

Ep 63

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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. Hey, ladies, welcome back to a another episode. Today we are solo. And we're going to be talking about labs because I just think it's important to touch base on labs. A when do you need to run them? When should you run them? Why should you run them? Where to get them to run? What kind of labs? Should you even have labs run? I think that's a such a big one. Because I really want to talk to you about like, everyone always wants to jump on a food sensitivity test. That's one of the biggest ones I hear and get asked about. And if you have any type of gut dysbiosis, which if you have food sensitivities, you have gut dysbiosis everything under the moon could jump on that food sensitivity test, right? Because you have gut dysbiosis. So I just think that you want to come get on the podcast. Okay. This is Landon. Yeah. What do you want to say? Do you have anything you want to say? Hey, truck, you want to play drugs? Yeah, that's that's a valid. Nice. Yeah. Yeah, the lights are on. Alright, buddy. If you follow me on Instagram, you probably see Landon all the time. He has his own fan club. He's a sweetie. And I'm recording while he's awake today, which is never really happens, because I try not to do this. But, you know, timing just kind of worked out that way. So anyway, I just think that there are better tests to spend your money on than a food sensitivity test if you have gut dysbiosis because what you need to be working on there is gut dysbiosis. Now, my other thing when it comes to labs, I don't think that everybody has to run labs. Now let me say why that is because I run labs and I really love them. I think that everyone could benefit from running certain labs, like I think that you could see benefits from it, for example, like an HTML like hair mineral analysis I truly think everyone could benefit from but I don't think that everyone has to have a lamp. And the reason why I say that is I think sometimes you tie too much of your health to labs, like if you can't run a lab, then what's the point? You know, you'll never know what's going on. There's nothing you can do. But that's not true. There's so much that you can do. And if you don't have access to labs, or you're not wanting to run them, I think that that's okay, you should start somewhere, right? Like, just because you aren't running a lab doesn't mean you can't do something with your health

journey. And then secondly, when it comes to running labs, labs are part of a puzzle I see. So many times people just want to run a lab and be like, Oh, my estrogen is high, or my progesterone is low. Great. I'm going to take a progesterone cream, or I'm going to try and just take a dim supplement and you just like go on with your life. And you want that to be the solution. And that's how you look at labs. And that's not how labs should be used. I think that's a pointless use of money. Because guess what, in three months, you're gonna be like, Well, I still feel like crap need to run another lab. Because you aren't working on the foundations. So this is what I would say if you're really strapped for cash, whether in your foundations work on your foundations, because if your foundations are screwed, you know, you aren't sleeping, you aren't eating well. You aren't digesting your food, your your you know, you aren't managing your stress, then, of course your cortisol levels are going to come back whacked. You know, of course your hormones are going to come back whacked your blood sugar's all over the place, right? So start with your foundations. Go back to any of the episodes where we talked about foundations and start there and build from there. And don't think that one lab is just going to change your life because if you don't have support with your foundations, then a single Love not gonna change your life honey. I'm sorry. That's why I don't do consultations with labs, like I don't like just run a lab with you and book you like a consultation, because I think that's a disservice to you. Because I think that labs are only a part of the equation. And when I use labs with my clients, we're working on foundations, and I'm helping them re make habits and lifestyle shifts so that they can sustain this and figure out what was the root issue going on. And we use that lab to help guide us in making choices and having concrete data to look at you see data or data. Just curious. You know how I love a good old tart cherry juice to help you sleep, or a topical magnesium gel if you're having some trouble getting in your magnesium. And I have sent you to 1000 Different brands to try and get all of these different products. But I'm very excited to share with you ro Casa organics, which I'm so excited to partner with because they have such an incredible ingredient policy, as well as their products are awesome. Literally. That's all I got to say. So again, a friend introduced me to these products and I'm like, Okay, I'll try them out. Love their ingredient policy. And so I started trying out different things. Literally went out and bought spent my own money you guys I'm gonna try these things out for sure before I recommend them. And the things that just spoke to me, the tart cherry juice has chamomile extract and valerian root, you guys, it was the tipping point for helping me sleep so much better while I'm pregnant. I even give a teaspoon of it to Landon and he's sleeping so much better. So we all know the troubles we've had with Landon sleeping, we use their elderberry juice, we use their magnesium gel, they have a muscle and joint cream, which when I popped my rib out if you're following me on social media that was oh, it was so helpful. So they have a tiger saw which is using the plant based bio coochie all to help us Drax marks you can use as well, you are pregnant, they have cleaning supplies, and I have just been sending so many clients to them, because they have such an amazing ingredient policy, they have great prices. And you don't have to go to five different companies to get five different products, I can get all five of my products at one company, which I'm very thankful for. So those are a few of my favorite products. I swear by that tortures you guys. And I reached out to them to get a discount code for you. And it's a super easy to remember discount code, it's le H money super easy. So definitely go try them out, they're giving you 20% off your first order, you will not regret it literally if the only thing you did is the tart cherry juice, you will love me forever. But they do have amazing cleaning supplies. And like I said, I love their body butters and there are hair spreads for postpartum hair regrowth literally there's there's so many options. And like I said their ingredient policy is it's really, really good. So I'm very excited to partner with them. But if you just look at a lab for at face value and take supplements for that one lab without making lifestyle shifts like stress management, you know, blood sugar mountains or whatever your lab is telling you, then you're just going to continue this circle. And so that's why I don't do lab constellations like one off I just I just think it's a disservice to you. The only time I ever do

that is for postpartum moms that need a hair mineral Analysis task because I think that you need to get your minerals up postpartum, just saying. I think it's very important. So anyways, so when to know when should you run labs. Okay, so I get a lot of clients, they're like, Okay, I'm ready to run labs, because they've been doing things for ever and they're like, I healthy. Why is this not working? Right? I feel so tired all the time, even though I feel like I've been taking all these supplements that you know, my doctor put me on or my naturopath put me on or maybe you were self treating, which sometimes can be a little fishy. You are like I've been working on my blood sugar balance. I feel like I've been eating really well but I'm still tired. I saw brain fog my my periods still suck, you know, then I would say okay, let's let's let's run some labs. Let's see what's going on below the surface. Maybe you have copper toxicity or something in that realm that is driving things. If you have endometriosis, I think that labs can be very helpful for you like if you have a diagnosis like PCOS, endometriosis, Hashimotos, autoimmune disease, anything like that. I do. I do like jumping right in with labs just because I Um, you really want to make sure certain pathways are corrected right away. So that's when I would say I would jump right in with labs. And then if you've been doing all of the things, I would jump in with labs, because then you can just take it to the next level. But I'm just saying in terms of labs, if your foundations aren't there, sorry, I have to clear my throat again, if your foundations aren't there, your sleep, you're not focusing on your sleep, you're not focusing on stress management, you eat McDonald's every day, you eat fast food all the time you eat your kids leftovers, your labs are going to come back screwy, you know, so like, don't expect them to not come back scurry is basically what I'm saying. So I would say before you want to jump into labs, let's work on your foundations first, and then you have something to build upon. That's what we do an HRV, which you can't drink that. I'm sorry, I shouldn't have brought that up. But you can turn that right now. It's close. So I would start there, go back to previous podcast episodes. Learn how to balance your sugar, balance your blood sugar, listen to the podcast on stress management, listen to the podcasts on morning routines, listen to the podcast and getting like nutritious food. And working on just overall lifestyle, right. And then then you can dive more into labs. And the hard thing that's really frustrating when it comes to labs as well is a lot of times, your lab will come back. Like if you just go to your doctor and have like a thyroid panel or hormone panel, they're like, Oh, you're normal. You're like, Whoa, I don't feel normal. Normal is not optimal. So one end of the spectrum is really sick people. The other end of the spectrum is really healthy people really sick people diagnosis medication, most people are in the middle like a pendulum. So you're not sick enough to need a diagnosis, but you're not healthy enough to feel great, right? But you're not sick enough for the doctor to give you medication because you don't have a diagnosis, which is not a bad thing, right? Because there's so much you can do now to reverse that and get healthy, you aren't at the point where you need that medication. But this is where doctors are trained in pharmaceuticals, right? That's their specialty. So they're not going to help you. They're not going to be able to help you with what you are needing, which is lifestyle, nutrition, supplemental choices to help reverse that and that's where you go into the functional world. So if you've gone to your doctor and your labs are normal, that's probably why. The other reason is you may not even be running the right labs. You know, I see this all the time where I have clients that have so many symptoms of thyroid issues, but their thyroid panel comes back normal. And then we run a mineral test and one of the minerals. One of your main minerals is potassium, and potassium sensitizes your cell to your thyroid hormone. So if your calcium to potassium ratio is off, you will be having a ton of symptoms of hypothyroidism without actually having anything pop on your thyroid labs. So you will have what's called cellular hypothyroidism before you get glandular. Okay, so you want to jump on this cellular hypothyroidism before it gets to a point where it becomes glandular. And that you can do with mineral connection and lifestyle shifts. Right? And how cool is that? That you can stop it before it gets worse. But I just always feel like that's the perfect example of you may just not you may just not be running the rate lab, right? Okay. So recapping, work on your foundations. Second.

Just know your labs are going to pop funny things if your foundations are off. So don't just run a lab and not think that you have to make foundational and lifestyle shifts. So I think it's I just think it's important to have those foundations you guys and that's why you can see so much progress just doing that. I would say I would jump right into labs if you have PCOS. No autoimmune disease, I think those would be helpful for you or they could be very helpful for you. And then just a quick break to remind you that if you are not already seed cycling with us, you should be seed cycling with us. The benefits of cycling are amazing. They contain so many nutrients that are necessary for hormonal balance, including seeing manganese, vitamin E, all of the good things amazing for a quality and while seed cycling is not the end picture like that's not all that you'll have to do to maybe achieve the things that you're looking for in your health. You guys it is the easiest thing that you can do. So one tablespoon of pumpkin and One tablespoon of flax seeds from your period to ovulation. And then switch to sesame and sunflower. So that is one tablespoon of each of those seeds every single day, you want to be buying whole, organic, and then grind them before you eat them. The reason why you don't want to buy ground is that they go rancid within a couple of weeks. So unless you know where your seeds are coming from how long they were sitting on the shelf, they're probably rancid by the time you get them. Okay, so start seed cycling with us. And as always, if you want to make this even simpler for yourself, that is where Funk at Wellness seeds can literally change your life. They are organic, they are certified B Corp, all of their seeds are like they get them from the best places. And you can get them shipped to your door. So it literally doesn't get any simpler than that. And it's a subscription. So literally happy hormone subscription box. I can sign up for that. Yes, yes, please. So you can get yours shipped to your door right now they're only in the US. So if you're outside of the US, I apologize. But if you are inside of the US take advantage of the flash sale they have going on. You can use code Lea Lea Ah 20 to save 20% off of your order, and you even save already on your subscription. So I love cycling. But I will say that sometimes it can get hard to stick to because it's hard to find quality seeds. And sometimes I forget to grind them and then I don't get my season for the day. So forget wellness makes it super simple. Literally, they're shipped right to my door. They grind them right before they ship them. So I know that they're not rancid. They have certified B Corp companies that they get their seeds from so they're super high quality the organic. So yeah, I'm much more consistent with my seat cycling now. Thanks to funky wellness. You know, maybe you're just not running the right lab. Also food sensitivity test. I am sorry, you guys, I just think that is the biggest waste of money. I'm just gonna be honest, I just truly think it is. So now that you're like, Okay, this is interesting. I do I want to relax, do I not want to run labs. So I have some one on one coaching spots open. So we'll start June 6, researching six. Yeah, I have to put on my calendar. So we start June 6, and this is a four month program where you will work with me one on one. And you also will have labs run. So I do run a Dutch panel and I run an htma a hair mineral analysis. Um, and then sometimes, depending on what you need, maybe we'll run like a GI map. But those are the two standard tests that we do get one on one coaching from me and we work on those foundations we work on those lifestyle shifts, you understand what your labs are telling you, we look at them from a functional standpoint, and really just support your body from the ground up so that you can have sustainable, sustainable support and have these tools to just carry on instead of you know, constantly floundering around. So if this is something that you're interested in, you just have to go to the link in the show notes and apply Yes, you do have to apply all the details are in there. There's a video in there that talks through everything that's included pricing all that fun stuff. So if you're interested definitely do that. If you're just starting out your health journey and you're not ready for one on one coaching please make sure that you've listened to like your basics episode so like the ones on seeds cycling the ones on blood sugar balance, the ones on stress management so important. All right ladies, I will catch you next week. 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 tagged balancing hormones actually podcast so we can get this message out. You can find me on Instagram at Leah underscore br U EG and I would absolutely love to hear from you