's a prototype so it's not going to be that useful but it will be at least good enough to be able to tell you what doshas are showing up. which elements are more dominant in your body, so that when I talk about the Ayurvedic lens, you can have a sense. And I can see visually most often through body structure and the way you talk, so if there's time at the end through Q&A, I can look at that with you as well. And the reason why I want to bring this is that I am a big proponent of the Eastern and the Western philosophies. I think Western medicine brings a lot of good data. And really can help us educate what's going on in our bodies. And I believe that Eastern philosophy can help us learn to work with the imbalances in our body in a way that's not from a pathological or broken standpoint, but more as a let me get my element back into balance. And so, that's kind of where that fits in this work that we're doing here together. So go ahead and fill that out if you'd like while you're on the break or while we're talking. And then during the Q&A, I can... Just play with you a little bit on the doshas.

Daniela Hess

And if any questions have come up so far, just jot them down and then we'll go over your questions. It's easier than if you put them in the chat because then we're just trying to scroll back. I don't want to miss anything.

Kim Beekman
Sometimes we get so distracted. We'll be like...

Daniela Hess
And I want to go there, you know. And so if you jot down on paper a question, something that's come up, we may answer it before we get to Q&A, and then you could just cross it off. And so just keep track of your questions. And so it is 2:54. So let's come back at it's 2:54 Eastern. So, let's come back in 15 minutes. That would be Eastern 310. And... or 210, or 110, or something 10.

Kim Beekman
And Pacific 1210.

Daniela Hess
Thank you! Like this is this complex math. So we'll be back in 15 minutes. We're just gonna keep the Zoom open, friends, alright? We'll just... we'll pause the recording, and we'll turn our cameras and audio off, and we'll see you... we'll see you soon, okay? Let the dogs out. There's Kim. Kim, is there anything you want to speak to, or... Do with about the dosha course.

Kim Beekman
We're going to go into the hormones and then as I start to go into that, you'll have the data to be able to see how it applies.

Daniela Hess
All right, friends. welcome back to everyone that's here with us live. You know, thank you for inviting us into your living rooms, and into your homes. It is so wonderful, to... to sit with some of you again. We've missed being with you on Zoom, and... and to meet, wonderful new friends, and for all around the world, this technology. I am so grateful for this technology. What we just the good that we can do with this.

Kim Beekman
And...

Daniela Hess
I... I worked on a big project with, online with Claude, an AI assistant, today, and at the end, I was just in tears thanking it. I'm just like, you know, I'm just gonna trust that somehow it's gonna really feel the gratefulness. It's just gonna... I really... This is incredible. So we are now going to move into the section five, all about the hormones, the hormonal changes that. Show up in midlife. So welcome back. Now, the hormonal changes in midlife are happening underneath everything else that's going on. Perimenopause can begin as early as age 35, And menopause averages around 52. So that's up to 17 years of hormonal shifting, often without any

warning, and almost always without adequate support. There are some online educators that Kim and I love, Dr. Mary Claire Haver, Rachel Rubin, Vonda Wright, Kelly Casperson, and they... they're educators around women's health and hormones, and even they, as surgeons and doctors and OBGYNs, they're like, we weren't taught any of this. They were not taught that, so they couldn't guide their patients through this. So here we are with the grace of technology. So, like I said, I'm in my 50s, and I am still in late perimenopause. Yay! No, yeah.

Kim Beekman

Woohoo! Perry Meadows!

Daniela Hess

So the hormonal shifts. Progesterone is our hormone of calm. It's the hormone of deep sleep. It's the hormone of our nervous system settling. And very often, it is the first hormone that starts to decline. Sometimes in our late thirties, in our, in our late thirties, a whole decade plus before menopause. So now, a woman with low progesterone That was me. Is going to feel the prickly sensations of anxiousness. A restless, the mind busier. Like, the space between thoughts almost imperceptible. A wired at night kind of feeling, maybe wide awake at 3 AM. And this is what often happens to these women. She might become one in four women who is offered an anti-anxiety medication without anyone thinking to check her progesterone first, because they don't know to. So of course she's anxious. Of course she can't sleep. Her calming hormone is literally running out. Things I didn't need when my progesterone had flatlined. I didn't need another inquiry practice. That was not the treatment. But I didn't know. Now, estrogen... Pretend.

Kim Beekman

Can I just comment on that for a second too? Absolutely. 8. It's almost for me, I was able to see it like it felt like a neurochemical anxiety, not like there was something specific that was bothering me where my spiritual practices or my mental well being practices would address like go all Byron Katie. What if that's not true, right? Like all of the things that I would do to calm my nervous system and bring my anxiety vata imbalance back into balance. balance. weren't working. It was like I had a bunch of people working on my backyard, and I was like this. My nervous system was like this the whole time, and having done so much work on myself. I knew that it was a neurochemical anxiety, not a, oh, Kim's obsessing about something and needs to get her act together. And I just want to name that because that's what Daniela just expressed. It's the absence of a calming hormone that is sedating to ourselves. Ourselves and ourselves, our mental well-being. And I think it's important, especially because most of us have been on our inner path. for, like, our lifetimes. Like, none of us are new to this, right? So, to be able to distinguish, oh, I'm just walking around like a loose, ungrounded wire, and that's pretty different than how I was 5 years ago in terms of my resilience and managing stress.

Daniela Hess

Well, well said, Kim, thank you and I and I chalked up what I was feeling that that prickly. 10 inner tension that. My practices, you know, yoga nidra, all the practices that I love, they felt like treading water because they would work for a little while. I'd feel different after them, or qigong. But then, that it would come back,

and so then I just... because, again, sometimes there's a... well, if you have so much... many of you here have so much training and education in your own health and wellness, and those of your students or clients, that I just thought, well, this is just more... it's vata imbalance. Which, it's not that it isn't, and yet, I thought, well, I just need more... I need more...

Kim Beekman
Rounding, rounding, round.

Daniela Hess
More grounding foods, more... I need to hug more trees, I'm just, you know... So it was very easy for me to dismiss it as other things because there wasn't anyone yet in my life saying progesterone. I just didn't have anyone saying that to me. And I have a master's in health education. So if our doctors are not being taught this, and health professionals are not being taught this, it's up to us, evidently, all of us, collectively, to learn this for ourselves, and then to help our sisters.

Kim Beekman
Yeah. And then the other thing I, this is probably too early to bring in, but even if you're, even if your progesterone hasn't tanked, just simply the, the balance of estrogen and progesterone starting at around 35, as Daniella just said, that shifting or the changes in hormones. Is enough to create that neurochemical anxiety as well. So you might not be fully depleted, but the ratio of estrogen, progesterone need to stay in sync with another. And once they start to go out of sync, around 35 or 40, we start to feel the neurochemical piece. Now, side note, I've been in the field of healing childhood trauma stored in the body. due to anxiety and depression caused by trauma, right? So I'm right there at that space where women, mostly women, are at the place where things start to become imbalanced with each other, the estrogen and progesterone. Now that doesn't mean don't go heal your trauma. Like that's typically, it's probably when things start going like that, that people are like, I got to deal with my trauma. Fine, yes, absolutely. Work your trauma, work the vibrations in the body. Work all of that, and know that this imbalance of progesterone and estrogen are also going to be contributing to that inner work, and the physical body has to be a part of the puzzle.

Daniela Hess
Thank you.

Kim Beekman
Yep.

Daniela Hess
All right, so now we'll talk a little bit about estrogen. So, estrogen... Protects the brain. It protects our bone density and the cardiovascular system. There's a unique window of opportunity in early perimenopause where the right support can be deeply protective for the brain. The direct line, if nothing is addressed, runs from years of estrogen decline. to potentially osteopenia, to osteoporosis, to hip fracture. So, it doesn't mean that is inevitable and going to happen if you haven't had someone supporting you with your hormones. And yet, it's wise, and we're gonna... we'll give recommendations on how you can get someone

to help you with this, what that looks like. It... I missed the boat, that protective window, and I can tend to it now. I do have... I did a DEXA scan. I do have osteopenia, which can be reversed, and there are certain things that I need to do in a specific timeline if I don't want it to progress to osteoporosis. So, there is tremendous support that we can do for our bodies as it relates to estrogen. Is there anything else you want to say about that before we go on to testosterone?

Kim Beekman

No, that's good.

Daniela Hess

Okay. Now, testosterone surprises a lot of people. Women will actually make more testosterone than estrogen. We tend to think of it as a male hormone. But here's all the things that testosterone does. It drives our motivation. I like to call it the hormone of zest and enthusiasm. It drives our strength. It drives our mental sharpness, And when mine tanked, right, all of mine tanked. When mine tanked, I walked around thinking literally. I don't really care. I don't care about this, like, if asked, I don't really care. I was always a, I care. I had an opinion, I had some enthusiasm about anything, you know, and lots of things. I had always really been an enthusiast for life, and then I just noticed it was a slow decline. I track my levels of enthusiasm, like, of oomph and joy and delight in things or topics. And suddenly, I noticed all of a sudden, like, my enthusiasm is really flat. So, yeah. Initially, I thought, oh, is this like a spiritual... am I having a spiritual crisis? What's going on? It really was my biochemistry. There's a lot of emerging research. It's not yet consensus, but it's emerging that suggests Testosterone. may be protective rather than risky for breast tissue. It's still... it's an interesting finding, and it's still early, so, you know, as we continue these conversations, we'll bring to you the most current research we have access to. Now, anything else, Kim, about testosterone? And not everybody gets low testosterone, right? Do you want to talk a little bit about constitutions and...

Kim Beekman

Yeah, well, let's... just to... to add, like, I don't... I didn't know about testosterone until I started to supplement testosterone, and I would tell you, for me, it brought back my libido, which had pretty much tanked. It brought back my brain power. Like, I just, I mean, I'm pretty sharp. I'm a pitta constitution. I'm a lion. And I wouldn't say that I didn't care. It's just, I would say I just can't. Like, so it was like, what I would do, how I would fix, the effort I would put into things, it just wasn't there for me. Now, there's a dharmic piece to this as well. When I hit 50, my human design says I was going into a different stage. So I actually astrologically was having an identity shift. While my hormones were shifting. And I mean, I don't think that's rare for many of us. As we hit 50, we start to reevaluate. Like, who am I? What's my purpose here? Like, I had made dinner every single night since my husband and I were dating at 22 years old because I had such dietary issues. Like, all of a sudden I hit 50 and I'm like. I just can't cook anymore. Like, I'm... I'm just done. Now, I'm Italian, like, my identity is the kitchen, and... and I couldn't do that. Now, is that a dysfunction? Is that something I want to fix with testosterone? No, I mean, there was definitely a place of, like, oh, I'm not doing that anymore. But it wasn't like I went on strike. And that's what we're seeing with a lot of people in menopause, like, I don't care anymore, right? Like, we see that everywhere, like, I'm part of the we don't care club, right? And, and... I honor that, and I get that, like, I felt like, oh yeah, I'm not cooking, but for me, it was more like a

surrender of a role, rather than a screw you all. I don't want to do it anymore for you because that level of kind of like. I'm frickin' done, is... is more... coming more from a victimized standpoint, and... and... or a... a... a declaration. And the way that that lands with family and friends is tough. I've been on the other end of friends who have hit this point, and they're like. I don't care. I'm just going to say what I say. And then it's like, you know, it's really sharp and it's really hard. And I think those of us who are yogis on the path to consciousness. the way that we have the opportunity to do it is with consciousness, without being like, I'm done cooking for you, you're, you know, go get your food elsewhere, which is probably where I would have wanted to do. I had to, like, really examine what is my role. Now that I have testosterone on board. How do I relate to cooking? And how do I redefine this with a husband who felt love because I cooked for him for 30 years? Right? And what does that look like in terms of our relationship and how do I transition this way that I cared and now I'm not going to be caring in that way anymore? And that, you know, to answer the testosterone, it seems like a little thing, but, like, when fire... testosterone is... is pitta in the brain. It's fire in the mental body. And so where progesterone's more like earth and grounding, the testosterone is very much the fire within the mental body. And so when that fire wanes a bit. How do we take emotional responsibility and evaluate even our identity or our roles in life? and then consciously show up, having reevaluated it, and bringing it to the people in our lives with a sense of personal responsibility and care. Because what's being modeled isn't yet there. It's funny. It's really funny. Right? And it it's important to be able to talk to our friends and be like, I don't care about that. They could go screw them. They could cook for themselves. Like, right? That that that piece that comes with this stage, I think, is is true. In the embodied sense, and if we're going to move that through our consciousness, really looking at What that means for us as we make this enormous shift into the third stage of life.

Daniela Hess

Mmm. You know, and I hold, thank you, Kim, I, I hold that the. Foundation of all our relations is cherishing. So as we're going through these changes, right? And I'm with you on that. The I don't care from me was more of a. a resignation, not like an F you kind of, I don't care, do it yourself, it was just a.

Kim Beekman

Right.

Daniela Hess

Can't and I don't and I I don't have much. Fire, I'm a very air constitution. So fire is always something that I need to cultivate. And... I was... I wept when I finally got some testosterone replacement. It's just a topical cream, very low dose. And I, what had me weep. Was just how I processed the sorrow. for all those years that I didn't have it and didn't know I needed it, or it would have been useful, I still didn't I still could have said no. And... The ease it brought. When I... replaced the hormones that were depleted, and I started taking thyroid medication, because, like him. I was a... I'm a natural yogi girl. Some of the... I was told, finally, in, you know, years ago, like, oh, you have Hashimoto, you have autoimmune, you have this, you have that, the whole list, and I was like. You clearly are not a very good doctor. I literally, I didn't believe her. So, and then I told my friends like, God, I'm so tired. And like, they're like, you know what you need? You need to go on the Camino and just walk this out.

Kim Beekman
Oh my god.

Daniela Hess
So I marched across.

Kim Beekman
Go burn your prana, all your prana.

Daniela Hess
I marched across Portugal and Spain, I'm like, I'm... I'm... I'm fine, and I was so... I came back sick as it gets, but that's actually what started, like, I'm like, okay, maybe she was right, maybe there is something going on, you know? So when I finally... so when I finally gave my body the... the resources it needed. I really got how chemical we are. I couldn't believe how chemical we are. I genuinely thought, and I have a wonderful, loving husband. Like, the literally the best, the most patient, caring, understanding person. And I never allowed our intimate life to, like, go to, we're roommates, you know? But I also noticed I don't think I ever care if we ever have sex again. And, genuinely, and it was not because I wasn't, he was incredibly attractive, loving, love, love him. But when I got my hormones back. It was so wonderful because all of a sudden like. the natural drive and desire that I had gotten so used to thinking just leaves you in midlife? Actually wasn't the case.

Kim Beekman
Yeah.

Daniela Hess
And I would have really lived my life believing, well, it, this is just what happens as you age as a woman. And I even got that.

Kim Beekman
This is the work and the relationship in this lifetime. Like, the amount of people that I coached at 40, 50, 60 years old who lost libido, and we called it vata imbalance, and we're like, wow, this is... This is what the work is in your relationship. Like as I think back to really my lack of data, like a little testosterone cream would've gone a long way in that relationship and we would've addressed it really at the root, which was a lack of libido due to probably a real reduction in testosterone. And while we're on testosterone, if I could shift off of the topic of libido, but when I actually got my brain back, I started to look at my husband, who was going through his own manopause, like, truly. And it didn't... it wasn't as obvious as it was for me. I was just, like. popping a gasket every 2 seconds. Like, he was starting to waste away. He was getting skinny, he was getting pale, he was getting kind of not present, or a little despondent in a way, or, like, kind of just barely there, and I felt like... I need presence, like, give me some presence in this relationship, come on, stay with me, right? 28 years together. And because I was going through this process of understanding my own chemistry, neurochemistry. I... I was like, I need you to get tested. I need you to see what are your testosterone levels? What are your... what are your levels? And what he found... is that, and Danielle is going to talk about this, but he had, I think it's called subclinical low testosterone. And so his testosterone was in

the 300s, which was normal. But I started to talk to him. I'm like, do you feel like you're here? Like, do you feel like you have brain fog? Like, for him, it was completely different. But from optimal levels, he had very low testosterone. As a Vata, as a Vata Pitta male. And within a few months of him getting more testosterone on board, I had, like, my... I had my husband back. And that, to me, I did ask him permission to share that today, but that, to me, was like. Oh! Just as, just as we, like, have all of the hormones starting to shift and decline. If we look at our partners, if you have a male partner, if we look at our partners and start to see the shifting, we need to be looking at their ferritin, at their testosterone, and helping and guiding the people around us who may be really significantly depleted as well. So I saw testosterone shift my brain, but then I saw it shift my husband's brain. he was starting to feel, like, attacked at work, and he was starting to feel like he was avoiding really conflicting people at work. That's how it showed up. It showed up at work. And with me, it just was like he was starting to get less and less there, less and less present. And those were the two pieces that I was starting to see In him that showed that his, testosterone levels were low.

Daniela Hess

Mmm. It never ceases to still feel shocking how chemical we are. And I attribute, of all the things I needed to treat my thyroid, I needed to do a whole bunch of things to bring myself back to, grounded, present clarity, it was the testosterone for me that I literally say gave me my life back. I mean, all the things gave, you know, combined made it, made a significant difference. My gut, the gut healing, supporting my thyroid. But the testosterone blew my mind. Like, all of a sudden, it was like life was in Technicolor again. And I could have just kept plodding along. I could have. But I think... Also, and this is also something that people don't talk about often enough, and Kim and I have a friend and colleague named Raina, she's an astrologer, and Raina and I were just talking about this yesterday. I want to talk about suicide ideation for a moment. That was another symptom when I was at my when I felt the worst and yet didn't know what was going on. I remember observing myself daily. Imagine. Oh, well, I could... Exit this incarnation in this way. And I knew it wasn't true and real. It wasn't what I wanted to do. And yet... if not daily, regularly, at one point throughout the day during the week, that thought would come in. And this was when my ferritin was... my iron was so low, all my hormones were... were low, and I had untreated thyroid. Right, so... And so why I bring Raina and the astrology into this, we were talking about this, and she said it's not uncommon for people in midlife to have a transit in their natal chart That she called... Maybe it's suicide transit, something like that. And how this is even something that we're not talking about. kim, do you wanna, is there anything you wanna add to that?

Kim Beekman

Yeah, I think we'll talk about this later, but divorce rates skyrocket during this period. Women's suicidal ideation and suicide rates skyrocket during this time.

Daniela Hess

It's the highest point of suicide that women actually see through is in the midlife years. They're the most vulnerable.

Kim Beekman

And the way it showed up for me is I was holding a private business, a nonprofit. I was holding in these prime of my life so many three daughters in the transition of neurodivergent women into college. which was a whole thing unto itself, and I had, like, these 10 arms, and I literally just put them all down. I was like, I can't. I just paused the nonprofit. I stopped taking on clients, I... I just stopped working, and really pulled myself out, and so while it didn't show up. It did show up a little bit. I think when you're spiritual, you're a little bit more okay with death and mortality, and there was kind of like almost a transitioning out of the physical realm that I was starting to do. That was unconscious, but was just part of the, I can't anymore. So I think it's really important to name, and I think if we're all here, then we can start looking to the sisters and the cousins and the friends, and just be able to start to see this, because Even fibromyalgia, I had a, my sister in law started to have fibromyalgia about six years prior and she's six years older than me. And as I look back, I'm like, oh man, she was struggling mentally, emotionally. Fibromyalgia, chronic fatigue started to show up. Estrogen, the lack of estrogen in a body can create those types of issues. So there are so many physical symptoms, mental and emotional symptoms that are very much related that come out around 45 to 50 in women around us. And we just, we will chalk them up to autoimmune. That's why Daniela has autoimmune and hormones as part of this conversation. You can't talk about one without the other, and they all seem to really show up at a very similar time when things, when your body is less neuroprotected by the hormones and the ferritin levels. Okay, so,

Daniela Hess

I want to talk a little bit about pregnenolone. Is that okay? Yeah. Okay. So in the world of hormones, we're still in hormones. Pregnenolone is, we'll call this the master precursor hormone. Now, it is the raw material that the body uses to make estrogen, progesterone, testosterone. Now, remember we talked about chronic stress and how it drives inflammation. Here's what else chronic stress does. When we are chronically stressed, and chronic stress, again, remember, I didn't think I was a chronically stressed person, or living in chronic stress, our unnatural, busy lifestyle. Creates chronic stress. Yeah. Being a woman, working in a marriage, raising children, all the, that is a chronic stress lifestyle. When we are in chronic stress, the body diverts pregnenolone. toward cortisol production. So stress literally steals the building blocks of the hormones that protect your brain, your bones, and your heart. Now, cortisol... has a rhythm Cortisol is high in the morning. and low at night. In midlife, it often flips for women, where we may feel wired and tired at night, and morning is so hard, flat in the morning. For me, years of high cortisol, this is what happens. If your cortisol is too high when it's not supposed to be, too high, too high, it just says. We give up. We yield. and it crashes into a flat line. Now, that's called stage 3 adrenal fatigue, and it takes real care to come back to that, to bring that back up into a healthy rhythm again. And in hindsight, I can even see, like, my kiddo was always late to school. Like, it was, like, the joke for 18 years of his elementary through high school career. I just... I couldn't get going. I couldn't. It was so hard. Mornings were so hard. And nighttime, like, I could walk to, like, Washington State, you know? Like, just so much energy, and still tired. So... you know, I, I, I, it's also important just that you get, we're not here to promote a path. Of. This is what you need to do to attend to your hormones. There are many ways to move forward, with this information and to care for yourselves.

Kim Beekman

I think that's important just because we took a specific route. We are not in any way suggesting that this is one size fits all. And in fact, for me, I've taken the, I meet with an Ayurvedic doctor and I'm working my lymphatic system, my digestive system, my nervous system through Ayurvedic medicine alongside HRT and other supplements. So everybody has to find their way. And just because Danielle and I have a way that we chose and it's similar. It doesn't mean that we're prescribing this or suggesting this. And I am very much proceeding with caution and vigilance in what I'm doing. And we'll talk about like what it looks like to test and retest and to see if the route we're choosing actually makes sense and fits our body. and brain chemistry. And so thank you for saying that. And please know we are not. This is not a commercial for Hrt. At all. There are many healthy and Ayurvedic Eastern ways to supplement and to rebuild, and in fact, I'm working toward that as well. However, there are so many yogis and natural folks, and we've, like, kind of pulled the wool over our faces because we just do not want to consider Western approaches. And I honor that because I was that way and I was suffering greatly from that. So I think that's the essence of what we're sharing.

Daniela Hess

So, Kim, let's talk now, through the Ayurvedic side.

Kim Beekman

Okay, well, before we get to that, there's, I want to do a review of what you just said, because someone in the, in the in the zoom chat had a question, and I just wanna I'm more linear, so I just want to, like, hit a few of the things that you've mentioned home, and I just threw these together during our break. But someone asked, does this help the heart? Like, what affects what? So, estrogen supports the brain's neurotransmitters, memory, learning, energy production, and reduces inflammation in the brain. It also keeps your blood vessels and your heart flexible, improves cholesterol balance, and this is a very important thing for me. Of my blood labs, my LDL and the size of the particles of my, of my cholesterol are the worst. And I was shocked by this, because I have, like, the cleanest diet ever. But... I don't know, genetic predisposition plus hormones being at a low level for a long time can really affect heart health. Bones, as Daniela was saying, osteopenia or whatever it is, moving to osteoporosis. So estrogen slows bone breakdown and maintains bone strength and dramatically reduces osteoporosis. Risk, so it's not a reproductive hormone, and I just want to hit that home. This is not sex hormones. These are brain, heart, and bone hormones, and they're absolutely critical because of what Daniela said. You break a hip, then your health and your well-being and longevity tanks. So this is preventative longevity medicine based on hormonal, health and well-being. progesterone. Promotes GABA activity, so it supports sleep, anxiety helps regulate mood. I will tell you that when I started progesterone supplementation, I would take it and within an hour I was like so sleepy. It was like I took a sedative, I could feel it, and that's how I was able to start to adjust my estrogen and progesterone balance. That's how I knew, oh, I think I need to rejigger this a little bit, because I knew what the effect of progesterone in my body felt like because of when it first hit. When I first started taking it, it hit my body like it was calming every cell.

Daniela Hess

happens where I was like, I was like, Oh, this isn't life is not this hard.

Kim Beekman
Yeah, it was really fascinating.

Daniela Hess
My, my, my resilience, I, I noticed for me, oh, my, my resilience came back.

Kim Beekman
Yep. So progesterone supports the reproductive system. This is really important to me because a lot of the women's health doctors nowadays are talking about the signals of your reproductive system are shown during like these, where my daughters are at 17 to 21, when your hormones and your reproductive system are out of whack and then you get thrown on the birth control pill, a synthetic birth Birth control pill to manage your period. So progesterone is really important for maintaining the uterine lining. It supports pregnancy, it balances estrogen. Remember I said you have to keep these 2 in balance. For me personally, I have a daughter who is 17 years old and was getting periods for like 6 weeks straight, and because I was checking my ferritin levels, I was listening to all these women doctors, and I'm looking at her periods and her periods. She had had her period since 11 years old, so it wasn't a new period. but she actually didn't have strong enough progesterone to seal up the uterine lining and stop her periods, or she wasn't ovulating, or something. I'm sorry, I don't have the actual science, but her lack of progesterone was keeping a long period, which created anemia, which depleted her ferritin stores, and she thought she was depressed. She wasn't really depressed, but she was down, she was sleeping a lot, she was pale. And again, I looked at my husband, I looked at my daughter, and I'm like And I took her to 3 doctors. The first 2 doctors wanted to put her on birth control pill. I'm like, she's not sexually active, she doesn't need to be on the pill yet. I think I'm searching for something else. And I asked for bioidentical progesterone. I'm like, can we just give it a try? While we're using the Vitex Chasteberry, and we're working with I was working with Ayurvedic herbs and her system to stop her periods. And, and progesterone actually made her grounded. She's vata, it made her more hungry. She was starting to reach for more grounding foods. And I recognized that this kind of always moving, not eating much girl who was just kind of, prone toward anxiety was really low in progesterone. Now, what are we doing about that? We're doing a bunch of things, both Eastern and Western, but because I was starting to recognize that her reproductive system, I had an ultrasound, I commanded an ultrasound, I commanded hormone testings, they, people will never do hormone tests unless you're getting pregnant. So I required that the doctor do it. I searched for 3 doctors and finally found the one who would do hormone testing. They would do an ultrasound, they found a cyst on her ovary, which isn't rare, but I was starting to key in on the things that I probably should have been doing for myself 35 years ago. because of my periods. But I went on birth control for about 2030 years as well. So anyway, long way of saying progesterone supportive to the reproductive system. And then bone and breast health. bone formation, breast tissue development, estrogen, the balance between progesterone and estrogen. So it's our calming hormone. And then, again, I'm just reiterating, just in case you need to hear this, like, 15 times like I did. Testosterone, turn my brain on, drive, focus, cognitive performance. muscles and bones, it helps... I mean, we know this, people take testosterone to go to the gym and build muscle. Well, when your muscle mass is waning in these... this last third of life. We need to be building and maintaining muscle. You hear all of this about Ozempic right now, right? People are on Ozempic, they're losing muscle mass. That is not good for women

in the menopausal stage of life. It is actually really dangerous. And if you don't have testosterone on board, you're more likely to lose your muscle. And of course, testosterone helps with libido. Arousal, I mean, I used to have this term with my clients, like there wasn't blood flow down to the vagina. Sorry about how graphic that is, like for people, especially with vata imbalance, there wasn't blood flow. Well, that blood flow actually occurs when there's more testosterone on board, and I didn't know that. I mean, I would have helped them that way if I had known. But really, especially those with vata or vata imbalance in your constitution. Things will be turned off like the spigot will be turned off. and bringing more testosterone on board can bring, turn the spigot on. Now, I do want to say one thing about testosterone. When I went on testosterone replacement, and the same thing with my husband. When I went on testosterone, it kept building in my system. My body wasn't clearing testosterone. So I felt good for a number of months, and then I started to have anxiety. I retested and was able to see, oh, I'm not clearing testosterone. For my husband, he started testosterone. He brought more testosterone. He started gaining fat. He started gaining breasts. He started getting love handles. His body was turning testosterone into estrogen. So, again, Test, test. Test and we're going to talk to you about if you decide to even go this route. It's not a like take the pill and you're done. It's a let me look at what I'm feeling. I brought this on board. How does that feel? Oh, I'm feeling good. Let me test and figure out what numbers I feel good at. Let me test again in three months to see where my numbers are based on how I'm feeling. Like, this is an iterative process. It's not a one-size-fits-all. I also started... I have dense breast tissue. I'm concerned about breast cancer, even though the doctors told us not to worry about it. I started requesting breast ultrasounds. They found a little sesame seed. I'm watching that sesame seed. Even though it's benign to them, I'm watching that. And I'm going to be asking for every 3 to 6 months. I want another breast ultrasound. Why? Because I am the one that's in charge of my healthcare, my body, and I'm not educated enough to do that. I'm doing it in partnership with my doctors, but my doctors don't look at labs or ask about labs. They go, women's reproductive and hormone specialists will go by symptoms. I go by symptoms, and I go by numbers. Oh, yes.

Daniela Hess

I love data, and I'm of the same school, where I work with my practitioners every 8 weeks. I'm getting labs done, and you don't always have to get, like, 20 vials, you know, sometimes it's just 3 or 4, but I'm looking at both data and how I'm feeling. Also, just in terms of what's going on with breast health, a very... Simple. form of breast health care, always, whether you're doing thermography, or ultrasound, or mammograms, or QT scans for your breasts, and they... or MRI, and they all from, They all have a different range of how clear of an image. The. the practitioner can have of your breast. Dense tissue needs to really be paid attention to. Ultrasounds are very wise, because mammogram can miss things. So ultrasounds are... it's not uncommon for your practitioner You shouldn't get a lot of pushback if your practitioner says, no, I won't write you a lab order to get an ultrasound.

Kim Beekman

What that means is if you get a mammogram and the letter comes back and says, looks clear, but she has dense breast tissue, read that letter and then request an ultrasound.

Daniela Hess

And if there are, if a little spot comes up, obviously you first want to listen to whatever their recommendation is. But in the meantime, 1 to 2 times a week of castor oil treatment on your breasts. Can be very, very, right.

Kim Beekman
Do that practically, Daniela.

Daniela Hess
It's very simple. I'll, I'll walk you through it and. I myself went and did thermography, I did ultrasound, and I had a calcification that they right away... the ultrasound person said, well, the standard course next is to do a biopsy of that. So I wasn't quite ready for that step yet, because I thought there may be a step somewhere else that she's just not aware of, which it turns out there was. Qt scan is a different form of technology that gives you an even clearer picture than an ultrasound, so I did that. Now, Calcifications 90% of them just stay put and do nothing. No harm, no foul. 10% of them can be tremendously problematic. So that's always the question. It's like, well, where do I land in this? And so that's a conversation between you and your doctor. Do you want to get a biopsy? And before I did that, I said, you know, I want to do 6 months of castor oil treatments. Now, I... Because I, I had met enough people firsthand that had dissolved cysts. And calcifications using castor oil. So for 6 months. 4 to 5 times a week. Now, this is not what I'm recommending to you for, for maintenance. Only once a week is what is, is good breast, breast care. But what I did to dissolve the calcification, and it worked completely, because I just went back and had my follow-up QT scan, and it's gone Is you slather the girls with high-quality castor oil. I bought on Amazon, their castor oil breast pads. They're organic cotton, so you could use organic cotton t-shirt, you know, if you want. I like the breast pads. And you just lay the cotton or the breast pads right over Slippery girls. And then... I just got cozy, I did this in the afternoon. You put a warm heating pad across your chest, just tuck it in under my arms, and I did all the way up to my... by the lymphatic nodes, here and here, put the oil there. And then you just relax, kick back, 60 to 90 minutes. And then you're done. And I just I don't I didn't shower or rinse off. Just let my body absorb it. You can also do a castor oil pack over your liver. That helps to clear estrogen and detox. You can use it on your face and skin. Why I look like slip and slide is because I love coconut oil, olive oil, and castor oil. So, for me, in 6 months, I went back, and the calcification was gone. So, my doc... my... my doctors knew that I was doing the castor oil, they gave me good guidance and direction, and they were open to... they thought... they had... they felt confident that I could go 6 months without a biopsy to... to see, could I dissolve it? So, I just share that with you, not as medical recommendation or advice. However, once or twice a week, castor oil packs on your breasts It, can be wonderful preventive. Care.

Kim Beekman
That's beautiful. Thank you for sharing that. We'll have to put a slide in there for breast care and breast awareness, because...

Daniela Hess
If I have a.

Kim Beekman

I don't feel like the field of medicine knows enough yet, right? Like I feel like we're at the bleeding edge of some research and some breakthroughs for women's health, but there's such a lack of research and we're not taught any of these things to be able to stay on. We don't even know what to be on top of. So... so we're just kind of scratching the surface here with it.

Daniela Hess

And I really want to be crystal clear, I am not anti-biopsy. We have a mutual acquaintance and colleague, Bethany, who's very vocal on social media about her journey with breast cancer. She was going for thermography and had a big lump and bump and didn't want to treat it, didn't want the biopsy, she did all kinds of other things, right? So I'm not saying if you have a lump or bump, you want to be talking to a practitioner. She attempted to deal with that on her own. And that may or may not have had some impact, some long-term impact that has not. been her first choice. So she, she's, you know, yelling from the mountains, like, take care of your breasts, like, if you have a lump or bump. She had, she had a bump that was sticking out. I wouldn't, if that were me, I wouldn't just castor oil that. I would, I personally, not recommending this, I personally would have a biopsy of that. So I wouldn't just do castor oil for 6 months. That would feel very, very risky for me. Yeah.

Kim Beekman

So there's one more thing I want to hit before we go into the Ayurveda, and maybe we'll take a break before we go into the Ayurvedic piece, is... that ferritin and estrogen are really critical in the production of dopamine and serotonin. So you see people going on antidepressants or going on anti-anxiety medication, when they have really low ferritin. Or you start to see people who have, have hit midlife and get depression, where they never struggled with anxiety and depression. And again, if... like, there's a whole... if you research it, ferritin... is critical in serotonin and dopamine production. And so my daughter, who had a ferritin of five after bleeding, she probably did have low dopamine and serotonin production, right? So I started to get iron IVs and she got her brain back and she started to feel more uplifted. Why? Because there was a neurochemical aspect to iron and what iron was doing in her system. So there are neuroprotective effects of iron and estrogen. We haven't talked about iron yet. I think that's up and coming. But what we'll often see is that once estrogen or ferritin starts to go low, we'll see people in midlife now getting new diagnoses of ADHD and autism. Now, does that mean it was never there? I mean, there's this whole revolution, and if it's come across your feed, you've probably seen it. But the thing that's missing here, and I just feel like this is absolutely critical. is if you start feeling a little bit more ADHD. I mean, my kids' TikTok diagnosed me ADHD, like, 7 or 8 years ago. They were like, Mom, you're totally ADHD. But I didn't need that diagnosis, because my lifestyle Really kept grounding and space. Like I was basically in ADHD management and not knowing it because of my spiritual, mental wellbeing practices, right? So I was living a satvic life and really, counterbalance, counteracting a lot of the neurodivergent qualities. But you see this a lot right now, people, women finding, oh, I was ADHD. Oh. oh, I've been... I've had mild autism this whole time. And while I want to honor that. I also don't want to normalize that without looking at what are the hormonal hormonal impacts? What are the nutritional deficiencies that are actually making that worse? And instead of just chalking it up to, Oh, I don't have attention, really starting to reel in your optimal levels so that we're not just accepting that diagnosis as like, Oh, I just don't have attention. it's important to acknowledge it, to honor it, to know that

we're not broken, but to also recognize there may be neurochemical underpinnings that are making it... making you feel more ADHD, or making the sensory issues, or the sound issues, or the... Feeling everything issues more amplified because your nervous system is not as protected and not as grounded based on the neurochemical imbalances that might be happening in your body. And that's just, it's kind of like going, it's kind of in mode, right? Just as people discovering trauma 10 years ago was this big thing, now neurodivergence is being understood as a deeper issue. And I think it's if it's I think it's relevant. And I think that it's important to know what your optimal levels are. And let's just talk about... do you want to talk about that? And then we'll take a break, and then we'll go into the Ayurvedic aspects of it, too?

Daniela Hess
So...

Kim Beekman
Okay.

Daniela Hess
When you get labs, friends. This is one of the most, I think, important things you can take away from this conversation.

Kim Beekman
Thank you.

Daniela Hess
Because sometimes it can be like climbing a mountain to get your a practitioner. To write you a lab order that your insurance will cover that you feel is thorough, based... and we have a labs wish list that you'll have at the end of this. But once you get those labs back, The real work is. Who and how is it being interpreted? So there is a difference between normal lab ranges and optimal lab ranges, and it literally is the difference between everything. So... I had a client that went to her doctor and a naturopath, and everybody said she was fine. She came to me exhausted, and she was so fatigued that after a short walk, she ended up having to spend the rest of the day on her couch. Brain fog. She felt like she was losing her mind. She went and got her labs done. Her ferritin was 17. If you take ferritin of 17 to a doctor who takes your insurance, the normal range, the allowed Healthy range for ferritin runs from about 15. to 200. So hers was 17. Technically, normal. So the doctor said to her, I don't see anything. You're fine. But the world of functional medicine, many naturopaths, osteopaths, Recognize... that ferritin below 70, you're not even going to feel functional. So this client was walking around with ferritin of 17 and being told she was fine. Normal ranges are built on the averages of sick... of a sick population. Normal really means, are you sick enough to treat? Optimal ranges say. Where do your numbers need to be for you to feel like you're thriving? And it also goes in the other direction. At one point, my own ferritin, this is... you've got iron, and then your ferritin are your iron storage tanks. Mine was up in the 300s, and I'm like, yay! My tank is so full, even though I didn't feel like I was operating on full. No problems here. Too high is also a problem. That's a sign of inflam So, I really want to be fair to doctors here. Just about every doctor I've met, whether it was somebody that takes my insurance, to someone I'm paying out of pocket. They, I do believe they are all doing their genuine best. Inside a system

that gives them, many of them, only 15-20 minutes with a client, and with a normal range chart. Even my primary care doctor, when I brought her my hormone labs, was honest and said, thank goodness she was honest, and she said, I'm not equipped to do anything with these. So between 40 and 60, every single one of us and I say 40 and 60 because I'm used to in the world of marketing. you want to niche down. Friends, everything we're talking about here today is applicable if you're 18 to 108, okay? It isn't really only between 40 and 60, and we're going to talk even about hormones, you know, 65 and up. You should... I don't love shoulding. You should be able to rattle off the following numbers and always know them. Vitamin D is one that oftentimes is... you're told you're fine, it's normal, but you're suboptimal. your B12, your iron, your ferritin. are... we need full thyroid panels. You should know your levels of D, B12, iron ferritin. your thyroid, that includes what's called free T3, Free T4. reverse T3, and two thyroid antibodies, TPO, TGAB. You're going to have all this in writing. Because... Here's what you need to know about ferritin. Ferritin under 40, you are going to have hair loss. Regrowth of your hair doesn't happen until it's at least 70, but your insurance... your loving insurance-covering primary care physician might see ferritin of 20 and say, you're within normal ranges, but you're still losing hair, and you still feel fatigue. So if you're, if this, if you resonate with this, you are not imagining this. And if your doctor will not run these. Here's, okay, we'll, we'll, here's what Iron, Iron does. Over to.

Kim Beekman

Yeah, I just, I just, again, I'm just, just bringing this in so that you all can see, like, why is it that iron affects how we feel so deeply? Well, we already talked about the dopamine, and the, the impact on, memory with the other hormones, but iron's essential for dopamine, oxygen delivery to the brain. When my daughter first got her first iron IV, it hit her brain so hard that she looked at me and she was like, is this okay? Like, she could feel it hit her brain. Much like I was talking about testosterone hitting the brain. It enables mitochondria to produce ATP. It carries oxygen in hemoglobin. So hemocrit, hemoglobin, you'll see that a lot on labs that we wanna be checking and it reduces fatigue by supporting cellular metabolism. So it's not just like, oh, I have good energy, or my energy's up. It's like, literally, iron is critical for energy production, and it helps with DNA synthesis, tissue repair, resilience to illness. I mean, it's really absolutely important. And and something I just want to add here. Is that... The conversation about iron is not straightforward. So it's not just through blood loss through the periods. I've been aware of iron. I have a good friend whose daughter had Lyme disease and she had really high iron because like Daniela said earlier, she wasn't breaking down iron and actually assimilating it into the cells. I also know, being in the Lyme community, that iron feeds a lot of chronic infections, and so a lot of us might be low in iron because we've had chronic infection. Now, the question is, how do I feel when I replete iron? So, for me, I was okay with 100 milligrams, like, a couple months, do another 100 milligrams, but I made the mistake of a 200 milligram IV. And I felt it hit my system with a flare. I had a bit of a lime flare. And I share that because again, don't take any of this that we're sharing and go apply it. Like this is trial and error. There's not a lot of data on this. You have to be talking to your doctor and really looking at how is your body responding. Like when Daniella said she had too much iron, that was very oxidating for her system. That's not ideal. And so we are kind of feeling like lab rats a little bit. I'm kind of joking but kind of not because we're experimenting with ourselves on new research through functional medicine and really trying to figure out how to get our body optimal and there's not enough research on this. for women's health in this in this piece. So again. Disclaimer, like, don't just go

throwing iron at your body, really, this is a very delicate balance.

Daniela Hess
And, and... I love the phrase, test, don't guess, because there are too many supplements that have negative effects if you start taking them and your body does not need them.

Kim Beekman
Oh my gosh, I was toxic in vitamin D, I was toxic in iodine, I was just taking, like, my supplements. like, regularly, for years, the same supplements, and I wasn't testing. And I was having low kidney function, because I was overdosing on vitamin D, and I was... I had too much iodine in my... in my body. Like, so... that's case in point. Like, you can't just autopilot on anything. Anything that we supplement, we need to know why we're doing that. We need to be connected to our bodies as we do it, and then really test, retest, retest.

Daniela Hess
And even if a practitioner, right, or let's say you see reels on social media or a naturopath says, let's say if you, if it turns out you have some subclinical hypothyroidism, they may, it's not uncommon for For practitioners even to say, oh, you want to be taking selenium and iodine. But you don't know if your body needs it.

Kim Beekman
Yeah, okay.

Daniela Hess
And selenium, you can very quickly go to too high doses and you'll get hair loss then. The B vitamins, often, if a practitioner, it's not uncommon, if you'll say you're low energy, they'll say, well, why don't you take a B vitamin complex supplement that has a lot of Bs in it? Some of them you'll just pee out, but B6 in particular, you can very easily, Have toxic levels, and then you're looking at nerve damage and neuropathy. And it takes something to detox your body from that. I know too many people firsthand. So this is why I don't recommend you just, start taking multivitamins. I don't recommend, if you think you're low in anything, just starting to supplement. What we're going to recommend is that you can you're consistently getting data. So you have numbers to then corroborate With how you're feeling and and symptoms you may be experiencing, right?

Kim Beekman
Aside a functional doctor or a naturopath who really knows your MTHFR status to tell you what specific B vitamin that you should be on because not all B vitamins are created the same for everybody. A lot of us have genetic mutations. like Mthr. Or slow comp. You may have heard of these things, and if that's the case, and you're taking a regular B vitamin, your body can't process it, and it in and of itself might create another set of problems in your body. I was taking a methylated B vitamin, because that's what I thought you'd take with Mthfr. And really, based on my genetics, I needed to be on a hydroxo B vitamin. So this is where the nuances of these things and what we take is just absolutely critical.

Daniela Hess
So let's talk about some options for care for practitioners, or do you have that? Is that? Is there a slide for that, Kim?

Kim Beekman
Well, I think we're due for at least a 5-minute break, maybe. Okay, that sounds good.

Daniela Hess
Then we'll come back to.

Kim Beekman
Yeah, that sounds great. Okay, so let's, let's come back. Let's take eight minutes and come back at 20 after and we'll. Kind of figure out what's left and how much time we have. Awesome.

Daniela Hess
You guys are amazing.

Kim Beekman
Intend. to address all of the layers of the body. And I think we've talked about a lot of the emotional and mental imbalances that occur when inflammation, hormones. and nutrition decline. We've talked about the physical body ad nauseum. A lot of information and a whole lot of, points, and I think they're really important pieces that are often left out. And now I just want to talk about the energetic aspect of this because The Ayurvedic lens is so wise. Ayurveda is the... the... the ancient science of, life and longevity. It comes out of India. It's a sister science to yoga. And when we look at the elements, which are earth, water, fire, air and ether, the five elements, we can look at those elements and how they are manifesting in our bodies. And the more that we see them manifesting in the bodies, the more likely that there can be imbalance in that specific dosha. And a dosha is a combination Of the five elements. Okay, so I feel like this is important because No two people are going to show inflammation in the same way. No two people are going to have the same experience through menopause as we move into what is the air or the vata stage of life. So, let me just break this down. The first... Several years, up until what I'm watching with my kids, up until 17, 19 years old, you're in the kapha, or the earth stage of life. And then in the middle years, until 50, 20 to 50, let's say, you're in the pitta or the fire stage of life, right? We're getting stuff done, we're achieving, we're, you know, producing babies or projects or whatever. And then at 50, or at around menopause, you hit what's called the vata, or the air stage of life. And the air stage of life is not supposed to look like the fire stage of life, although with longevity and the need for people to keep working, for women to keep working, we are dragging out the pitta stage of life into the vata stage of life. Like for me, I know this sounds really silly, especially because I was a person that said that I never wanted to have kids. But like I hit 50 and I was ready to go into grandmother mode in a way. Like I was ready to sit back and be the wisdom keeper in the family. But my kids were off at college and they're probably not going to be having kids for another five or 10 years if they even choose to. Maybe they don't even want to do that. But that's kind of like the gear shift that I felt in my body. Now, having studied Ayurveda, I knew that that was a very natural Shift to make. Even though my life was not ready. for B to sit back And be the wisdom keeper. Does that make sense? And so the shift. is a very

natural shift Ayurvedically into the air stage, into the air stage of life when the nervous system is less grounded, where the mind is less grounded. So air stage of life, there is less grounding and sustainment, less sustainment, and a little less ojas or vitality in our bodies. And that's normal. And the way it shows up may be different. And if you could just in the chat, if you did do the dosha quiz, just tell me what you came up with. Either the animal, which is just what I ascribe to them. And the reason why I do animals with doshas is because it's our nature. There's nothing wrong with us. You were either born with like more of a bird nature or a lion nature or a bear nature, vata, pitta, kapha. And to honor that nature and to bring yourself back into that nature is absolutely critical. Because, I don't know about you, but if you were born, I see a koala. Kalyani, right? If you're a koala, which means you're vata and kafa, air and earth, and you were born to parents who were lions. then you might be striving to be a lion your entire life, when really you just belonged in the tree, observing, eating your eucalyptus, chilling out, and being the grounded, yet observant, wise being that you are. Does that make sense? And that's why our nature and knowing our nature is absolutely critical. We have a few giraffes. What that means is you're tridoshic. That means you have air, earth, and fire in your constitution. You're showing all three of the elements. The most important thing for someone who has all three of the elements is that you manage vata, which is air. Now, here's why this is important. You go into the air stage of life, and your vata, or your air, gets imbalanced, all of the rest of the elements will get imbalanced. Giraffes. Try doshics. Does that make sense? And you're more likely to get air or vata imbalanced in this next stage of life. Because it's the air stage of life. Okay? So that's why we see an elderly person who might not... may have a shaky nervous system, their bones, like, they're more bony, they're losing their weight that they had, their girthier bodies, they're losing muscle, they're becoming more air. Okay, so that is just the natural stage of things, and we're not suggesting stay a lion during air stage. It is how do I, as someone who's a bobcat or an eagle, a vata pitta, how do I be the strongest, most stable Vata Pitta in this next stage of life. So, for example. So, just again, vata is air. I'm trying to use both... all of the words so you don't get confused. Pitta is fire and water, and kapha is earth and water. So, if you're Vata in midlife. then your mind might be looping on who's gonna die, what's wrong, am I safe, am I okay, and really, like, looping unproductively in the mental body. or your nervous system, or you may be constipated and have a drier stool. That's what vata accumulation in imbalance looks like. And so the medicine here is grounding. Grounding your nervous system by working with the vagus nerve and your breath, pranayama. Grounding your body onto the earth, getting barefoot on the grass. Taking Epsom salt baths. to regenerate the minerals in your body and to ground your body. Doing Abhyagandha, which is oiling. Daniela is oiling because she has the wisdom that the oil is going to regenerate the tissue and it's going to ground you at the same time. During the winter, it's sesame oil to create warming. During the summer, it's coconut oil to create cooling. And so, vata in midlife might be dry. It might be ungrounded on every layer of the body. And so, Ayurveda is so common sense. If you're hot, what do you want? If you're hot and you're outside, what do you want? You want a glass of cold water. Right? If your skin is dry, what do you need? You need moisture, you need oil. If your mind is looping, what do you need? You need to ground it. Slow it down. Get less movement. Still yourself. This is where the eight limbs of yoga are absolutely critical for those of us who are yogis, right? Pratyahar, withdraw from the senses. Durana, be able to focus on just one thing, just one thing. The yamas, the niyamas, being... bringing ourselves back into simplicity. Right? Being able to bring ourselves back to finding truth at this stage. And if you're a pitta, a lion, a fire constitution in midlife. You may be doing and doing and doing and doing and producing. And your body might be like, hold up, wait a

minute. I can't do this no more, right? I need to ground, and I need to cool. I need to slow down. I need to stop doing. And that might look like cooling yourself with coconut oil, or it might look like not doing the hot yoga or the cardiovascular exercise that's going to build more heat in your system, but it may be Shavasana, Yoga Nidra. It may be slowing down, not doing, knowing who you are without the results or the rules. And that is so important to those who are pitta, because pittas want a pitta all the way through, through the vata stage of life, and that only will end in depletion. exhaustion. And it doesn't work out really for anybody who's involved. So the, the medicine for Pitta. is cooling, cooling your temper. Cooling your thoughts, cooling the judgment, cooling the perfectionism. Cooling the inflammation. And for someone whose kafa earth bear constitution. The key here, and I have a couple of really good friends, is that the weight will start to come on heavier and heavier. The swelling will start to add up. You'll start to not be able to, or not want to, do what bears do best, which is take care of other people. And there will be often a withdrawal, or depression, or a heaviness that Kapha will experience. where they're there, because they're such a big part of the family or the work environment, and they are the glue, and they are taking on the burden. You'll hear Kafa Constitution feel burdened by other people, because they're the ones that step right in and do everything for everyone. And even if your body allows that, because coffee, you might be able to get away with it, unlike a vata or a pitta. Just because your body can do it, does not mean That's the thing to do in in this stage of life. And in fact, figuring out who you are, if you're not the glue, if you're not the listener. If you're not the one that's holding everybody together. will be really important. And so, knowing your constitution, and we haven't talked about AI. But I am all about ethical AI use, and I'm I find it to be a really good tool. So take whatever it is that came out of the dosha quiz and learn about it. Just plug it in, ask questions, put it into Claude and say, oh, someone said this. This is yoga psychology. What do I do here? And that's another data point. It's not just about blood labs. It's a data point of how do I take care of myself in my nature. In the nature of who and how that I am. Because for this stage of life, prana will start to move too fast for someone who's a bird. And Pitta Prana will run hot. And for Kapha, Kapha might slow down too much that they're not moving. So, everybody is going to have a different tendency. But if you're depleted, no matter what dosha, you cannot generate prana from a depleted body. And that your energy, your doshas, are riding on prana in your physical body. Your ability to get iron into those cells to feed the mitochondria that are giving you energy. And you cannot keep going. If you have a major depletion. It's not compassionate to the body. to do so. Ahimsa. non-harming. And so with this, I think Daniella and I, hopefully we've weaved this in, but, like, the whole goal of focusing on the body in midlife is to calm the inflammation, because if you're inflamed. You cannot be embodied. In the same way that a healthy body can be embodied. So if you've been on your embodiment path. The idea of relaxing into the divine nature that you are, Ananda Mayakosha, the sattvic life. When your mitochondria do not produce enough energy. It's just not possible. So... While we're aging, while we're repleading our system. Being able to connect into our bodies in a way that allow us, we can't go into trauma, we don't have much time, but in a way that that feels like it honors ourselves so that we can spiritually. connect. When I was depleted, I couldn't meditate anymore. And I had a 2-hour morning practice. But Pratyahara Dharana, pulling into myself and being able to concentrate within my spine, which is my spiritual practice. I couldn't do it. because neurochemically, I couldn't rein in the horses. And I'm not using that as an excuse to be an unpracticed yogi. I was a practiced yogi. It's just the practice that I had, I couldn't sustain anymore because of the imbalances in my body. And so the spirituality comes all the way down to the cellular level. because we can't embody the divine. If our body is in red alert. We won't feel the subtle

nature of the divine connection. If our body is not functioning. And that is why I'm teaching this class. Like, I kind of keep looking up to the divine, like, really? Am I... why am I... why am I bringing this material alongside Danielle? Like, I'm just kind of clunking along on my path, but the thing is, is I'm a spiritual teacher. I am teaching people embodiment. I am teaching people how to overcome childhood trauma vibration stored in the body. But if the body isn't functioning. then we're too directed to the nervous system and the noise that the nervous system is making, because the nervous system is on red alert, and we're not able to settle into the Sacred Heart, the Soul Flame. Or the connection into the bliss layer of the body that is our divine birthright. to sustained connection to And for me, the other side of healing has become less of, and this is probably just part of my spiritual path, less of grasping, hey, divine, hey, Jesus, hey, hey, someone, like, I was literally like, hey, hey, help, and more of, like, feeling really deeply present. In the connection to the light in my spine. and and more present to the people around me. And my spirituality has shifted in this next stage of life because I can feel it. And I was, I was in a critical stage where I just, I was grasping. I was using my spiritual practices as a cover-up. To the imbalances in my body. And hey, we do the best we can, and we... I mean, it was fine, I was blowing smoke out of the floors of the house, but there was a fire in the basement. Right? and hitting root cause, whether it's root cause of trauma or root cause of of deficiencies. is how we can then transcend, in my opinion. It's like Maslow's Hierarchy of Needs, right? We need to feel safe in our body. And if the safety in the body, if that foundation's not there, we cannot. we cannot enlighten. I don't think. Maybe we can. Truly, maybe we can, but I couldn't. I could not continue on my spiritual path with the alarm sounding.

Daniela Hess

And those practices that used to, at one point, perhaps bring you into the embodied relationship with divinity itself. When imbalances in midlife show up, all of a sudden, those practices are treading... can feel like treading water practices. And you still won't feel. Divinity settle comfortably inside of you. And you can also track it. Ram Dass always described a light in the eyes as the liquid luminosity of the eyes. And before my imbalances surfaced, I felt very I felt very much in communion with spirit, and very embodied in it. And then it was a sudden, a bit of a shock and a heartache where I didn't feel the same anymore. And what I then got to experience for myself is, as I brought balance into my cells. It was like spirit could say, now I can live inside of you once again. So. That is... we talk so much about the physical with you, because it's the access to the sustained spiritual experience that is here for us, and midlife is an initiatory Transition. And we are coming, we have the potential to come into this. Inner congruence of ourselves as three-centered beings, as love. As, as wisdom, as love, and as power in our solar plexus. And when our three centers are coherent and congruent, And our cells are nourished. Oh my gosh, now that's an unstoppable woman.

Kim Beekman

Indeed. So let's get practical. I think I think you all will want to walk away from this with a sense of what can you do? And so I've tried to. Daniela and I have tried to like, get really linear, and we just want to talk about like what what you want to start looking at. And this is this is more of like in terms of labs. So let's go through this, Daniela. And then we're going to get even more specific about the how. And then we'll talk a little bit more and go to questions and answers. So the first question.

Daniela Hess

You, you wanna know how your thyroid is functioning because this is such a common issue for women in midlife. And often, our caring, insurance-covering practitioners, our doctors, will test what's called just TSH. and go by that. And they'll see it in the ranges that are normal, and say, it's in the normal ranges. And that's it. What you want is free T3, Free T4. You want our thyroid antibodies. And, Reverse T3 is... is... wants to be on there, but you'll have this in a... in a handout, friends. You have this... you have a... you'll have a PDF that has these five things you can do, and you're gonna have separately a PDF that's a full lab's wish list. That's a little more detailed than this, okay? So, do you want to know your ferritin levels? Not your iron, not only your iron, you want a full iron panel, also your ferritin. You'd think they would all go together. They don't, so you have to ask for it. Number 3? Has anybody checked your sex hormones? And if your doctor Gratefulness for those who say this isn't my wheelhouse. It will help you find someone for whom this could be their... this is their wheelhouse. Have you had your cortisol mapped throughout the day? Many people have fatigue in Midlife, it can be any number of things. It could be a thyroid, it could be ferritin, it could be sex hormones, and it could be cortisol. So we want to know what our cortisol pattern is. And the most important, let's say you get all, all four. But who's interpreting the data? Because you could ask for all this and they still and be told everything is normal when they're not looking at them through optimal ranges. So who does optimal ranges? So we have some.

Kim Beekman

I forgot to add the other organization that you had, but I'm sure it'll be in...

Daniela Hess

Ways to, well, I'll.

Kim Beekman

waste well. So, if I could just share, this is what Daniela had me do. I... she had me go get a function... function health panel done, which tests for all these things, these nuanced things. And for me, this was really important, because I have terrible insurance. So, if I had tested all of the things that really you should test. I would probably would have paid over a thousand dollars out of pocket. In fact, I have worked with doctors that didn't run things through insurance and it's cost me thousands of dollars. Function Health is $365, and you get 2 rounds of testing. It's just... and you can put it on your HSA card. I also have a link that gives you a discount as well. So... If you want to do this, I did function health. Function Health does blood draws through Quest Diagnostics. It's 15 vials of blood, so you want to be hydrated, you want to have nutrition, you want to follow other guidelines. And if I could just share with you, I mean, talk about HIPAA restrictions and whatnot, but I just want to give you a visual of what this looks like once you do that. So I went to, I got Function Health. And... Give me a second.

Daniela Hess

And you'll go to functionhealth.com and check them regularly. They're right now, I think they're running a 4th of July special where you get 2 people for the price of 1, so 2 family members.

Kim Beekman

And so what it does is it gives you, when things are out of range, it also, I have had two blood draws, so it tells me what's getting better and what's getting worse. And it, it allows me, I, I don't want to get this much blood draw each time, so I'm going to tell you what I do in between, but it at least gave me a starting point. And this is where I was like, oh man, I got heart issues. Like I gotta, I gotta go to a cardiologist and I need to balance that with, cause I know what they're going to have me do with what I'm going to do, like really making the choice of whether I do Eastern or Western medicine on this. But it's just really good. Your CRP is going to tell you where you are. I had just gotten back from Paris and eaten gluten and dairy. And so I was able to immediately see my inflammation increase in my body. Look, that's what gluten and dairy did. It shot up my inflammation. Wow, that's good to know. And so in my opinion, this is really great. The problem is, and the downside is, and this is Daniela's biggest beef with Function Health is these are all normal ranges. They're not optimal ranges. And so we're going to tell you what I'm going to tell you what I'd recommend.

Daniela Hess
I support this, yes.

Kim Beekman
So anyway, that's what function health looks like. The pros are it's cost effective. There's a clinical evaluation you get at the end, which kind of gives you a summary based on a clinician, a functional medicine clinician, and it's just a starting point with your doctor, essentially. to start with. Sorry. And then the cons are that you have to actually put this into another system to actually interpret things to show you your optimal ranges. So you're going to have to reinterpret the data. And what I did is I just got a PDF. I requested a PDF from Function Health. And I put it into an AI prompt, and I'm going to share with you what that prompt is, so that I could then easily kind of look at where am I at with respect to optimal, and I could just look at it very quickly. And then I use Rhythm Health for my intermediate blood draws. Rhythm health, it's just, I'm lazy, to be honest with you, and, it's... it's an... So I'm getting. I do did iron Ivs, and I was told I was going to need 10. I actually got my iron up by 2. And so I'm really glad I was testing. Rhythm is an at-home blood test. It's like a finger prick, but it's a little bit bigger. It takes a little teeny vial of blood, which I prefer, and then you send it in and it's got like 16 markers and ferritin and thyroid and sex hormones are all part of that. And that's a way that I'm learning how to See what I'm doing and how it's affecting things. Thank God I didn't go with what the doctor said, which is 10 IVs to replete my anemia. So... And then I took that to a functional medicine doctor to go deeper into recommendations. I gotta admit, I got a little overwhelmed in that process. I also took that data to my Ayurvedic doctor. I don't sell, even though I self choose on supplements, I don't self choose on herbs. Herbs are very strong. They're like medicine. And so I work with an Ayurvedic doctor in India and he manages my herbs. So I have a functional medicine doctor who's just keeping an eye on things. And then I have an Ayurvedic doctor in India. And he has helped me work through my lymphatic issues, like heavy-duty swelling in my... in my, ankles and my digestive issues, and it's helped a lot with my nervous system in addition to HRT. I am on estrogen patches. Progesterone pills orally and testosterone cream alongside some thyroid supplementation, Armour Thyroid, which my doctors say that they're trying to phase out of medicine altogether, but it's more of the bioidentical route from what I understand. I'm not saying everybody needs to be on things. I'm also on supplements that are recommended based on my deficiencies, from the, functional... function health data. And I'll hand it over to you. I actually have a slide on this as well.

Did I miss anything there? I'm sorry I riffed, Daniel.

Daniela Hess
There's another organization. So Function Health is wonderful. It serves all 50 states. There's another organization, we don't have this written up, but it'll be in your transcript, called Ways2Well, W-A-Y-S, the number two, well.com. they only serve 48 states. New York and California have strict rules and laws, and so it's... you just have to do a little bit of a song and dance.

Kim Beekman
Daniela's in New York and I'm in California.

Daniela Hess
So, so Ways to Well, it operates similarly to Function Health. They're very affordable.

Kim Beekman
And they have live doctor appointments, I think.

Daniela Hess
They do, and they also use fantastic AI technology, which is what helps keep it affordable. and, and the AI is not diagnosing anything, it's simply interpreting your results through optimal ranges. Yeah. And that's the key to all this, because you can get all this lab work, but if the person interpreting it is using normal ranges. you could be told that vitamin D levels of 30 are very healthy. In fact, I had a doctor one time told me my D levels of 30, she said, oh, you need to stop with the D, you're almost toxic. Yeah, that's.

Kim Beekman
Happy to meet.

Daniela Hess
Now, Optimal wants you minimally between 50 and 80.

Kim Beekman
Yes.

Daniela Hess
So, this is, like, two very different worlds.

Kim Beekman
Right. Okay, so start with a full panel, and get a PDF. Get your data. Just find your numbers. Know where you're starting. And then if you'd like, you can use a prompt like, hey, Claude, please analyze these results from a functional medicine perspective, highlighting my levels versus optimal levels and give me concrete actions for next steps. So prompting from a functional medicine perspective is always critical. And as you enter, and you can do this in a temporary chat. So no data is stored. If you care about confidentiality, and and at least this will give you a starting point to show you where you're flagged. And then from there, review

these recommendations with your functional medicine doctor, your nurse practitioner, your general medicine doctor. And if your doctor is like, this is woo woo and you're off in left field, go find a doctor that will respect your input and you're taking agency in your health. It just may not be the right doctor for you, but there are doctors out there that really care about you knowing your numbers and you taking hold and care of your changing your diet, supplementing deficiencies, and whatever that looks like for you. And I think the take action is an important step because sometimes it can be really overwhelming. And then retesting is important. So if you do function health, there's a second testing that you can do or you can find a way to just track certain numbers. based on whatever you're supplementing or working with. And hopefully you have a doctor. In California, we have Perlman Clinic and I can pretty much just make an appointment with any doctor and say, hey, I'd like these tests run. They may not love that I'm the one kind of asking and requesting, but they respect it because they're used in California, they're used to patients really taking agency. and taking care of their health. And I would highly recommend that you continue searching until you find doctors that, take you seriously. Because as we said. We really think that the goal is not to be perfect or not to get everything to a certain level, but to actually get yourself functioning. Sorry, I'm just going to skip this. I know we're close to out of time. And so I just want to note, Daniela, you're going to be giving a companion PDF. A lab wish list, question cards, right?

Daniela Hess
Yes.

Kim Beekman
And then what I want to do is share a little... because Daniella's not going to do this, and so I'm going to do this. Daniella has been my guide, through all of this, and if I didn't have her, I mean, I ignored the ferritin thing for about 6 months,

Daniela Hess
Okay, I didn't take med... I didn't take medication, and I walked across Portugal, so But you...

Kim Beekman
On August 2, you have the autoimmune remission, the autoimmune recovery program. That's a group program that's coming up. It's really cost effective. I mean, like, this to me is wisdom that is so important. And it includes 6 live Wednesdays from 2 to 4 East... I'm sorry, Sundays.

Daniela Hess
Nice.

Kim Beekman
My brain, three hours is a lot. 14 days of Great Energy Qigong online group Q&A. And so this to me would be a really beautiful next step. And I would also recommend, honestly, just having a one on one session with Daniela. Those I was able to have the privilege of this through my friendship with her, and I would send my labs over to her. I knew what she was going to say, but I kind of needed her walking me through the process. And so I'm not, like, saying, hey, buy this, but I... if you need someone to walk you through this,

Daniela has been the most sacred, journeywoman through this process with me, and I really recommend having someone who's just a few steps ahead of you, and that's all, like, she will be the first one to admit that she's, like, really walking this and stepping people through this, so... Getting your autoimmune taken care of through diet and lifestyle, getting some guidance as you move through these labs. It's not like this is cost prohibitive at all, like she's made it really accessible, and I just highly recommend having someone do it with you, because having you, Daniela, do it with me. Meant everything.

Daniela Hess

Oh, thank you so much, Kim. And I, I, I, I. this... this workshop, the autoimmune recovery course, is... are all the things that I wish I had when I was going, you know, finding myself through the weeds on my own. So I just can take the guesswork out and make it, like... and when my... when your brain is foggy. It's hard to really synthesize tons of information. and to be, you know, to be very coherent with it. So, it's a pleasure to be someone that walks beside women in midlife as they navigate, whether it's midlife stuff or autoimmune, and in between your sessions with your practitioners. Right? So, for many women, you go to your doctor, and then you're there with you until your next appointment, 8 weeks, 10 weeks, 12 weeks. So I I just bring that support, and I customize it. You know, I have some clients that they just need a single session. I have some clients where I just work with them once a month. So it's, it's really, it can be customized to whatever it is you need and you're always welcome to reach out if you have any questions.

Kim Beekman

Yeah, we're gonna send this info. I can send those links to those two pages.

Daniela Hess

Well, Christopher will put it all together. Just give Christopher a few days to organize the replay and all the things that we said that would go along with this, and you'll have it in your inbox all together in one email. So, let's... let's do some Q.

Kim Beekman

Yeah, sorry we ran a little over, but I'm here for a question. We're here as long as you need us. So what questions are living here? So there's one question. How does this info apply to someone who's 20 years postmenopausal with MS and osteoporosis? That's you, Daniela.

Daniela Hess

Let's, can the person who asked, are they still here? I just don't have my chat box open, let me see. Are they... are you able to come on? Jodi, are you able to come on? And chat with me a little bit, and no, no pressure. If you can't. That was at... okay, that was just... oh, yeah, okay, great, yeah, if you want to unmute, let me get you unmuted. If you don't want to turn your camera on, that's fine. Jody's iPad: Am I unmuted? Hi. Yes, yes, yes, yes. Jody's iPad: I'm 67. I was fully through menopause by 47, 48. I was diagnosed with MS at 40. Jody's iPad: And my DEXA scan last year showed osteoporosis. Jody's iPad: And it was the only one I'd ever had, so I don't know how long I've had osteop. Yeah, yeah, can I ask how you're treating your MS and what your typical experience is with living with it? Jody's iPad: I've, it's, I have relapsing remitting. I've been very blessed with very few symptoms. I treated with, an injectable for Jody's iPad: 15, almost 20 years, and

then the last... Jody's iPad: 4 or 5 years, I'm only on a high dose vitamin D. Got it, okay. Jody's iPad: Per my neurologist. I mean, I do work with a neurologist. Yeah. So. If I had a magic wand, everyone here would be doing the basics that Kim just walked us through. Okay. Is knowing, like, in other words, let's get a baseline of. of your system currently right now. Because that is invaluable data. And I'm... you can always reach out to me after, if you do or don't feel comfortable saying, like, well, okay, I have this data, now what do I do with it? Do you feel comfortable putting it into AI? Do you want some support or some guidance in that? Just so we can get a picture of what's going on, and is there someone else in your world that may be wise to bring in to support you in addition to your neurologist? Jody's iPad: Okay. But doing the, the recommended lab work and asking the questions apply no matter what your age is, then how to interpret it and how to use them at my age. Absolutely, absolutely, because let's just say your D vitamins were, and you're supplementing, so, but let's just say your vitamins were, your D levels were at 30. Let's say your ferritin was at 20. Let's say you have high inflammation. All of that wants attention and is going to impact how you experience symptoms with MS. Jody's iPad: Okay. So we want to make sure that all of our cells are as nourished and saturated and supported as they can be and is healthy and wise. In addition, MS is considered an autoimmune. You're always welcome to join us in the autoimmune recovery. You're probably familiar with Terry Walls. Is, is she someone on your radar, Terry Wall. Jody's iPad: I mean, I've heard of her. I don't know a lot about her background. And again, I think some of these things I navigated when, like you all both mentioned. Jody's iPad: There was just none of this back discussion about, well, this could be the problem. It could be. Jody's iPad: You know, perimenopause, it could be this, this, and this, so now I'm kind of having to look backwards and see, here's where I am, what do I do to stay as healthy as possible as I continue to age? Yes, yes, yes. So Terry Walls is wonderful. She has a way of nourishing the body with food as medicine that is very specific for those with MS. And she's just incredible. You could just YouTube search her and listen to a couple of interviews with her. And just see if there's a resonance and then I'm happy to support you after any of those steps. Jody's iPad: Okay, wonderful. Thank you so much. You're so welcome. It's a pleasure to meet.

Kim Beekman

two questions in chat. Jules asked, should I stop taking supplements until I get my levels tested? Honestly, if you're feeling motivated, Jules, I highly recommend, If you're open to function health, they want you off of supplements for three days anyway. I just get online and get a appointment and get yourself set up and get started. And then you're going off of a lot of the supplements to get tested anyway. So I would just go ahead and get started and not put that off. And then you're not making a decision of what to go off of or stay on because we obviously can't. suggest what you should and shouldn't be on.

Daniela Hess

Yeah, knowing your levels informs you as to what needs supplementing and what doesn't. And I think, you know, there's one study that says. People that were taking no supplements just started taking your Centrum brand multivitamin, and I think it extended their life by a year or two, or something like that, you know? There are also people that take several supplements, including a multi, and then they had neuropathy from too much B6. So, it's... it's not a... there's just no one way. I think you always want to get... if you're serious about your... the last token of your life, right? Like, because what we do in our 40s and 50s is our investment

in our 70s and our 80s. No reason not to have a new, fresh look at, at your, at all of your levels. And then to make choices from there. Probiotic, you're not going to, you can't, you're not going to OD on probiotic, but if somebody had, a gut infection, probiotic can aggravate that, because different probiotic, there are so many different probiotics.

Kim Beekman

They can create histamines. It's, it's such a, like, that's why it's like, just start with, start with what are your numbers and then move from there alongside a doctor. But I just wouldn't wait. I would just go get your, I would, you know, follow what function health says and get your, get your baseline labs. I was so glad I got baseline labs before I started any HRT and my, my women's doctor wouldn't have asked it. I just requested... I requested it based on what Daniela had said to me, and I knew what my normal was before starting to augment things, and it was really an important self-education on my part. And I think it's good that they're giving HRT with... but just by symptoms, because there is this whole, you know, it doesn't matter what your numbers are if your symptoms are there, so I think that's a good thing, but I... I wanted the data. Kalyani. Kalyani : Thank you. You say that very well. Kalyani : Thank you both so much. I appreciate this greatly. I... I feel I have a lot of similarities to both of you. I'm 49, I'm in perimenopause. Kalyani : I feel like you've probably answered — I know you've answered some of what I want to ask. I just feel like I've actually done all of this. I've also been a yogi for 25 years and a yoga teacher for over 21 years, and meditation and pranayama, and I've noticed the shifting to different practices in the last few years. Kalyani : Less asana... Kalyani : more pranayama, and just various things. So, neuro yoga is something I'm trained in now. So, I... Kalyani : I think... Kalyani : So testing and retesting, I have done that. Not as often as you are suggesting. That made me feel very like, ugh. But I was happy to hear there's a way you can do it yourself, Kim. So I'll research that. But I'm wondering if that's the key right there, because I really don't feel that much better. I mean, I've been on HRT for same exact. Kalyani : patched biweekly, I went up to .05, progesterone was upped from, I think, 100 to 200, and, you know, it's all the bioidentical, and then I went on a testosterone cream, which I will admit I'm not very great at being consistent. Kalyani : and I... and I... I was diagnosed with fibromyalgia last year, which is fine, whatever, you know, it just was, okay, here's more information, fine. It doesn't phase me that much, it was just kind of... Kalyani : it actually helped to see, like, okay, here's something that's probably happening in the central nervous system, because I've been so confused by my body for years. You know, like, not comfortable and confused in my body for so many years. So, all that to say... Just Vata, just so you know. Kalyani : Gotch. Came out as vata kapha on your constitution, but everything that you're describing is very vata joint issues like connective tissue issues like, oh, so I just want to name the vata aspect, and your body and your constitution looks very vata as well, so you're probably more bird than you are koala. And I think that's I think that's an important piece. And when did you start? Hrt, like, did you get, you know, ahead of Of things, like, at 35, or did you start at, like, 45, right? So there's that piece as well. Kalyani : Okay, yes, and I have, I've gone on, like, tried Ayurveda for many years, on and off, on and off, and you know, it's, it Kalyani : When you travel a lot, it's hard. Kalyani : So, I mean, that sounds negative, but I feel right now it's been difficult for me, so I did incorporate Ayurveda recently, and I've been on a very good streak for a few months, and then traveling came in and threw me off a bit, and I can see the strong correlation, you know, it's strong. Travel imbalances vata. So, any changes in our rhythm is going to throw Vata out of balance, and when Vata goes out of balance... when Vata goes out of balance, everything

goes out of balance. And so, if your Vata constitution going into Vata stage of life and traveling sets you off. then... I would look at what... for me personally, I don't take a flight before noon. Because if I get up at 4am, and then I exhaust my body, and then I move all day, and then I'm dehydrating myself because I'm peeing all day on the plane, like... like, I know that sounds silly, but vatas need impeccable self-care, and so if that were the case where travel threw me off, I'd either stop traveling, I know that sounds dramatic. Or I would, I would modify my lifestyle dramatically. Then I would look at diet, because there's two things being said here. Like, what Danielle is saying about sugar and autoimmune may conflict with kitchery. Kalyani : Mmhm. And I personally, if you have fibromyalgia, I'd be going the arm route with Daniela, because that's really what healed my gut, which then took all of those other Vata symptoms and lowered them. I still have to have impeccable self-care. Kalyani : Mmhm. I still can't I can't act like other people act. Kalyani : Yep. Like, I can't even sit cross-legged with beef, like, with a joint that then my sacral iliac. Like, I cannot live my life the way normal people live their lives because of severe vata imbalance, but once I got my lifestyle really, like, honed in. and my diet was clean, I didn't have a lot of the vata imbalance that you're describing. Kalyani : Yeah, and that's what I mean when I say travel. I could be more specific. It is really the eating. And the addiction... Kalyani : you know, like, stress eating, or it's... we're at a fa... I'm... I'm at a family member's house right now, and... and it was 4th of July, and there's a lot of people and a lot of food, and it was... I noticed I was very conscious, much more conscious than, you know, in the past, perhaps. Kalyani : But it was still really challenging for me. I'm like, I'll just have a little bit of that sweet. And then I woke up with, like, everything was like. We can't do that. Like that's the crazy thing. And, and I think that's the rigidity piece. Like I went to a riding high ranch, like with this extended family and I brought a griddle for my eggs and my arugula. They would all go to the cafeteria. I would go to my griddle, make my food, and then I would come back. And it was such a rigid way to live for so many years. but it was the only way that I could live and not be in an inflamed mess, and for me, it showed up emotionally, so I'd be biting someone's head off and really not be the person I want to be, and that was just so devastating that it required me to, get to be That's strict in my... Kalyani : So I think I need to just, like, stay the food route first and foremost. Kalyani : And then I'll check all the other blood levels, because I haven't checked a lot of them in, like, a year. Kalyani : Yes.

Daniela Hess

And knowing what your inflammation is, this is one of the values of knowing what your inflammation, how, how inflamed is your body and inflamed looks has so many different symptoms. But when we're getting flares from, from food, we know right away that we have a breach in our gut. Kalyani : Mmm. So repairing the gut lining. Becomes for a while a central priority. Kalyani : Mmhm. everything hinges on the health of that one little, one cell layer wall. It's just astounding. We're such a powerful, fragile system.

Kim Beekman

I mean, you saw my inflammation levels, like, I hadn't eaten gluten or dairy in 15 years, and I'm like, I'm in Paris, I'm gonna have some crepes, right? Like, and my inflammation levels shot up, and to see that in black and white is like, oh. Kalyani : Bye.

Daniela Hess

And Kalyani, I also, like you, like, again, I thought before I learned what I learned, I thought I can eat kitchari and I can heal, I can do my gut healing. Now, there's nothing bad or wrong about kitchari. However, if you have an intestinal permeability. Legumes, seeds, nuts, dairy, gluten, many grains, eggs, they all have different compounds that further. Kalyani : Yes. poke holes, for lack of a better way of describing it, in your intestinal lining. So they are not... they are healthy foods, and they are inflammatory. So I have no wiggle room at this point in my healing. I can't just do a little. I can do a little. At some point, I would be able to. And I'm not there. I'm not there yet. that really becomes a necessary component of healing. And as a vata type, part of the vata makeup can be binging. So, I can find a good thing, and I just... I don't have an off switch. And I don't mean by volumes, but I could... I made an anti-inflammatory pumpkin pie kind of thing with tigernut flour, and I'm like, guess what I'm having three meals a day? Pumpkin pie!

Kim Beekman

Well, that's like the food addictive piece or the food is God. piece, right? Like, so that struggle is real. I have millet and flax crackers that have, like, a little bit of sugar on them, and they became, like, my obsessive thing that I had to, like... I had to turn out of my diet and really bring myself back because I was getting addicted to it, and... And it wasn't, it was, it was, I was like thinking about it all day. I mean, it's so silly, but you know. Kalyani : No, it's real.

Daniela Hess

very real. It can be consuming, and... and it is... it is... it is nurturing, and nourishing, and it's all... it's... there's so many... we could do a whole 3 hours just on the emotions, the energy, the... around... around eating. So... so that is where I... I get to feel relaxed now in the structure of AIP is autoimmune protocol. It's an anti-inflammatory way of eating. I get to just feel very relaxed in it. I don't think about food. I think about what is my healthy, balanced meal, and I don't make anything AIP that resembles a previous treat because I still I'll never eat this again, but I'll tell you, I think things on Earth worth coming to are frozen Twix bars, organic, like, yummy crackers, coffee cakes, like. They're delicious. I'm never gonna tell you that I don't think they're delicious. And Whole Foods is what has given me part, you know, partly responsible for my having my life back. So it was a big, big shift. Kalyani : Yeah. Can I tell you one thing? Kim, maybe you probably know this. I was taught by an Ayurvedic practitioner that I'm friends with and was seeing a little, and she taught me Prajnaparada. Kalyani : Do you know this? Turn around. Kalyani : like, crimes against wisdom, or crimes against the intellect is what it means, and so I keep repeating that in a gentle, like, nice way, like... like, I know this is going to not serve me well, you know, so... Kalyani : Maybe I can like ease back from that addiction, you know? So anyway, thank you. Of the Ayurvedic question, and this relates to anything, food, relationships, anything, does XYZ strengthen and nourish me or deplete and weaken me? Kalyani : And. That question, just like you pause. And it really applies. It gives you good instant feedback. And truth is faster than thought. We know the answer to that question before the thought can come in and try to talk us out of it.

Kim Beekman

to go deeper of like, am I reaching that for this because I'm depleted? Like a lot of sugar addiction is I'm tired and I'm looking for quick energy. So if we listen to what's underneath the, the, the. Kalyani : Any. knee-jerk

reach. Like, I want comfort. I'm tired. Maybe I actually need a nap instead of the sweet thing. I want more... more... more pleasure. Like, what I learned in... at the Shivananda Ashram is from my teacher, Dirghalila, is that we can't take pleasure out of it all, right? We have to create a space where the sacral chakra can receive pleasure, and the sacral chakra is connected to the tongue. Right. And so. I... I had my strict era. I'm in a less strict era, but still very conscious of where I'm, like, dipping in, oh, that cracker with that little bit of sugar, oh yeah, I'm reaching for it too much, right? So, I'm... I always am looking for the... the balance, and Barb Halpin, Yeah, I'm sorry I lost. What did I It's... it's vata hour. 2 to 6 p.m. is vata hour, so we lose... but there was an important piece there that I... that I lost. But I think pleasure is an important piece, and... and how does that... how does that look for us, and are we getting pleasure and comfort beyond our reaching for food? If we look at the underlying desire that we're going for, I think it's super important. Self care. Yeah, thank you. There's a.

Daniela Hess

Hold on, one more thing. Make sure you get your thyroid levels checked. Function Health does not do reverse T3. That's something you would want to add on to get a full picture, because I also noticed different cravings when my... and now I can see, oh, my thyroid was under-functioning. So, I was reaching for a cup of chai, I was reaching for a handful of something that had sugar, because my energy was low. And so I... and I don't like feeling low energy. So we want, you, you wanna make sure that's the, that's one of the only like. Function just doesn't do the full thyroid panel, and it's very important. So, you can, you can get anything that's missing, out, on your own.

Kim Beekman

So Jill and Stacey are 47, 48 years old, right? We're not attuned to HRT when we're in our mid 30, late 30s, early 40s, unfortunately. And that's probably the time that ideally, I think the next generation, maybe the millennials will have this data. And that's my hope is that they'll have this data and it might become standard care. to get someone on at 40, 45. But 47, 48, I feel like it doesn't sound too late. I mean, you still have the receptors at that age. And so I, I wouldn't say it's too late and it's not a once, it's not a fix all as, as we just heard, like it may not solve all the problems, but it might, it might kind of just tick your energy levels up or it might just reduce anxiety and bring you back to normal levels. So yeah.

Daniela Hess

Definitely give protective benefit to cardiovascular system, to brain and bones. It absolutely is not too late for that. I think one other thing that's worth mentioning while we're talking about estrogen is that, and again, this is just for your knowledge bank. There is such compelling, incredible research that's showing the importance of our seniors Being on vaginal estrogen, the benefits to that, Because it protects from UTIs. And...

Kim Beekman

And prolapse too, right?

Daniela Hess

Yes, yes. And there's no reason for anyone 65 and older not to be receiving. It's only two or three times a week you take at night. It's a little suppository or a pill or a cream. It's vaginal estrogen, so it doesn't even go in your whole system. It is so protective. The the number of bladder infections and UTIs. that it reduces is the lives it saves is unreal. So if in your 40s, 50s, you start noticing, oh, after I have intimate relations or I make love. I feel that little kind of burning the next day, but it doesn't ever become into a full UTI or you do get recurrent UTIs. You want to have a conversation with someone about getting some vaginal estrogen. It is a game changer. The patch doesn't protect you from that. That, that's a different, it's a different route.

Kim Beekman
Yeah, okay.

Daniela Hess
Okay.

Kim Beekman
Thank you.

Daniela Hess
No, I also want to say thank you. Sexual function. We talked about this a little earlier about testosterone and how for women in midlife and perimenopause, menopause, and postmenopause. Clitoral stimulation can, can take a lot longer or not at all. Your, your whole terrain can shrink. And the, the, the, the, the, the perkiness of your labia and your vaginal lining can change. I use... I use the topical testosterone, the topical DHEA, topical... all of that. I use just a tiny little bit on my clitoris and my labia. And now I'm just a month into that, sexual sensation is coming back. Whereas, like, my poor husband, I'm just like, you gotta give up. Like, I just, just stop. It's, you know, it's not, nothing's happening, and it can bring that back. Which is weird.

Kim Beekman
That's huge. I think that affects marriages and has an impact. on the longevity of relationship as well. So I see a lot of people being like, yeah, I'm not interested anymore, and that's okay, but in terms of relational health, it can... it can really put a big... make a big impact on long-term relationship. So again, it's like, how am, how is what's happening with me impacting my relationships? Yeah, I've also heard, Daniela, like, I think the patch levels are not... necessarily the levels that are going to be like This is new, I'm starting to hear this, but like I'm on minimal patch and I'm not even sure if that is as heart protective as a higher dose, but I don't want to put too much estrogen in my system because I don't want to go off on this tangent. I know I have genetics for mitochondrial dysfunction and hormone processing, like I know that my body doesn't do that well, so I've been really careful in this process. But that's why I feel like going to a women's health doctor who really knows people's heart conditions and bone conditions. I feel like that's not around yet, but that should be coming up and coming soon.

Daniela Hess
Yep, yep, I agree. You're probably the, the typical standard patch starts you out at 0.0375. So it's very, very low. It and it's and it's a protective start. Yeah.

Kim Beekman
But it's not ultimate protection.

Daniela Hess
It's not, but, and again, it's, it's, it's better than nothing. And, there are online organizations too. I want, I'll say them now. So they're in the transcript and that there's Paloma health.com. There's Parsley health.com. Midi Health, M-I-D-I Health dot com. Many of these can help with HRT if you want to explore. And again, you have the final say. You can get data and then say, I'm going to sit with this or let me come back to this. You don't have to do anything. And many of them now are taking insurance. Which is incredible.

Kim Beekman
Yeah, it is incredible.

Daniela Hess
Parsley Health takes insurance. Mine... my Parsley Health went from an astronomical monthly, like, almost $500, to now $99, because my insurance covers it. Bye, Kalyani. Thank you.

Kim Beekman
Hmmm. So much. There's so much here. Any other questions before —.

Daniela Hess
Yeah, you guys are troopers.

Kim Beekman
I know, it's a long time.

Daniela Hess
Gosh, does anyone else have a question that's on your mind or anything you'd like to unmute, ask or share? We're so grateful for that, that you've given this to you. Oh, thank you, Jules. Thank you. So grateful that you're here to receive it and that, and what you hear now you'll be sharing with others.

Kim Beekman
Yeah, that's the hope. Yeah. And for our kids and grandkids. Thank you Daniela for this. Thanks for bringing it to my attention and thanks to everybody for being willing to receive this. It's such critical information at a critical stage of life. So.

Daniela Hess
Oh, Stacy, I'm so glad you feel empowered going to your appointment. Reach out, write me if you have any questions. And Steph, thank you for being here with your camera off. This is like, this is good to hang out with you for all day. Is there any, do you have any questions or reflections? No pressure. Oh, thank you so much.

Kim Beekman

Thanks, Dimple, that's really... that's nice to hear. Pharmacist, and you appreciate the information. Thank you. I really often feel like I'm, like, not in my own lane, so...

Daniela Hess
I love my pharmacist, so I go to a compounding pharmacist for my medications, and I'm so grateful for the brilliance and the compassion that you bring to the field. So thank you, Dimple.

Kim Beekman
Great stuff.

Daniela Hess
Aw, Steph. It's really sweet to be with you Friends, any follow-up questions, you just, just write us. Give Christopher a couple days to amass everything. He's gotta make the transcript for you, and get the replay, and, and all the things. So, you'll have that within a few days, we absolutely promise. And you're welcome to share this, you know, like, any of the resources. So.

Kim Beekman
Yes, please do. Please educate all the women in your lives. Many blessings, you guys. Thank you.

Daniela Hess
No. We'll see you soon. Bye for now.

Kim Beekman
Bye, Delph.