

MERYL: Hello everyone. And welcome back to the Rebel Nutritionist podcast. Today we have an amazing topic. One that is certainly. Not without controversy and confusion. So what better way to start this off than to have an expert in the field and a colleague of mine and a friend of mine, Dr. Marlene Tages Cordova, who is the founder and owner of O Health by Dr. T it is a holistic family practice. She is in Pembroke Pines, Florida. She's been a physician for over 24 years is board certified in family medicine and certified in bioidentical hormone replacement. So let's get to it. Welcome, Marlene.

MARLENE: Thank you. Thank you so much. It is a pleasure to be here with you. I love working with you and I love all that you do. So thank you. I feel super grateful to have this opportunity to have a conversation about something really, really important that is really important to women. And I love to educate and And learn also, and I love having these beautiful conversations with my, my wonderful colleagues.

So thank you again for inviting me to your podcast.

MERYL: Oh, it's a pleasure. I think we both learned from each other all the time, so it is definitely a mutual feeling. We have a lot to get to in a short amount of time, and we want to clear up really, I think the **misconception around hormones**, and I don't know that we'll do it in just this podcast, but hopefully, we'll at least start because I think it's confusing.

Look, not just for women, but for men too. And we'll try and get in on that. I mean, I think the **detoxification conversation** can revolve around both, but. But let's talk about why, I guess it's become so confusing. And of course the, the myths and, and so forth about, about hormone therapy or maybe even just hormones in general.

Right. Because we can talk about hormones as well, but I'm going to let you sort of take this jumping-off point and let's start with that. And we'll go from there.

What hormones we look at when considering an imbalance in your body

MARLENE: Thank you. Yes. There are **many hormones in the body and they are basically the messengers**. They carry a message and then they go to that area that they want some action to be done.

And then they give that message and that, and that's how it works. So hormones are truly something. Miraculous, to be honest with you. So what we're going to focus on are the **hormones that affect us during menopause** and maybe **andropause or 'manopause'**, right? So it **affects both men and women** and periods of life where we women stop making certain hormones.

And we call that **perimenopause** and then eventually **menopause after women stopped menstruating for twelve months**. And the hormones change drastically and it can affect the quality of life significantly and that is why we're having this conversation to really help educate the women out there as to what is available to them.

If they're having a hard time through this process. And why, so that you don't think you're crazy? Cause **a lot of women think, am I crazy?** What's wrong with me? And I'm here to say, **there's nothing wrong with you**. It's your hormones. So. And this, this podcast, hopefully,

many others can help demystify and make it something more actually fun because learning can be fun and understanding ourselves is, is part of healing and getting healthy.

If we truly understand why everything's happening, I feel that's the first step toward healing and acceptance of this time, **the acceptance of what's happening in our bodies** and really going into it with a lot of grace and open mind and, and really **welcoming this phase in our lives of hormonal changes**.

And so the hormones that we're going to talk about are **estrogen, progesterone, testosterone**, and in men too, **testosterone** is a big subject. They feel it, they feel a change or they also feel something's happening. You know, That something could be wrong. Men can feel depressed. We can go into the symptoms about that, but it affects both men and women.

And so we're going to be looking at hormones also like **D H E A** and vitamin D, which is really important. **Vitamin D is a hormone. Insulin is another hormone** that we look at **cortisol, the stress hormone**, all of these hormones are important to discuss and learn about and understand and what they do in our body.

## What happens during menopause and how our changing hormones impact that

MERYL: Right. And so thank you. I'm glad you mentioned those others because those are also important. And we don't often address those in the same conversation. So let's talk about, let's take **menopause** first. Andropause is very important and I've had a lot of male clients say, oh no, no, I, I don't go through that.

I'm like, yeah. Yeah, you just don't want to. So, yeah, I'll never forget. I had, I had one gentleman who was like, oh, is that why I'm having hot flashes? I'm like, yeah. That's why men have hot flashes. So in any case though, let's talk about the female hormones first.

I think the biggest piece and this, I often say, and maybe you can confirm this, women often say, well, **why should I bother with thinking about hormone replacement?** You know, we've, we've lived without hormones for so many years and it never had an issue. Or when I say so many years pre hormone replacement, right?

They say, oh, well, women Since the Dawn of time have lived without hormones, but really if you go back to it, women really didn't live that long. After menopause, right? You look at the average age of, survival and men and women didn't live that long. **Now lifespan is so much longer that we actually are living longer without hormones than we were with hormones.**

So why, if we don't need to suffer. Why should we suffer? And not even just suffer, but really, and again, this is something you can confirm, but **the key to longevity is hormones.**

Hormones are what keep us young. It's keeps our heart healthy, our brain healthy. Right. Keep us vital. So maybe right. You can speak to that.

And why. When women and men go through, go through these changes, we all of a sudden **the brain fog, the lethargy, the loss of libido**, like we don't have to suffer from that. And I think let's talk about that first. And then of course we can get into some of the other concerns, but can you address that and why we really should consider replacing hormones.

MARLENE: Yes. Great question. So first I'd like to say it's **very individualized hormone replacement therapy** is, is very unique to each individual that sees someone certified in this.

And it's not cookie cutter. There isn't one protocol that serves all. That's not how it works. So I would just want to make sure **I make that clear and it's not for everybody.**

Okay. It's not for everybody. It's not a medical necessity that everyone does this. This is a choice people make because they. Read up on it and they read it just a little bit about how these hormones can serve as, something that is, anti-aging so to speak. It has a lot of anti-aging benefits. **It prevents a lot of age-related conditions.**

## The wide variety of menopause symptoms

And so most of my patients are coming to me wanting to be on it. And some of them don't know, just like the question you just asked, why would I even want to do this? And this is exactly what I tell them. You don't have to do it. It depends on if you want the benefits that it can give you, which are many.

Okay. The benefits of **the anti-aging benefits of slowing down the loss of collagen**, and which means **preventing the signs of wrinkles and dryness of your skin**, the changes in your skin that women see. It also has a lot. **There's a lot of research supporting slowing down dementia and brain health, improving brain health.**

As we age **also osteoporosis**. Bone loss. So it's preventing bone loss helps keep us, keeps our bones strong and also building lean muscle recovering from workouts quicker and really **minimizing injury** because now the body has all of the things along with nutrition and proper techniques. **Hormones can really help optimize a very healthy lifestyle.**

So it's not just about hormones all by themselves. **Hormone replacement must go along with a healthy lifestyle and healthy habits, especially in nutrition**, which Meryl will touch

upon. **There is an ideal nutrition to go along with hormone replacement therapy.** It all works awesome together. And so those are the reasons why anyone would consider it.

The main reason is somewhere. I have to tell you some stories where some women on the brink of divorce and it's because of menopause and once they get their hormones, right. And they're supplementing correctly. **They feel like themselves again, and the marriage is restored.** Sometimes it can be very severe.

And in those cases I would strongly consider hormone replacement therapy or seeing a mental health counselor or seeking guidance. Of course, if you feel you're at 40, 50, and you feel like getting a divorce, it could be your hormones. It may not be your husband. So like, I'm just putting that out.

Like am I forties, fifties, it may not be your husband. It could be your hormones. Like for real, these are true stories that I'm sharing with you. Like if you, if you want out, it could be the hormone. So go, go check out your hormone levels. You know, find someone that knows how to do that and then get some answers there.

It could be explaining a lot of the emotions because **hormones affect us emotionally** and physiologically. Our biology is strongly affected by. By the hormones. So yes, it could be really dramatic and how it affects your quality of life. Very significant. I mean, it could really cause **depression, anxiety, insomnia, like you said, foggy brain, you can't think straight, hot flashes, night sweats.**

**You lose your libido.** You literally think you're somebody else. You're not yourself anymore. So that's why, of course, Meryl, you said you wanted to talk to me about this because it's so important.

MERYL: Yeah. I mean, and, and yes, I, I it's funny. I mean, it's not funny. It is, it is sad when, when you do hear these stories of these women who are just so debilitated and, and that it is affecting their marriage and their relationships and all of that.

And you know, the thing that we have to be really careful about is oftentimes, and I can't tell you probably eight out of ten times, **women will come in with these imbalanced hormones and they've been to a physician. Not trained in hormone therapy** and they're just like, oh, well here's an antidepressant, here's an anti-anxiety because you know, you're hysterical because you're going through menopause and oh, live through it, right. Live through the hot flashes. I can't tell you how many times I've heard women tell me that. And I'm like, no, no, there's no reason you need to suffer like that. And so it is a really, really important conversation.

I mean, we can joke a little bit about that, but it really is very important and it is really, for those people that have it, that severe, very debilitating you know, the hot flashes in and of themselves. And so I think we **do need to take it more seriously and be a little bit more sensitive to these changes that go on** and understand that it is not, a one size fits all approach because there are also many physicians and **I've seen many clients come in, who are on These doses of hormones, they have not been regulated.** They're sort of just given a cocktail if you will, and **they're not retesting.** And yeah, this is what sets people up. I think in a danger zone when you don't know where your levels are at, and sort of, this goes to the next question of right. The, why do people shy away from hormone therapy because of the big C-word right.

## Whether taking HRT causes a risk of cancer

Everybody's like, well, if I take hormones, I'm going to get cancer. Yeah, I think there's, there's a great book out there. It's called **estrogen matters**. I have to get the name of the author. I'll do that in a second while, while you address this. But it really, I love this book because she does talk about the research and the literature and the data mining that went on with these HRT studies that were completely, really overblown and **put out really a lot of misinformation** that I think did a huge disservice to the entire industry. So I'm going to let you talk about really, again, some of the myths behind the cancer piece of this, and then we'll get into detoxification and understanding how do we dig a little deeper so that we can prevent any anythings hopefully prevent any, any things from happening.

So, so you take it away from there on that one.

MARLENE: Okay, thank you so much. Yes. Really important again, that's why this podcast is so great. Just to educate and inform everyone out there. So you can make a more informed decision for your own health and wellbeing. So there's a difference between synthetic **there's two kinds of hormones out there still being prescribed still on the shelf**.

And there are synthetic. **Hormones like synthetic estrogen, synthetic progesterone, and then there's bio identical estrogens and progesterones and bio-identical testosterone**s. And so I want to just make sure that what Meryl and I are speaking about are purely **bio identical hormones, which they're compounded by a compounding pharmacy made to order**.



**Specifically for the patients needs.** So they're customized for the patient's needs and what the level show that the patient needs. **Not everybody needs the same cookie cutter amount of hormones. I can't stress that enough.**

MERYL: Can I ask you, I don't want to interrupt you, but what is the difference even though bio identical?

MARLENE: Yes. Is very much like what our bodies make. What is the difference between the synthetic and the bio-identical. And why is that so important to know?

It's important because **the synthetic one is, is made from horses urine and they're synthetic and so foreign and chemically to our body.** And so are **there are negative long-term effects with those kinds of hormones,** and that's been proven with the research.

And so **that gave a general bad rap to all hormone replacement therapy.** And that's why this podcast again, is happening to clarify, educate and demystify that it's okay. If it's being done properly using bio-identical. Which are **biologically identical to the chemical structure of the hormones that exist in our bodies** and once existed in our bodies, because that's the reason you're replacing them.

Now. **You're no longer making them at the same rate as you did before. And so you're optimizing your body with replacement.** And so the bio-identical ones are happily received by your body and. We'll get into how we absorb them and process them and, the T toxification process and the breakdown of hormones later on, we'll discuss that.

But the synthetic ones at this point is a big, no, I'm just going to say it's a big, no out there as anyone's being prescribed, anything synthetic I would strongly reconsider and I'll leave it at

that. And it's just not healthy and it's **not the optimal way of replacing your body with hormones**. Did that answer your question about that?

MERYL: Yes, it did.

## The importance of regular testing of our hormonal balance

MARLENE: Okay, good. You're welcome. And so I wanted to also follow up when you are on bio-identical hormone replacement, it's important that maybe you seek out someone that like Meryl that knows about the testing that can be done. For example, the Dutch test there's some other ones, probably the Dutch test is the the one that Meryl does and that can, she can clarify how your buying.

Processes **absorb and detox these hormones**, because they do get broken down into different hormones and byproducts and things like that and we can easily see that with a Dutch test in that way that you're on the right track and that you use that information. As you follow up, **you can make tweaks in your doses and you can make adjustments**.

And it's a very, very simple one if you have all this information. And so it's really not as complicated as one might think, but it's just as long as you're in the right hands, as long as you're in the right hands. And you know, that someone understands how this works. It's completely safe and really can optimize and slow down the aging process and optimize quality of life.

This is mainly a topic of quality of life because I have so many patients where they're completely miserable, depressed, feel completely not themselves disconnected, lost it's it can be very debilitating and it can't hormone replacement therapy can be life-changing. I can't say

that enough. And then on the other extreme, there's many women that go through this phase of life with very minimal symptoms.

And I say, awesome, congratulations. That's a wonderful blessing. And you know, you can just do this because you want to prevent the age-related conditions that come along. Cause we live at 50 years beyond menopause. At this point, we could live to be a hundred, 110, especially if we have incredible lifestyle habits.

We can live a very long time and hormone replacement therapy can really optimize those years.

## The potential impact of HRT on risking - or preventing - breast cancer

MERYL: So let's go back to the big cancer word, right? Because so many people are afraid. So let's address that for a moment, if you can.

MARLENE: So when you want to make sure, in the old days, when I started practicing medicine long ago, they, **they recommended giving estrogen all by itself without progesterone** to anyone that had a hysterectomy.

Because they said, oh, you don't have a uterus. And now we don't have to worry about your uterus getting any kind of cancer and whatnot. And so we would just get estrogen all by itself and that's not right. And so **we later found out that increased the risk of breast cancer**. So that, that immediately gave hormones a bad.

When they started to see these numbers in studies, **number one, it was synthetic hormones. Number two, they were not given in a hormonally balanced way**, are supposed to give a balance of hormones to a patient, whether or not they have a uterus that

has nothing to do with it. At this point, you have to give the body a balance of hormones, of estrogen and progesterone and testosterone, and sometimes DHEA.

In order to **mimic and recreate the hormonal environment before menopause**, and then that's, what's healthiest for the breast tissue. And so **the bio-identical hormones, if it's done properly does not cause breast cancer**. And there are studies that have proven that using bio-identical hormone replacement.

MERYL: And isn't it true that in some cases **it can actually also be preventative**, right. If you have a **balance of hormones, whereas before you were totally imbalanced**, right? If you bring your hormones back into balance, we're not talking about back at levels when you were 20 and 30, we're just saying back into balance for what is, let's say, physiologically appropriate at whatever age you may be.

Can't that actually be preventative in some ways as well.

MARLENE: Yes, **there are studies that show it can prevent breast cancer from forming**. And If it's done properly in the proper balance, and you also are **checking on the detox pathways** how your body's eliminating this and what byproducts it's making and how it's eliminating it again, that goes along with the healthy lifestyle.

## The importance of detoxification when taking hormone supplements

If you're eating processed foods if you're eating junk food and you're not exercising and you're stressed out and you're not sleeping and you smoke and you drink and you're on hormones. That's not recommended. I'll actually, counsel a patient and really holding off because there's a good chance. They're not going to properly detox the hormone replacement therapy and

properly have it go through the proper channels and go where it needs to be a benefit because of the very, very poor lifestyle habits. So just know that this is not cookie cutter. It's very individualized.

When you get an assessment to see what all of your lifestyle habits are and what your stress levels are as well. All of those things matter when you're wanting to optimize your health and wellbeing during menopause and beyond, let's just say

MERYL: Thank you for that point.

I didn't, I didn't want to interrupt you, but yeah, I think to your point, and like everything else that you and I do, it is really about **assessing someone's entire lifestyle**. Right? What else is happening? Because. If you're putting hormones into an imbalanced body, then, it can create, like you said, more harm than good.

We'd been talking about detoxification, we've been talking about sort of, **how do we break these things down?** What does that even mean? A lot of people come to me and say, oh, well, Needs a detox and you know, they think they're going to do a three-day juice cleanse.

Right? So that's maybe clear up the confusion around detoxification. So **detoxification is how your body breaks down chemicals, toxins, things that are foreign to the system**. It could be our **byproducts of our own metabolism**. Cause. Let's say garbage from our own metabolism and it's other things that we're exposed to.

listen, the liver in the body has to detoxify. **It's not just the liver. It's the kidneys. It's the bladder**, right? We it's the skin we detoxify through the skin. We have to, our bodies, break down and detoxify 24 hours a day, seven days a week. We are constantly detoxifying.

If your body does not break down these chemicals for any reason, whether. There is from a poor lifestyle from too much cortisol, which is the stress, right? You mentioned cortisol in the beginning, you mentioned insulin. All of these things are byproducts of an unhealthy diet and an unhealthy mindset and stress.

And so if we're not breaking those things down and if they're not being broken down so, so without getting too technical, Our bodies have to break down toxins and remove them from the system we can track through, like you mentioned, the Dutch test. **We can track how your body is breaking these things down.**

And if it is going down, let's call it the unhealthy pathway. How do we reverse that? So that it is being broken down in a healthy way. And I think this is where a lot of. Physicians and people whoever, not just physicians, but anybody in the functional realm. Who is handing out hormones or doing any of this, **if you are not testing how these things are being broken down and excreted it in the body, that's where it becomes problematic.**

Because if things are just being re-circulated and these hormones that are very potent are being research-related, that's unhealthy. And the other thing is, is our exposure environmentally. We know that things like petroleum, like plastics and all of that kind of stuff, things that are made from petrols.

**and all of the toxins in our air and environment get broken down into these things called xenoestrogens**, right? These fake estrogens that are actually more dangerous than real estrogen. So a lot of times, right. People who are exposed to these estrogens are more toxic and making more toxic hormones than they would if they were taking any right.

So,

MARLENE: absolutely. Yeah, that's so important. And then just know everybody out there that's just easily available just call Meryl or and find that out. we're colleagues. We work together on the patients that want to optimize their health and wellbeing during menopause.

And after menopause perimenopause, it's a tough time and you can start really feeling a lot of negative effects. And so the Dutch test is a really nice and easy way to do this. It's awesome. And once you have that as part of the plan, you're good to go. You're going to be fine. You're going to be able to start feeling better and, and know exactly how everything is being processed in your body.

## Why it's essential we understand what is going on in our bodies

For me, **it's very important that my patient. Understands everything that's going on.** it's a learning process. **It's an opportunity to learn about your body**, how it functions what's best for it. It's an **opportunity to connect through meditation and mindfulness compassion**, having a lot of compassion for this phase of life.

Acceptance, self love. Self-compassion and really learning and growing gracefully and **transitioning gracefully and optimally during this time.** That's why Meryl and I love what we do so much. It's very fulfilling work. And we want to just be here for you guys and answer questions for you as well after this podcast for the next podcast, so that we can continue to bust all the myths and really, fear. And we want to really bust through all the fear around this topic and really encourage all of you through education and power. All of you through education and conversations. Yes,

MERYL: absolutely. Yeah. And you know, the one, one of the things that we can, and that's what we say. And I always say it's about educating you.

We really need to know, look, you guys don't need to be understanding necessarily biochemistry 101. Right. But **it is important to understand what happens uniquely and individually in your own bodies and doing the testing.** I mean, this is why I almost would really rather begin everything with the genomics that we do because genomics.

It gives us the jumping-off point and your individual blueprint. So it shows us **how does your body detoxify? What is your predisposition for inflammation?** It isn't the be-all end-all and it's certainly not going to diagnose and say, oh, well, you're going to get cancer, or you're going to have cardiovascular disease.

It'll just give us a sense of, are you predisposed for that? So if you're predisposed for not detoxifying well, and you want to consider hormone replacement, how do you do that in. Effective way. And these are the things that you have to know going into hormone replacement rather than just being afraid and saying, oh, well I have a history, we have a BRCA history, or we have a history of cancer.

## Why our mind-body connection is vital

I can't do that rather than just saying that going in and being educated about how the hormones can really balance you, I think is really. The takeaway on this podcast. And one of the things that you mentioned that I think is so important that we don't often talk about that you do so beautifully is **the mind-body approach and the fact that you are actually now doing mind body medicine sessions.** You've got a 21-day mind, body detox. I love that. So tell us a little bit about that, because that does go into hand in hand with the hormone balance piece, because **if your mind is not properly detoxed, your body won't be either**



MARLENE: that emotions have you know, **every emotion we feel is from some thought we're thinking**, right?

So. **What we're thinking about creates an emotion and then emotions affect our, our biology and our physiology**. So what we think about affects how we feel and how we feel affects how we heal. So think, feel heal is something to keep in mind. What we're thinking about affects how we feel and how we feel affects how we heal.

So **if you want to be in a state of optimal healing, okay, we want to decide and set the intention to**. Being an emotion. That's going to optimize that, which is gratitude, love, joy, and really inner peace. So the emotion of peace is actually the highest. And so I always say, shoot for love or above love is, is a 500.

You can measure emotions vibration and frequencies. **Every emotion has a vibration**. That's why you can say, Hey, I like that vibe of that person. That person has a great vibe because everyone's emitting a vibration all the time. And so, and we can optimize that and use this information for our own healing and our own well being.

And so I'm fascinated with that because **once a patient understands how to do that, it's very empowering, very self-empowering** in your own health, if you know how to optimize your emotions by optimizing your mind. Right? So that's what mind, body medicine done optimizing the mind and the thoughts in your beliefs to lead to emotions that are optimal for your biology and your physiology, so that you can see **create happy hormones like serotonin and dopamine and oxytocin**. These, these are hormones that optimize the immune system and also help balance your hormonal system and optimize your detox pathways, optimizes digestion.

And I can go on and on. **It helps aid in weight loss.** When you, when I can help someone emotionally detoxifying. That helps with weight loss. So the main ones are nutritional and emotional detoxification. So the mind body detox is awesome. It's a program that I offer on my website, which is O health now.com **www.ohealthnow.com.**

And you can also call my office if you like, just for a consultation at 9 5 4 5 2 6 6 3 7 8. Again, She wanted me to talk about my new programs, mind, body medicine. It's it's individualized it's one-on-one **we attack what, what negative limiting beliefs are going on.** And we **reprogram the mind through hypnosis meditations that are created just for you.**

If we can reprogram the mind, we can then be in the emotions that help you heal the body, harmonize the body. And lead to optimal health and wellbeing. So I'm really excited about that. And I'm loving that learning and, educating patients on how powerful they are once they learn how powerful this process can be in their life and how it's not that complicated once you know.

MERYL: So true.

## Meryl's health journey with cancer and with menopause

Listen, I talk about my journey all the time and, and really my healing didn't begin until I really started to get. The mind, body piece. And I talk about all the time my tumor that I had when I had cancer was centered in my chest, it was a heart-focused until I learned how to do heart openers.

And until I really understood that mind-body connection it really was the process. And I don't think we give it enough credit and how important it is even though, it doesn't seem physical.

**What goes on in our brain, like you said, heal and feel what you think you feel.**

So that is so important. And I think the takeaway is people are like, well there is no right wrong answer on this. This is an individual process for people. I mean, and I'll just share just really briefly because people always like when you share something that's relevant or personal, and my own experience with all of this, I mean, I have been very fortunate to be not so symptomatic, menopausally.

And I've had a few here and there, but my decision is to go on bioidenticals because. I have done so much research and, and I want my bones to be healthy. I want to live a really, really, really long, healthy life. I want my brain to function. I know what my genetics are and my brain function definitely is one of those things that I have to pay attention to as is osteoporosis.

You know, it runs in my family. I've, I've been blessed so far to not have to deal with it, but I think because. Style is so healthy and I've practiced prevention for so long. So for me and the heart health piece, because again, cardiovascular disease runs in my family. So I think that all of it is important and it will be a journey for me.

And so I'm excited to be going on this journey with your help. So thank you.

MARLENE: It's an honor.

I think, yeah, we both, we both feel the same I'm as impressed with your work as you are mine, but that is, that is why this works so well because we understand and recognize that it has to be a collective approach.

Right? It has to be the stuff that you're doing, the stuff that I'm doing to be right. It takes a village. It really does. And everybody needs to know. That there is individuality and all of this.

**And so if you are going to a physician and you're just getting prescribed these blanket hormones, and here is your cocktail and everybody is getting the same cocktail.**

**It may not be right for you.** I can't tell you how many women come in and I'm sure you see it all day long. How many women come in who are so over-prescribed hormones?

MARLENE: Right. It's not yet. So it's **all about the combination, the balance, the right balance of hormones** and, and seeing the big picture of your lifestyle, everything else that's going on in your life because cortisol plays a big role.

We're not, when you get on bio-identical hormone replacement, we're also going to be, I'm going to also be looking at. The cortisol levels, insulin levels and DHEA and all of these inflammatory markers, because it's not going to be ideal. If you have other things that need to be healed first, **sometimes we discover there are other conditions that need to be healed first**, before we even introduce hormone replacement.

And so know that will be a part of the assessment when you're seeing someone that does hormone replacement in this way, the way that I do it. And so just want to keep that in mind and it's okay. And so just know that that's out there for you as an option, and **you have a choice always in your own health and wellbeing.**

Follow your intuition. Your intuition always knows what's best for your own wellbeing. Meryl and I do that for ourselves and for our own health we're intuitively guided. And we combine that with whatever wisdom and knowledge we have learned in our careers. And through our experience, always combining intuition is very, very important and just know that Meryl and I always take your, your own intuition into account.

If you are intuitively guided towards a direction, your own health, we're going to put that into consideration big time that you matter in, in all the choices that are being made for you. Okay.

And also know that you're in great hands. When you go see Meryl and she has offers many things in her practice that can optimize your mind, body and soul.

And don't forget how important it is to just breathe!

MERYL: We love it. Thank you so much. Yes. We're all about breathing, right? So thank you so, so much Marlene, and this has been a great conversation. It won't be our last I'm sure we're going to have tons of questions on this one. So till, till next time you guys all know now how to get in touch with Dr. Cordova

MARLENE: AKA Dr. T O health by Dr. T

MERYL: And make it a great day, everyone. This is your rebel nutritionist signing off.