

## Episode 69: Optimizing Fertility and Women's Health

MERYL: Hello, everyone. Welcome back to the Rebel Nutritionist podcast. Today, I am thrilled to be interviewing coach Dora.

So Dora is a licensed where credentialed functional medicine coach, right. And **specializes in women's health and fertility**. So welcome, Dora.

DORA: Thank you very much, Meryl, for inviting me. It's, such an honor, and I'm really excited to talk about this topic. Yeah, yeah. Sorry.

MERYL: I didn't mean to interrupt you.

I am really excited because I feel like You know, it's nice to have an expert in the field on this. I think there's not enough of you out there. And you know, that, that specialized really in this niche. So it's really a pleasure to have you and to be talking about the things that we'll, we'll be getting into.

So first things first, tell us a little bit about yourself. How did, how did you get to where you are now? And, and then we'll go from there.

DORA: Yeah, well, my story started, my health journey began about seven years ago. I was struggling with kind of losing the last couple of five pounds that a lot of women struggle with.

I was having issues with constipation. I was getting my period less and less often. And I had in my back head that I wanted to get pregnant soon in the nearest future. I was actually in my journey, started trying to work out and getting myself healthy and strong because that was my concept of getting ready for pregnancy to have a strong body.

But lo and behold, I was seeing I'm not seeing progress. So I encountered a functional medicine practitioner and I started working with 'em and identified that I had a couple of issues. I had, I **discovered that I had P C O S, which is polycystic ovarian syndrome**. It is a very common condition that happens in women that they, don't ovulate regularly. They have irregular cycles and they also struggle with fertility.

These are the big things. Obviously there are, there are other health consequences with unmanaged P C O S. So these are one of the things I also had some conditions, some anatomy condition called Hashimotos that affects the thyroid.

And I had a bunch of gut issues because you know, why not. Working through that? I got and working to improve my health, improve my gut health, help my, my hormones get back to normal. I started to become. Super passion about it. I was learning so much and I was seeing the changes that I never thought I would ever see because, obviously I went to my primary doctor and they were like, well, there's nothing I can do run all the tasks and you just gotta live with it.

That's how you are. And I just was refusing to believe that. And while I was seeing so many changes, I realized that I wanted to share this information with other people. So that's how it all started. I enrolled into the functional medicine coaching academy became a certified health coach. fast forward.

I also put my job my day job. And I said that this is gonna be it. During this time in between while I was still learning, I decided to, this is a time to conceive and I conceived quite easily because obviously what I've worked on before. But 23 weeks in the pregnancy, I lost a child.

It was, you can imagine if **there are so many women all there who lost their pregnancies** either very early on, somewhere in the middle or at the end it, or anywhere outside that. And it's, it's super painful. But from that experience, **I realized that there was not enough support.** I realized that even with all the information, I've learned, everything that I've gathered about pregnancy during that pregnancy, I realized that we didn't know enough.

that I didn't have the support from my practitioners. I didn't know what to expect. And after that fact, everybody said, oh, we should have come to me. Oh, I should have. But why nobody came to me right before that and going through my health journey, I had to heal my body. I had to recover from that experience physically, mentally, and I didn't push myself.

I just said, I'm going to learn more. And, but from that, from that my own experience **from the experience of a woman that had a loss and who's trying to conceive, I realize that there is not a lot of people who can educate us** and we, **us women don't know how our body works.** What we should do to you know, we able to conceive, but also to have healthy babies mm-hmm and a healthy postpartum, and a healthy pregnancy.

and that's why, how everything all started

and fast forward, I held, held my body. Get to a better state even before the first pregnancy. And I got pregnant again the second time, and now I have a healthy baby, so she's two years old, so she's all over the place, but I wouldn't have been here in this place without the previous experience that I had and the challenges that I've gone through.

MERYL: Wow. Thank you for sharing all of that. That is you know, this is the beauty that I love about the functional world is that we all have a story and we all got here because something in the traditional way that we do things, **traditional medicine somehow failed us**. And we knew that more importantly, because it's not about blaming traditional medicine by any means, but **we all knew better in terms of, we weren't willing to accept what they were telling us as the status quo**.

That this is just, just accepted. This is how you should be. And this is what it is, you knew intuitively this was not right. This was not the way it should be. And I'm gonna keep going until I find answers because my body is telling me anything but the fact that I am normal right. Yes. And, and so I find that so powerful because it makes us so much more passionate and driven in the work that we do.

And look, I have been saying this for a really long time that **we are so disconnected as women from ourselves, and society is disconnected from us from a cultural perspective**. And it's just so sad. And I, I see all the time, I feel like Aviva Ram who I like, I keep saying I have a, a girl crush on and like, who is ultimately my hero in all of this because she really advocates for women.

She advocates for the rawness of who we are, the fact that we need our tribe, we should be embodying the tribe and we don't. And you know, that culture and society are so misogynistic in that way, right. That we just are not allowed to be women .

And express the way we need to express ourselves and be supported.

Yeah. I always say this is about, and I'm a big fan of collaborating with other people, other women, other badass women in this, in this industry. And even just the people that we serve in the way of **really collaborating and not competing**. Like why do we make so much about competition? It just makes me nuts.

And I'm gonna go off on that on a tangent on that. And I don't wanna do that, but, but you know, suffice to say that I really champion the work that you are doing, we're gonna get more into it now. And thank you for sharing that. Because **I don't think women get to really mourn the loss that when they do miscarry, it's a big thing.**

I, I had a miscarriage in between my two girls when, when I was early on, it was eight weeks, but regardless it's a loss, right? As a woman. You, you start to really embody the human that's inside of you, and it's a loss. So thank you for sharing that. And, and thank you again for doing this work and, and it's so, so, so important because I talk about it, but we can't certainly cover everything and in, and, and be experts and everything as much as we try to.

So it's nice to have people like you to lean on.

So I, I do wanna come back to the miscarriage, the, the whole topic of miscarriage we're gonna, we're gonna maybe get to that. Let's call that in the second half, but what are in the words that you are doing? Like, let's talk about how do you, well, let's, let's go let's talk about nutrition in terms.

And **it's not just nutrition for mom, it's nutrition for dad. Like, what is your philosophy on, how do we create a healthy, like you said, preconception body, conception body Post-partum body**, like in, and, and, and I'm not talking about the physical appearance, right? We're not talking about weight, right.

We're talking about health. So **how do you nourish the body to carry and, and sustain you know healthy pregnancy.** Correct.

DORA: And that is a great point because like I mentioned, in my story, it all started. because **initially I thought health meant strength and body composition** and all of that. And I was trying to achieve that because of the society, the social media, especially, and it, it is looking at the women just fit and you have to beat this.

You have to be strong. You have to be like that, but it's nothing about nourishing our hormones, nourishing our infradium rhythm. I am a huge proponent of the infradium rhythm, which is just kinda make it shorten is that there is always a cycle. Everything is a cycle right in, in this world. It's the day and night cycle, which is you know, the day circadian rhythm and hormones have also a cycle similar and this iridium rhythm, it, it's not 24 hours.

It's actually. 28 ish. Right long,

MERYL: 28 hours or 28 days.

DORA: 28 days. Okay. So, and what do you call that? Say? What, what was the it's called infradian rhythm. Infradian rhythm. Okay. Yes. And that, that holds into the menstruation holds a AI phase, holds ovulation, holds the luteal phase and there's a, it's a complete cycle.

And every single month, we, if we do not get pregnant, we start all over again because the body is meant is, is expecting to get pregnant every single month. If cycles are not considered healthy and normal in the normal range, it doesn't have to be 20 days. It can be between 25 and 35. That's still normal.

But if the cycle is not, not like that, they too short or too long, or just all over the place or completely absent. Then that is a sign that the body is struggling. And **nutrition holds one of the, it's one of the key pillars of health and fertility for both men and females**, because I'm gonna start with the women, but it also ties in with a men, but I'll mention some things about men too, but when it comes to women **society puts a lot of pressure on women because is the one that holds the child right.**

For nine months. But **she only keeps 50% of that genetic information.** She holds the egg. **But the man also comes with a half the other half the sperm.** So, but looking at the female, we want to, in the preconception period, we want to make sure that she has enough nutrients not only to be able to hold onto the pregnancy, but also to nourish.

That egg. **The egg is the largest cell in the body has 10 times more mitochondria than any other cell in the body.** So requires a lot of energy and I keep getting on a weekly basis. People talking, I'm very I'm very active on social media on Instagram specifically, and I get people commenting or sending me DMS about asking, well, aren't we?

So aren't we born with all our eggs? What are you talking about egg quality? Well, yes, **we are born with all our eggs, but they are in a state of hibernation. They are not fully mature three months before ovulation, a handful of eggs they're selected to be mature. And in that last month, when the ovulation happens, one egg will be selected to ovulate.**

**So that three months' time it's super important to make sure that the egg has all the nutrients.** It has little or not. It does, it is not affected by all sorts of environmental

factors. And we can discuss that later on. Definitely. I bet. I bet you're gonna gonna ask me about them. but that includes nutrients.

**Nutrients are really important because that is the foundation, the backbone of our health. It's not calories.** We do not ourselves, Don. They're not made by calories. They're made by fat they're, vitamins, Nu, and all of that amino acids and all so much. So we need those nutrient dense foods in order to supply the body with those nutrients that the egg needs in order to thrive to have that, that correct DNA.

So we are not gonna end up having chromosome abnormalities or miscarriages due to that. There is I'm just going to do or parenthesis. **There are certain things that are under control and there are things that are outside of our control.** Sometimes it does happen from what over abnormalities, even with amazing work on the diet and lifestyle part.

We still have to do our work. regardless we did our own job. And sometimes it happens, nature happens, but that doesn't mean that we just leave everything to be, so this is one of like the biggest factors but other things it helps balance the hormones. This is, applies to both of partners.

**If we do not have the right nutrients, hormones will not be able to be in correct balance in order to produce the right hormones. We need specific hormones. For example, for both men and females, zinc is highly important. Vitamin D is really important, vitamin a B vitamins** and so on. Other things it's I just wanna say that that, especially for women, it helps support ovulation because the biggest.

The biggest event in our cycle is ovulation. If we do not ovulate, we're not going to have a child. We're not gonna have a period. We're not gonna, It's a sign of the health it's sign of fertility regular ovulation. And if nutrition is not it's not, I don't wanna say on point, but it's not taking in consideration.

Then ovulation is just going to happen sporadically, or it's not gonna happen at all. It it's not going to be optimal. And last one is just having a, actually the last two is **maintaining a healthy weight. I'm we are not talking about having specific body composition.** But it's about having a healthy weight for mm-hmm our, for ourselves in order to carry a child.

**And specifically for women, we are not meant to be super lean. We are meant to have a specific amount of body fat** on our, on ourselves, because that's how nature is in order to nourish. **If the body has less body fat, then it perceives that if there's famine** and it's

absolutely no time when it's a famine, there is absolutely no time to have a child because your body is at risk of dying.

Right. So having that mentality, understanding how evolution works that will make us understand how important nutrition is.

MERYL: absolutely. Thank you for that great. All great points. And I, and I wrote down things here and there that I definitely wanna come back to, but. Just **let's talk about stress and fertility** because I feel like that, I mean, nutrition absolutely.

And we're gonna we'll get more into some of that, but I really want people to hear how I talk about stress all the time, how **stress is detrimental in every way, shape or form to every part of our body**, right. Or we were not meant to live with the kind of stress that we are dealing with now in this day and age we're not meant to live with ongoing just pervasive stress all day long.

And it wears down on the body. Let's talk about how it impacts fertility, not just from a woman's perspective, right. But men too.

DORA: Correct. And. As you said, totally **stress affects every single function, every single system in our body. And stress is usually triggered by stress hormones, which is cortisol.**

And the way I explain to many of my clients is that the way that I want to look at the way **I picture hormones is that they are on a tier on a scale. So the top tier are insulin and cortisol are, those are the key hormones that kind of like dictate all the other hormones.** What they're gonna do.

**And the next tier would be the thyroid hormones. And the last year would be the sex hormones.** So if insulin cortisol are not doing well, they're struggling then might as well consider all thyroid and sex hormones will be affected. So. Because a lot of women who work with me, they say, oh, my Luteal phase or, and progesterone is low.

Or I have too little estrogen or have too much too much of this or that. And it's not about putting a focus on one specific hormone, but rather look at all the other ones on top doing, are they doing, **are you having a balanced meal and you're not affecting your insulin on a consistent level? Are you overly stressed?**

And stress and insulin cortisol and insulin work hand in hand because cortisol is always, it's actually stimulating hormone. So it glucocorticoid hormone. So it affects the

way our body responds to sugar and how it affects insulin. So things are just. So intertwined.

And the way I also like to picture it from an again, an evolutionary standpoint is that when the body is in a chronic stress, if our stress response is high to the smallest thing, we like, oh my God, it's the biggest thing. If the, the water started boiling, oh my God, I didn't have time to go to run to the restroom because the water is boiling.

Then it's a sign that the body is struggling and we need to work on that stress response, because stress is not a bad thing in the end. **We need that stress, but how the stress response is, if it's too high, then we want to adjust that and work around it.** And where wanted to get to the, the evolutionary story

Is that when we are, let's say a person like pre-historic time, let's say they were chased by lions. They were in a war. They were in a very stressful situation for a long term time. They didn't have time to make babies. There was no time because the body would struggle and they would usually be famine.

There would be something that will basically make them die. If you're, if you're pregnant, you're not gonna be run be able to run from a tiger or hide from somebody that's trying to take on the village. So the same thing, the, the innate and the primary response is the same.

even though we live in this modern, beautiful world. So this is how it goes. **Stress is not something to take lightly, but also not something to be completely scared about.** There is always a thin line and understanding how stress goes, how stress works, and how it affects our hormones, especially progesterone.

**There are many, so many studies out there done on stress, fertility and pregnancy pregnancy outcomes.** But specifically **there is a big, big connection between stress and progesterone.** And when progesterone is low, one of the key things we want to look into is how the stress responds. And if the person has been dealing with chronic stress for a long time,

MERYLL: Absolutely. And so I, I love what you said or I wanna go back to what you said about stress and the gluco cortisol and insulin. Because one of the things that you mentioned that that was the case for you, and I know is the case for so many of the clients that we see is P C O S right?



That polycystic ovarian syndrome and **P C O S there is a direct correlation between cortisol and insulin**. Right. Of course. And so I think what people don't realize is that. **While P C O S is, is, can be an inherited genetic condition.**

And, and yes, I, I agree most young girls now, listen, we're way more aware of it now than, than when I was young, there was no, like my friends, nobody, nobody was diagnosed with P C O S we didn't even know what it was.

It was just, you had irregular periods. That's what it was. Right. And as it started to become more recognizable but I, but what, what I find. Young girls are still dismissed by the medical community who have P C O S oh a lot of them are just told, oh, just go on a diet, right. Oh, just go on a diet, lose weight, stop eating all the junk, blah, blah, blah.

You know, and, and as, as, as they're the victim and the one to blame for this and so forth, and, and it does become this vicious cycle **rather than play the blame game. Why don't we find a way to better support these young girls and the women who have, whether it's P C O S or even endometriosis.**

Right. Because we know some of those things also go hand in hand and, and I think as a culture, like shame on us because we just don't really what's the word.

we just. Connect, right. We don't offer support. Like you said, there's just not enough support. We talk about it. You know, doctors may mention it, but I feel like a lot of the doctors just brush it off.

And so thank goodness for people like you, who can help these young girls in that.

But, but let's talk about P C O S for a second. And you know, what, what do you do? Because I know we, we come at it also from obviously a nutritional approach. Like **how do we help these girls balance their diet?**

Because oftentimes, right. There's just way too much sugar way too much processed food in the diet. Like, and it's hard to get these young girls to really understand that, right? Cuz they're like, well, I just wanna be a teenager and I just wanna eat the way I wanna eat. But the fact is the more processed foods we eat, the more sugar we eat, and the worse, the P C O S is correct.

DORA: Correct. You mentioned it is a genetic disposition and, it's not about The body is broken because I've seen, and I probably have felt it as well. When I after I found out my my diagnosis is that why me, why am I the one who has to take look at her sugar intake

or the foods end? Why is so and so she's skinny and she eats whatever and doesn't care about it.

And she's also not eating because she's not hungry, but I'm constantly hungry. I'm constantly craving and goes. But once somebody understands that there is a vicious cycle, the more you eat of that, the more you crave them, the more the, and the blood sugar rollercoaster of if you eat like plain, all carbs especially like simple carbs and processed carbs.

Then insulin is gonna spike and it's gonna drop quickly and you're gonna feel hangry. You're gonna, it is gonna mess up your, the hormones and it's just gonna be up and down, up and down once somebody understands. Well, there, **you can still enjoy though, the foods that you love you can still have a piece of cake every once in a while.**

You can still have someone ice cream. I'm a big fan of ice cream. So if I'll ever mention something like that, know why or chocolate, but **you can definitely still enjoy them, but there's also a way to do it smarter.** .

First of all, first and foremost, when it comes to balancing hormones especially for P C O S and balancing insulin is to have a balanced diet.

Because it's not about cutting carbs forever. And I mean, I've heard the keto wave and it's still, I always feel like, come on, this is the last day somebody's out. Like, okay, let's, let's move on, but it's not sustainable women. We cannot sustain living on a ketogenic diet forever. There are studies we, we have seen from clinical experiences and trials that there are specific, for short amount of time, for specific type of people, usually very overweight. There are good results with ketogenic diet, but you know, there are very nuanced situations.

for everybody else, you need to live your life. You cannot live on just bacon, butter, and. I don't know, steak. So you should be enjoying everything else.

You can have some rice, you can have a slice of bread. **You can have all sorts of things, but everything in moderation and always combined with healthy protein and healthy fats. every single meal.** Regardless if it's breakfast, lunch or snacks, it always has to be balanced because proteins and fats will always, always lower down the absorption of the carbohydrates and the sugars and will help the insulin be stable and the blood sugar stable.

It'll be less likely to have that spike of insulin. So you'll not be hungry after two hours, you'll be able to stay, satiated for four to six hours. So no need for snacks. No need to rely on, oh my God, did I get something on my purse? Do I have anything, any food in my purse or do I have to stop at a seven 11 and get, a sandwich?

**So it's always being prepared and understanding where nutrition starts from, right. And how to make the plate in order to help your hormones. Right.**

MERYL: Right. And, and that, and yes, again, we're, we're speaking the same language as far as that I think yeah, that, that P C O S segment of, of the population really needs a lot of support because.

Culturally, right. These young girls are looking at what we're all looking at, right? The social media, I need to fit into this mold. I need to look like this. And I think a lot of them end up the cycle continues because they end up depressed. They end up sad, they end up frustrated. Like I'm trying so hard, I'm working so hard.

I'm not losing weight. Why am I not losing weight? And right. And then they go on to all these fad diets, which ultimately end them back in worse shape than they were at. And, and now they're getting older and trying to get into conception and then it just, that whole thing just snowballs.

So. I feel like being able to support these young girls in the way that they need the support is so, so very important, practitioners like you and myself who really understand the nuances of it and not just going in and saying oh, well here's a here's Metformin have at it. which by the way, cause more GI issues than they, than they solve anyway.

Right. I haven't really had anybody yet have great success on that. So, I think it's important to look at and address and recognize that these young girls should not just be dismissed. Like don't just feel like, oh, I was given, slapped with a diagnosis from my gynecologist to P C O S and there's nothing I can do.

And I need to just be on a medication when, when nothing can be farther from the truth. You agree?

DORA: Yeah, absolutely. And just to add one more thing also from my perspective as a, a fertility coach, is that, women can take Metformin, can, let's say they are able to manage their P C O S but **once they get pregnant, we do not have enough studies to prove that Metformin is really safe for the mother and for the baby**

So that will take you as a woman that you've been on Metformin, you'll get off the medication and you'll get back to where you started. So you'll have higher risk women with P C O S, have higher risk of developing gestational deep diabetes that puts the baby into risk of not only being a baby.

So being, being a larger baby also can increase the risk of having to have a C-section or delivery delivering early because the baby's too big. Also can lead the mother to be developing a type two diabetes after the pregnancy. But also **the baby will be predisposed because the inner neuro for how many so many months, they've been exposed to that much insulin.**

**They will have a higher likelihood that will develop diabetes. They'll become obese.** They'll have so many conditions that we, or even cardiovascular disease and later in life, and right, we don't, we want to have healthy babies and give our babies the best start in their life. because they cannot make the decision when they're in the utero.

They're not me and being educated as mothers. and as parents, right? It's not just the mother, it's not the fathers. And regardless of the couple, **it's their responsibility, as the ones who will be taking care of that child to learn what would be the repercussions.** Right,

MERYL: right. I, I don't think that least, I again, this is my perspective.

Maybe I'm not a hundred percent accurate on this, but I, I still think in this day and age, for **as much as we know about health and nutrition and prenatal nutrition, it's just not being talked about enough.** Would you agree?

DORA: Absolutely. A hundred percent. It's absolutely not talked about. And just kind of like to close off, because I realized I didn't say that, but **if a woman with P C O S decides to take on the diet lifestyle approach to manage her symptoms, If she takes on what she learned and applies to pregnancy, then her chance is to develop gestational diabetes lowers.**

So it's not like you have P C O S you are going to, for sure, get gestational diabetes. You can still have a successful pregnancy, a beautiful pregnancy, and healthy baby, and healthy life after that. It's just about having the education and you know, how in order to go through all of that confidently and as you said, the medicine that the, just the conventional medicine is amazing at doing their job to treat diseases, but they're not as good at preventing them or managing them their chronic conditions.

That's where. People like you, people like me are in this world because we take that approach. If, if you need emergency C section, you will not go to a nutritionist. You will not go. You're going to go to the ER, because you need to get that baby out. You need to save yourself or the baby. That is conventional medicine, and they're doing an amazing job to save our lives, but not in every single aspect.

DORA: Yep. Yep. And I say that all the time, right. Where **they're not good at prevention, they're not good at even health management.** Because I always say our, our medical system is really more like a disease management system. They're not healthcare, it's just disease management. Right. And so **everything else really falls to the rest of us to be able to say, okay, how do we proactively keep ourselves healthy?**

And **there's so much misinformation, which is why I love interviewing experts like yourself. Who've done the work and put in the time** and are working with people in the best way possible, because I, I said something on one of the. One of the reels that I did the other day where is your authenticity?

That there's so much competition out there, right? Everybody's buying for a place on social media and buying for a spot of like, look at me I've got X number of followers that we've lost, that authenticity of who are we serving? What are we here to do? And how are we helping people? Right. Not look, we're all in, we're all out there to make money clearly.

Right. We're entrepreneurs we're in, but we're also at the same time. And I think for me, I know this is my case. I, first and foremost, I'm passionate about helping people. And I just am, I'm lucky enough that I can make it my living and make it my career. But the fact is that there are a lot of people that need help and need the right information right there.

We're out there doing the research, you and I, **we're out there putting in the time of understanding, there is no quick fix to any of this,** right. To creating a healthy body, to hold a healthy baby. Requires two people, the man and the woman, and it requires two healthy people. And if there are imbalances, whether it's P C O S whether a man, I mean, look, being obese, having cardiovascular disease, having gut issues, right?

**The gut affects your immune system. Your immune system is in every single cell in your body, right? Your DNA, you transfer that DNA to the baby.** If your immune system is compromised because you don't have a healthy gut, whether you're a man or a woman, right. Then, then the baby is compromised. So like it all parlays, like you said, it

is totally all connected you and going back, even to what you said about your own diagnosis.

And, and we know that Hashimotos anything having to do with autoimmune thyroid always is connected. The thyroid is intricately connected to the gut and vice versa.

DORA: Absolutely. Yes.

MERYL: Yeah. So I think all of that is, is so important and, and we definitely sing, sing to the same choir on that.

but another thing that I do wanna talk about, and then I, I wanna sort of break it into two so we can kind of leave people with this thought and then, and then go on to that miscarriage the miscarriage topic cuz I think it's so important and we have to address it, but **let's talk for a second about chemical exposure and fertility**, because you know, we talk about nutrition.

We talk about the things that we can control, but some of the things, **our environment is so crucial to a healthy DNA**. And, and now we live in an environment that has more chemicals and more toxins than ever before. I mean, I know you know, we both know the studies they've tested the cord blood of newborn babies, and there's hundreds, not even 100, there are hundreds with an S of chemicals in a newborn's baby blood.

Like how scary is that? They're all be already being born with toxic overload. Like that is that's huge.

DORA: And unfortunately, a lot of them they're endocrin instructors and the baby in the utero is developing. And the baby, even outside of utero is a newborn up until three. **Their brain is developing and especially the brain is one of the most sensitive organs to these chemicals to heavy metals** to BPA PHS and all sorts of that, like pesticides and. The list goes on. We, we said hundreds, right? I I'm doing, I know all of them by hard, cause I'm not, but they are out there and we get exposed.

But, but before everybody gets scared, like, oh my God, what am I gonna do?

And there is a loss, cuz I'll never be able to identify all the chemicals and how am I gonna take it out, take them all.

**But our body is meant like our, especially our liver is meant to filter and to basically execute the toxins out of our system.** But in order to do that, In order to be able, right.

Cause we also have that, the other camp of like, oh, our body was always meant to do this. We don't need to worry about the chemicals, but one, one of that one argument is that our liver is bombarded from how many years of birth control, how many medications, how many Tylenols, Advils for PA like period pain and for migraines or any other things and you know, the water.

How about that? Because if we drink tap water or the water from the fridge, it has all the medication that everybody in the city has taken because the water system doesn't filter. They, don't have the capability. So. We take on those additional medication. And we also take on pesticides because it goes into the sewage, the pesticides that have been sprayed from the grass to the props to everything.

So it, you can the water, even you don't have to live on the field on the farm to get a lot of pesticides in your water, because all the grass out there, it is sprayed, especially in the parks. And if they're really nice and bright green, then definitely they've been sprayed and treated. So the water is really important.

And then the food that, the foods that you're eating, and all the things that you're putting on your body, they all add up and **the liver gets over overload.** Plus the poor diet there's **the diet doesn't have enough nutrients in order to support the liver to function.** Right. We were talking about what was the beginning of our discussion we were talking about what was the role of nutrition?

What's its role? Well, the nutrients, what? Right. In order for the liver,, all the organs to function, they need nutrients. They don't need, again, they don't need calories. So the nutrients are super important, like beef vitamins, like zinc, like magnesium, like amino acids and **all of those are important for the liver to function well.**

So liver functions, well then what happens after the liver pops up and breaks down those toxins? Well, it goes into the kidneys to the kidneys and to the colon. So you need to have a good bowel movement, a daily bowel movement. So goes back to the gut and you have, you need to have a good gut bacteria in order to take them off, flash them out, not again, recycled.

**If you hold onto that poop for more, more than a day, more likely you're gonna unpack those toxins and you're gonna reabsorb them.** You're gonna have a load of those and just make more damage. Why not?

And I haven't mentioned it, but there are so many studies out there done on men, especially in the **biggest factor for sperm, quality, sperm, damage, sperm all of that is oxidative stress which is actually a higher amount of free radicals compared to antioxidants.**

And **we make antioxidants guess where, liver.** So it's such a big cycle of like, Where does it come from? Well, it comes from everywhere and we have to treat the whole body. We cannot just put the the stand, like, I'm gonna focus on this. I'm gonna, you need to focus on everything. So going back to the toxins, so we need to have a healthy liver.

We need to have a healthy bowel. We need to have healthy urinary tracts. We need to sweat while we; we should sweat on a daily basis. And because we need to eliminate those toxins. And probably before thinking about that, we need to also think about the toxic load. And so how much we put on our body and how much we put on the liver.

Right? Cause even if the liver and all the other, the entire detoxification system works well, we also wanna make sure that we are not like. Filling up the funnel. So think about the, the funnel. And if you, if you're putting too much at the same time, it's just gonna overflow even if the, the funnel is working well.

Right. So, and that goes to **how can we minimize those toxins that we have control of** is we cannot control the pollution. We cannot control if the part, if the city is spraying with pesticides, or if we are going out for a restaurant to a restaurant, it, we cannot control that. Right. We can have, **we can make sure that we can we buy the better foods for our home to cook.**

We cook mostly at home. Obviously we can go to the restaurant every once in a while, but not on a daily basis. Better eat the food from home. Then also minimizing your exposure from, the things that we put on our skin, the things that, makeup creams, lotions, shampoo, conditioner, toothpaste.

Oh my God. There's nail Polish. There's so many things out there and **it's not about taking rid of all of them and just kind of like finding the right balance.** Everybody has a



different threshold things that they can, they want to do a compromise with. For example, some women just love the nail Polish.

They do not they're they do not like the healthier versions. They just want the nice looking ones. So that's fine. But. Focus on the other areas. So you, you will lower that toxic load and your body will be able better to take on whatever toxins comes into your way. And probably the first step out of everything that I just said.

**If somebody is just starting right now and doesn't know where to go, where to start, well, start with water.** Start with having a filter water, have a high-quality filter. One you'll have a better quality water and two you'll avoid those plastic bottles. That contain, guess what? BPA, everybody talks about it and BPA free.

It's nothing, but, and it's not, I say it's can, but it's just. A way to say we do not have BPA, but we actually found some other cousins of BPA that are actually even more harmful, but we haven't done all the research yet, and there's not enough research to shut out to, to high so you can still buy them.

So don't, don't buy them. buy the glass by glass, by stainless steel. They bottles, containers, food containers. And even if you are buying like foods that are conserved, like preserved, like instead of buying, for example can tomatoes in a can buy them in a jar glass jar, right. If you're buying you know, all sorts of things.

Uh, So, okay. Instead of buying things that are in cans, get them in a glass.

MERYL: Yes. I mean, and, and yes. So yeah, we could probably go here another right hour and talk about all the things that we recommend. I think here's the thing, the, the long and the short of it is we don't wanna overwhelm there's there's a lot to think about, right.

I'm sitting here going, wow. You know? Yeah. There's a lot that we're, we're where you need to think about when it comes to nutrition and health and chemical exposure and the idea, and **the takeaway should not be that this is so overwhelming that you can't do it.** I, I loved how you brought it back and said what if there's one thing you can focus on, **let's just focus on water** and, and that's so true.

And then and this is what we do with our clients and I, and I, and I'm pretty sure you do it as well. You know, you, **you organize it in priorities, in what is manageable for people** to handle when, right. So, so this is priority. Number one, this is priority number two, because **we certainly can't ask people.**

**To change everything all at once.** It's, it's it's impossible and we're setting them to we're setting them up for failure. So we, we try to chunk it down is what is, what is the lowest hanging fruit, right. Water might be the easiest one. And then what is the next one? So, so. People's programs and **people's own journey has to start with what is realistic for them and more, just as important, what is sustainable for them?**

What can they sustain? And, and right, is the one takeaway in that, that, yeah, there's a lot to think about, but this is why Dora you use Dora and this is why you use myself because **we are here to guide and support you in the way that is, that is right for your body.** Because we do, **we have to look at detoxification and we have to look at oxidative stress and inflammation and all of these things that we as practitioners, that's our job to be able to help you with.**

We're not asking you to be the biochemical expert on your own body. But trust the experts who are doing this work, who know the work, who are saying is music to my ears when you said, well, yeah, we look at, gotta look at detoxification. Oh yeah. But we gotta look at the bowel movements. I mean, I love that because, right.

That's so important. And so, so it is all so, so important to look at the sleep and the stress and the gut and right. **Organizing all of the systems because ultimately we live in one body and all of the systems in that one body have to function properly. If we are going to live in a healthy body.**

And again, going back to your comment, it's not about calories. And I say the same thing. **It has zero to do with calories.** I always say whoever made that formula it was some engineer or chemist in a lab who created, like, was able to measure the calorie. Which is just a unit of energy. All it is is energy, right?

I mean, you're measuring the energy in one particular food, and in the context of our whole system, it's meaningless. I always say, if you live in a vacuum, it's a great place to function. Nobody that I've met to date lives in that vacuum.

DORA: Correct. Yeah. And

MERYL: yeah. And so you know, I, I love the message. I love what you're telling clients, I love that it is inclusive.

That has to be the man and the woman it takes two to make a baby they both need to be healthy to do that. Dora, anything else? Any last words on this topic that you you

wanna tell us about more about the work that you're doing or, or anything else that you wanna kind of add to that, to close out this, this amazing podcast?

DORA: Oh, thank you. Well, people can, it can find me and different places. One, they can find me on Instagram and they can learn more about what I might work. How I work, especially because the bread and butter, if they, somebody decides to work with me one on one and get the most out of it, because it's easy to get all the information, but putting them in application it's harder than it sounds.

That's why I'm here is to, as you mentioned earlier, is I'm here to help them put two and two together and figure out what habits actually work for them in their case, and what is a lowing hanging fruit and what they can start applying on a daily basis and just get that successful pregnancy test and C tests in no time possible.

And. That's kind of how the coaching in general goes. If somebody wants to work with me, I do work one on one virtually. And my programs usually last at least three months, because we want, as I mentioned earlier we want to work on that time while the egg is preparing and maturing because that's the most important time.

So working on a minimum of three months to nourish the egg, making sure that it has all the right DNA and all the information, and preparing the body with all the nutrient stores to carry the mother all the way to past pregnancy, past breastfeeding And that's how we, we started. We started from, that point. If somebody's not ready to work one on one yet I do have other resources.

I have an ebook where they learned essential topics like nutrition or tracking their hormones and checking, tracking their cycles for pregnancy and so many other topics. And they can start implementing the moment they get that document in their inbox. And yeah. Great.

MERYL: Good.

Yeah. So we'll have all your contact information on ours. Definitely. Go check out our Instagram DORA. Instagram is great. And of course, I think nothing makes your day more than when you hear from a client who who's, who, who finally got that positive pregnancy test. So yes. That's, that's makes my,

yeah.

MERYL: Yes, absolutely. So awesome. Thank you so much, Dora,, for taking the time to speak with us. I think this is such an important topic. I think your information has been invaluable to those of our listeners who, are struggling with so many of these issues and perhaps fertility issues. So thank you for that.

Everybody stay tuned for part two that we're gonna be talking about shortly and this is your Rebel nutritionist signing off everybody make it a great day.