

EP33: My Journey with Hormones and How I can help you

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SPEAKERS

Leah Brueggemann



Leah Brueggemann 00:03

Welcome to another episode of the balancing hormones naturally podcast where we offer actions and steps you can take today to start balancing your hormones naturally. This is your podcast host, Leah Brueggemann, I am a Functional Diagnostic nutritional practitioner. I am honored and excited to be your guide on your journey to better understanding your hormonal health, and how it affects your everyday life.



Leah Brueggemann 00:36

Hey, ladies, welcome to The Balancing Hormones Naturally Podcast, I'm so excited to share with you my journey with my hormones and my health and how I can help you because I used to be back where you were extremely confused with my health extremely confused with my hormones feel like I tried everything under the sun, and nothing was working. And so I want to share with you a little bit about where I came from, and also how I can help you balance your hormones naturally as well.



Leah Brueggemann 01:10

So my stories starts, well starts a long time ago, but we're gonna start in college, okay. Because when I was in college, I feel like I went off the rails with my hormones. And I think that's probably the same for most people. I don't know you. When you're in high school, I feel like we just had more regular eating patterns, I ate at home a lot more. And then when I went to college, I went to college, actually, for music, I was a piano and voice major. Got my bachelor's in music. And I know that this is the case for everybody's major. But when I was in music, like even if you finish your homework, you guys, you were never, ever done practicing. Because there was always more to practice and there was pieces you had to get better at. And you know all of that. And I saw this joke one time where someone said that basically you can't scare them anymore because they've done vocal juries. And I feel like that is so true. So vocal juries are basically when you take all of your pieces on songs that you learned, and you have to perform them in front of all the judges and they just critique you at the end and tell you whether or not you can pass to the next semester. And it's utterly terrifying. And we always like my hours were just crazy. I literally remember finishing projects at 3am in the morning, and I had a very long commute to school and I would be up at 530 in the morning. And I lived

off of Starbucks and bagels. Don't ask me how I afforded Starbucks. I don't even know how I afford Starbucks. It was probably it's because they had a Starbucks in our building. It was like they were out to get the musicians. And I mean, I remember having like crackers in my car, legitimate animal crackers. At this point in my life, you guys, I wouldn't even bat an eyelid at eating Skittles for breakfast. Like I just thought that was completely normal. And it's no surprise, like, I survived college, we did great, everything was fine. And I graduated. And I was tired all the time. And I thought it was just my body was trying to recover from not sleeping in college. But I would sleep for literally 10 hours a night. And I would still be so tired when I woke up. And I just thought, you know, I thought I was just recovering like whatever. This was the fun fact of being an adult.



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And then I got diagnosed with fibroadenomas which are benign breast tumors. And I freaked out. So like when I found out I had benign breast tumors like I didn't even know what fibroadenomas were you guys, I literally had to go Google them. I'm like, What the heck are fibroadenomas and I personally chose to not have them removed because they, most of the time come back after surgery unless you figure out the root cause of why you got fibroadenomas in the first place. Which you know, makes sense if you think about it. And that started my journey on health. And I'm just going to be ruthlessly honest here like I did start out my journey in health in a healthy way for lack of a better term. Because I was constantly looking for the 30 Day Fix the 10 Day Fix the doctor that could prescribe me the magic supplement. That's how I started and I am not ashamed of that because you know it took me here but it was not helpful at all. Because it definitely just put you in like, Oh, I just have to do something for 30 days, and then I can go back to my lifestyle. And the biggest thing that I think that that incorrectly puts an impression on you is that you don't realize that your lifestyle is what got you here in the first place. Because you guys, genetics 10% of that causes disease 10% of diseases caused by genetics, the other 90% is caused by your environment, it's caused by your environment, you know, and that's the toxins you're putting in your body, the lifestyle choices, you're making the toxins, literally toxic people in your life that are causing undue stress, your nutrition, all of that, you know, will affect your health, you know, and I just thought that I could go on this quick fix for, you know, 30 days, and I would be all better. And that's, you know, understandable, I think that a lot of us kind of start there. And I tried all of the things and nothing was working. And I started going deeper and actually worked with different doctors, I worked with naturopathic doctors, I did so many tests, you guys, I did so many supplements, so many doctor recommended diets, all of these things, trying to get to the root of what was going on with my fibroadenomas. And the fun fact is that everybody was trying to treat my fibroadenomas. Nobody asked me about my periods, nobody asked me about my cycles. They're just like, oh, you have fibroadenomas, your estrogen dominant, like, you have this gene mutation, blah, blah, blah, blah, blah. And that was really helpful. Because as I look back now, what the missing piece was, is my body as a whole, like you can't treat one aspect of your body and one aspect of your health and completely forget about all of the other functions that affect each other, you know, like, you can't think you're just going to focus on your liver health and take these supplements that are supposed to support your liver, and not look at all of the endocrine disrupting toxins that you have in your life that are putting undue stress on your liver, you can't support estrogen detox, and you can't try and balance out your hormones without taking a really hard look at your blood sugar balance, which is directly impacting your hormones, right. And that was the main thing that nobody nobody was focusing on was this whole body approach. And that's when I just was like, screw it after three years of not seeing anything. And that's when I started putting my own puzzle pieces together. That's when I started looking into doing my own research. I started taking Okay, I learned this when I was working with this doctor, I learned this when I was working with this doctor, like let's just start putting things together and supporting my body step by step instead of trying to do this massive overhaul right. And I started implementing this tracking my cycle, understanding all the things and I started when I started tracking my cycle, I learned that you're supposed to have a 12 day luteal phase which is from your ovulation to your period. And mine was under 10. And like That's weird. And that kind of made sense as to why like I always had really horrible periods. And then I started looking more into this and I'm like, Wait a second. I'm not even oscillating regularly. I just thought I had weird funky cycles. And I'm like I would have a 30 day cycle would have a 90 day cycle. They were all over the place. And I just thought that's because my period was like,

lo and behold, I wasn't ovulating regularly. I would have been nice to know. And that's when I literally started using my cycle as my telltale sign of what was going on with my house and putting it all together focusing on simple lifestyle shifts that were sustainable.



Leah Brueggemann 09:12

You guys I regulated my cycle. I was able to have regular oscillations completely painless periods and I went from puking on my periods I would throw up I would be on the highest dose of my dog be curled up on the couch have a heating pad on my uterus and went to completely painless periods. Regular cycles my fiber adenomas started shrinking after years of them not budging you guys this was miraculous my digestion got world's better hormonal acne cleared up all of these things and it was it wasn't about treating one thing it was about supporting my body as a whole. Right and That was the magic light for me was, when I stopped treating my fibroadenomas, I stopped trying to get rid of them. And I started supporting my body as a whole entity. And built from my foundations up is when I noticed massive, massive differences. And then I went on to keep studying and I went on to become a functional practitioner. So I'm a certified Functional Diagnostic nutritional practitioner. And I chose that field, because because they are very much about looking at the body as a whole, as a whole, we want to be looking at what is your blood sugar doing? What is your nutrition looking like? What are our stress levels looking like? How does each one impact the other, we use functional labs. And we don't just look at the lab results, we do what's called clinical correlation. So we will take your labs, and then we take your symptoms, and we take your history, and we put it all together. And it's like putting these little puzzle pieces together. And we're like, oh my gosh, this makes so much more sense. You know, and that's where I think it's important because a lot of people will go get these labs. And they're like, this makes no sense because I feel like other crap. But my labs and my doctor are telling me that is normal. And that is the huge difference between functional labs and conventional lakhs, okay. So what happens is, we are not trying to diagnose or treat you, we are not, okay, that's the difference. Like when you go to a doctor, and you get conventional tests, they are wanting to diagnose or treat, you know, that's what they do. That's what their job is. Our job as functional practitioners is to get these tests and see where your body is lacking and needing more support so that you can be functioning optimally. Well, literally giving you tips that you can implement day to day, it's not all about supplementation, you guys, it's about changing these lifestyle choices that got us to feeling sick in the first place. So going back and being like, Okay, what happened to get me here? Like, how can I now like reverse this? How can I support my body, okay, and that's the cool thing about the functional Labs is they'll be like, okay, you know, this is what is going on. And based off of your symptoms, you know, we can make this correlation. And we need to support your body here.



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And at the same time, we also need to make sure that we are balancing our blood sugar, and we're getting adequate nutrition nutrition for your body, every body is different, and what nutrition your body needs is different than Sally Sue down the road, right. And that is where I truly shine is because now I take all of my hormone experience, all my cycle tracking experience, and then I combine it with functional labs, and I combine it with everything I learned at fdn. And we want you to be feeling truly amazing. Okay. So different ways that I can support you is obviously this podcast, balancing hormones naturally, that is going to be such a place of a free resource, obviously, you're listening to it. So I love you. Other ways is my signature hormone reset program, which is a group program. Unfortunately, we are closed for the year we aren't accepting any more people. And then I also do one on one coaching. And one on one coaching is a 14 week commitment. Because your follicle has a 90 day journey. Okay, from beginning to end. All right, from when you release that egg and Avi like so what you're doing now directly impacts ovulation directly impacts the period three months from now. So when I do coaching, I want to take you from beginning to end I want to take you through that whole journey, okay? So that you can actually start seeing these differences. And I don't just run labs on you and be like, okay, follow this protocol by, I want to take those labs and I want to focus on your foundations and build your body up. Because I know that so many times people go and they get these labs run and

they get their answers from their labs and they take some supplements and then in three months or four months, they're back to feeling crappy again, right? Because the lab test by itself aren't going to make or break anything. You need to combine it you need to combine it with changing this lifestyle that got you sick, that got you feeling crappy, right? So what we'll do is we'll run some labs, the Dutch is my all time favorite lab, when it comes to hormone panel, it is a comprehensive hormone panel, it will tell you what your hormone levels are at, as well as telling you how your body is metabolizing. And using these hormones, which is so key, especially for women that are dealing, for example, with PCs, like you may have, quote unquote, within normal ranges of androgen or testosterone levels, but could be going down your alpha pathway instead of your beta pathway, which causes you to have more symptoms of hair loss, unwanted hair growth, acne, right. And so that's where the Dutch test can give you a more comprehensive, what gets what's going on.



Leah Brueggemann 15:51

So we take your test, but then we do a symptom audit, and we really look at what's going on in your day to day like, I don't want to change anything until I know what's going on, right. And then we will start in figuring out if you have any food sensitivities that are causing inflammation, from there probably will have your test results back by that time. So we can give you a specific protocol based off of your lab results. And we're going to be learning how to track your cycle and understand what your cycle is telling you. And we'll introduce cycle thinking, which is using food lifestyle to support the rise and fall of your hormones. So you can walk away, understanding your body and understanding how to fuel your body no matter what that is. My goal that is my goal is to teach you how to understand your cycle and how to take care of nourish your hormones in your body come what may. So like, let's say, six months from now, like shit hits the fan, and you have so much stress in your life. You can think back and be like, I know how to support my body. I know how to do this. Because Leah taught me. That's my goal. Anyways, so that is how you can work with me.



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If you are interested in that, go ahead and shoot me a message or you can actually go on my Instagram and I have an application link there to work with me. And of course my DMS are always open if you guys have questions just please remember I cannot give medical advice. So if you pop into my dm you go I have painful periods. And then you just like leave it at that like you guys. There's so much more to getting rid of painful periods and like a one supplement catches all it's really about optimizing inflammation and nourishing your body. So there's a very long winded answer to how you can work with me. So if you guys have questions, feel free to reach out. Thank you for listening to today's episode of balancing hormones naturally. If you found this helpful, I would love for you to share it with a friend and post it on your stories and tag balancing hormones actually podcast so we can get this message out. You can find me on Instagram at Leah underscore B ru eg and I would absolutely love to hear from you