

Rebellious Wellness^{over}₅₀

Hormones Aren't Just for Sex — They Run The Show



Ep 17: Hormones Aren't Just for
Sex — They Run The Show
with Claire Snowdon Darling

Hormones Rule Everything!

Gregory Anne

Welcome back, everybody, to another episode of Rebellious Wellness Over 50, I'm very excited this week because I'm interviewing an expert in hormones, hormone balance and general wellness. Her name is Claire Snowdon Darling. Claire, welcome. Thank you for being here.

Claire Snowdon Darling

Thank you for having me. I'm very excited to be here.

Gregory Anne

I love it. So let me just tell the listeners a little bit about you. You have a wellness center in the U.K. called Balanced Wellness, which you founded. And was it, 2008? Good for you. The longevity in a lot of businesses don't last that long. But you've been doing alternative health practicing since late 90s. Early 90s.

Claire Snowdon Darling

Yeah.

Gregory Anne

And how did you get started?

Claire Snowdon Darling

Oh, as a teenager, I was really into things like crystals. And I actually did one of the first Reiki courses in the U.K. And then back then there was no real complementary health career path. It was beauty or osteopathy. I think that was kind of, you know, it. And so I went down a normal career path. Well, it wasn't that normal deal;ing with a disability and it was. Yeah, around about 2004 after I got really ill having my daughter, that the holistic world found me again.

Claire Snowdon Darling

And suddenly all this training that I'd done in my late teens, I actually did do a few diplomas of all of this. All makes sense now.

Gregory Anne

I love how that came together.

Gregory Anne

Well, we'll talk about your story in just a second. I wanted to let the listeners know what's different about your practice. No, crystals I suspect, in your practice.

Claire Snowdon Darling

No, there's a few dotted around the place to make it look pretty energy, but. No, no.

Speaker 2

Yeah, nothing wrong with crystals, it's just that I think you've moved in a different direction because you really work with people that have difficult things to resolve in the body. And there could be many reasons right it could start in the gut because everything starts in the gut, we'll I get to that, too. But you have lots of great testimonials or people that said you saved their life, you changed their life. So I'm curious to know as we go through how you do that.

Gregory Anne

So let's start with your story. You said you got back into this world of alternative health when you had your daughter.

Gregory Anne

What happened?

Claire Snowdon Darling

So in 2004, I nearly died giving birth to my daughter. And what we both nearly died. And I came out of that. I remember waking up in recovery just so tired and that tiredness never lifted.

Claire Snowdon Darling

It led to a terrible postpartum psychosis, postpartum depression. I mean, also just a few years, I don't even really remember, but the overwhelming thing was, as bad as the depression was, nothing was as bad as the fatigue that I felt. And so I I had chronic fatigue I now know. We're all torn because of this huge trauma when I was giving birth to her and back then and even now, there was very little known about it or talked about it and.

Claire Snowdon Darling

The complimentary world has exploded in the last decade, but back then, 17 years ago, it was still trying to sift around and try and find anything. And I basically the medical model had nothing for me. Nothing was showing up on blood tests. I was fine apart

from the depression. And once the depression abated, I started trying to feel better about myself by just, I'd never engaged with the personal trainer before so I did a bit of exercise. Tried to work out my diet, trying to do things like that.

Claire Snowdon Darling

And then I was at ah, I got really into nutrition but wasn't studying it. I actually, you've got Lara Bars in the US?

Gregory Anne

We do have you have Lara Bars.

Claire Snowdon Darling

And for a while they were sold in the UK and they actually ends up being sold to a different brand over here. But I was one of the first distributors of Lara Bars, Lara Bars kept popping up and someone said they're doing kinesiology taster's upstairs and every single hair on my body stood up on end and I said, I need to go on a break.

Claire Snowdon Darling

And I walked upstairs and the women said, Would you like to taster session and I said "no, I want to sign up to the course."

Claire Snowdon Darling

And I had no idea what it was. And everyone was saying to me, I think it was like six months. They said, what is this course? I'm like, I don't know.

Claire Snowdon Darling

I just don't know.

Claire Snowdon Darling

And I turned up on weekend one and I just realized it was what I was put on the earth to do.

Claire Snowdon Darling

And it was as clear as that. And it was, I was sold from the first moment of the first day. And it's actually not a particularly well, it's not a relaxing treatment. It's actually quite barbaric at times. You know, it stems out of chiropractic.

Claire Snowdon Darling

So there's quite a lot of quite fierce work that we do. I absolutely loved it. It made sense to me. And through that journey. So back to my health journey, I did everything right. I know we study in kinesiology, we study nutrition, we study the emotions.

Claire Snowdon Darling

We do structural work. We work electrical systems. I did everything right. I was having the counseling for the trauma. I was doing everything. I just threw everything at it. And I still wasn't getting better. I was the fatigue was unreal, absolutely unreal. And I was seeing specialist after specialist and nobody could get me fixed. I was taking every single supplement I could that was testing for me. I was doing everything. And it was actually only, I think I was 38, when I suddenly got taken seriously by the GP because of massive weight gain.

Claire Snowdon Darling

And then it was three weeks before my 40th birthday that I got diagnosed with early menopause and that as far as the docs were concerned, that's it. All of the mystery is solved. And I'm like, well, how and why did this happen? Is it because of the birth trauma? And there were no answers and my inability to really heal myself using all of the methods that I had learned. I mean, in the end, I think I ended up training in sixteen different modalities.

Claire Snowdon Darling

I think that's about sixteen modalities. I tried everything and it led me down a rabbit hole of research, which basically led to the formation of a clinic model where I say "we" I took up my business partner, that we have created called the Triangle of Hormonal Health. And it was this realization that while something fundamentally had gone wrong with my hormones because of a massive stress that actually there that had a knock on effect with my female hormones, actually, there were massive issues in the way that I was approaching diet because I was doing it the way that I thought I had to.

Claire Snowdon Darling

I was trying raw food, vegan, let's do a juice fast. Let's do all these things, massive issues in the way I was approaching diet and it was inconsistent and it wasn't actually supporting my body and it led to the formation of the triangle. And the triangle has now taken on a life of its own and become a practitioner training course. So we teach kinesiology, but we also teach people who just want to be a wellness coach how to use this methodology.

Claire Snowdon Darling

And yeah, it's it's incredible.

Gregory Anne

That is an incredible story and I would say commendable that you stuck to it, but I know when we feel bad, it's the driver, right? There's no end to or at least I should say for me, and it sounds like for you, I don't know how people I understand how people give up because it's frustrating, especially at all you have is the Western medical model, because once they don't have an answer, as you pointed out for yourself, they're like, sorry, go home, see a shrink is often what happens. I know. To come in at the menopause perimenopause stage. Oh, you're not feeling like yourself. Here's Ambien, sleep with Ambien. You're just not great.

Gregory Anne

I was just writing a little bit of copy for one of my products and I was writing about hormones and how important hormones are in a funny kind of way. And I thought maybe I'm overemphasizing the role of hormones in the body.

Gregory Anne

Can you help me out?

Claire Snowdon Darling

I wish, no, you're not. And this is the bit that actually saddens me is I was, what, twenty eight when I went through my trauma. If I'd have seen me as a practitioner, I am now when I was twenty. I honestly don't believe I would have gone into the early menopause because I would have been able to sort all the things out. I mean, ultimately hormones are behind everything and this is what I think some people get really surprised about is,

you know, we talk about hormones and we tend to think of estrogen, progesterone, testosterone.

Claire Snowdon Darling

We don't think about the myriad of different blood sugar hormones that even are down to one of them is responsible for whether or not we feel anxious. Another one is responsible for motility through the gut.

Claire Snowdon Darling

So, yeah, we don't think about the hormones that do everything inside our body. And one of the big wow moments for me, a few years ago, was this realization that every single time we put food into our mouth, we either have a hormone response that takes us to wellness or we have a hormone response that takes us further into feeling rubbish every time something goes in our mouth. I never equated this, had a hormone response.

Claire Snowdon Darling

So, you know, you're not underplaying it at all. I think we need to become so much more aware of how hormones, everything in the body.

Gregory Anne

Yes, so let's talk about. We're not going to list all of the hormones, but I know that the listeners are probably curious about when we eat, there's a hormonal cascade. If we think if we're having stress, there are all these hormones that go on in the body. How do we determine whether we have a hormone issue or we have something else going on in the body?

Claire Snowdon Darling

I would pretty much say, in my experiences, it's mostly a hormone issue, unless you've had an injury or you have something like congenital heart defect where there is an actual structural issue.

Claire Snowdon Darling

So one of the ways that we work, I learned in kinesiology, but we now bring it into our wellness coaching is, we look at what we call the B E E S the BeeS. So every condition or every symptom can be connected to a biochemical issue.

Claire Snowdon Darling

So either there's something we're not putting in our mouth that our body wants and that could be food or nutritional supplementation. We're putting something into our mouth that our body doesn't like in terms of food intolerance.

Claire Snowdon Darling

Or there's also the other biochemical issues that we have to be aware of today, the pollution, the pesticides, the toxins in our toiletries and cosmetics, all of these things which, by the way, those toxins that go to cosmetics are called endocrine disruptors. And our hormones are made by our endocrine system. Right. So we have to be incredibly aware of the biochemistry of our body and how easily manipulated it is by external influences. So then we also look at the emotions.

Claire Snowdon Darling

Well, our emotions are run by hormones. So there's a biochemical issue behind our hormones. Then we look at the other is the electrical system of the body. So we talk about the acupuncture meridians or in physiology terms, the connection between the organs, the muscles and the nerves. So there's a beautiful conversation that happens. And then we look at structure, our structures really easy to just think what it's structure.

Claire Snowdon Darling

But if we're stressed, we actually have a hormone response that will, for example, shorten and tighten one leg, which is why a lot of us have pelvic instability. And that pelvic instability puts pressure on a structure in the bowel called the Iliac secal valve, which is where we end up with things like irritable bowel syndrome or constipation or diarrhea. So it is all hormones and they link in across the board biochemically, emotionally, electrically, structurally.

Gregory Anne

Wow.

Gregory Anne

So you just made me feel good because you proved one of my theories, which is everything is food, as I say, whether you think it or whether you put it in your mouth, it creates a hormonal cascade in the body.

Gregory Anne

So

Claire Snowdon Darling

100 percent,

Gregory Anne

We would do well to be very more mindful, more mindful of what we think and what we eat. But it's not just, how do you know, what kind of nutrition do you guys do testing to determine what kind of nutrition somebody needs.

Claire Snowdon Darling

So we work in two different ways. Yes, we do do food sensitivity testing. We use muscle response. But yes, when you've talked before about kinesiology, a lot of therapies use muscle response testing, including chiropractors. So we do do food sensitivity testing in that way. And it's very quick snapshot. But like I said, I don't just train kinesiologists. We work with what we call the hierarchy of food intolerance. And there are things called gateway allergens.

Claire Snowdon Darling

So like when people say, "oh, I'm allergic to Kiwi's, I think that's what's causing my issue." How often do you have Kiwi's? And they say "about once a month", I said "that is not what's causing your symptoms."

Claire Snowdon Darling

My favorite phrase is, "what are you eating every day? What are you doing every day?" That's what's causing your symptoms. So the big gateway allergens are wheat, not even all other grains, but wheat because of how we hyped the grain, the amount of gluten that's now in it, and the fact that we spray it with glyphosate, which destroys our gut

microbiome and causes all sorts of inflammation. Milk again, because it's so over processed and refined sugar.

Claire Snowdon Darling

So we know these things aren't great for us, but when we actually take those out of our diet, what happens is a whole stack of things that we might have thought we were intolerant to, so the kiwi, or something random, all of a sudden we're not intolerant to that because our immune system can cope because it's not having this daily onslaught. So I call those gateway allergens. I call them arsenic. So when people say I say to people, what "can I ever eat wheat?"

Claire Snowdon Darling

I say, sure you can choose to do whatever you like, but how often do you want to have arsenic in your diet and feel OK? So I'm eating organic wheat.

Claire Snowdon Darling

OK, so that's just the arsenic.

Claire Snowdon Darling

But without the extra pesticide either way, excess gluten or pesticides, it's not good for us. Or even sourdough. That's, of course, fermented arsenic. Either way, we have a myriad of other grains that have become so overlooked in the last 30 years. So unless people are celiacs, I always know it's a sign of real health momentum when they can't tolerate any grains and then they start to be able to tolerate other grains. You start to see the resilience coming back from their immune system.

Claire Snowdon Darling

But if they eliminate those and they're still experiencing symptoms, we look next to the Nightshade family, the potatoes, peppers, aubergine, what's that other one we look at? It says peppers or

Gregory Anne

Tomatoes?

Claire Snowdon Darling

Tomatoes, Yeah, it's the what's in your diet every day. And they can be in your diet every day. And then we also look at eggs because a lot of people can't tolerate egg white.

Claire Snowdon Darling

They can cause a big inflammatory response. It doesn't have to be that you're intolerant to all of those. And I certainly don't recommend that people give up all of those in one.

Claire Snowdon Darling

So, start with the wheat. If that doesn't change anything, move to milk bit by bit. Just take a small step every single day and see how you feel.

Gregory Anne

And how long would you say? There are different schools of thought around elimination diets for testing? Some people say seven days. Fourteen, twenty one, six weeks. How long do you say it takes them?

Claire Snowdon Darling

I think you're going to notice a difference from a week to a week to two weeks.

Claire Snowdon Darling

And if you're not, then that, then I would say stay off, particularly the big gateway allergens of wheat, milk and sugar. You keep those out. But then what am I eating every day? Is it one of the night shades? Could it be egg white? It's what is it? OK, let's start by eliminating one of those and honestly if people are intolerant to potatoes, I hadn't eaten potatoes for years, like years. And then. I think because I got a lot of white perimenopausal and then just restricted carbs a bit and then just started to get a little bit of increased cycling overall, lockdown's over here, so I'm going to eat a little bit of potato and it was great.

Claire Snowdon Darling

Suddenly discovered that all I was doing was clearing my throat and I was like, what is going on? This is driving me bonkers. And I suddenly went, I'm eating potato three times a week, gave up potato, throat clearing went away. And you think how many

people are on that? They've got an allergy or you know, there are things like antihistamines or then they end up on things like a Metrazole because they're going to the doctor's.

Claire Snowdon Darling

And actually it might be food intolerance.

Gregory Anne

Yeah, yeah. I look to food pretty commonly. It's just hard to get people to, myself included, I had a food sensitivity test done a month ago because I have developed some kind of upper respiratory allergy like thing. But no, my eyes don't run. I don't have to blow my nose. There's just this congestion. So I wanted it to be like something in red. I wanted it to come back and go stop doing this. But there were just little bits of this and that, you know, in that middle range.

Gregory Anne

So I thought, am I really going to never eat a piece of chicken again? No, I'm just going to maybe I was eating more chicken than my body likes, so I'll have it less often. So but I find it's hard to get people to take things out.

Claire Snowdon Darling

The is the issue in any kind of midlife thing. So any kind of menopause, post menopause our histamine goes up our tolerance

Gregory Anne

Does it?

Claire Snowdon Darling

Yeah. Our histamine there's a big connection between estrogen and histamine. Histamine response increases, which is why a lots of peri to post menopausal women suddenly say, "I just can't drink the Prosecco anymore. I just can't drink. I can't eat this." And you go, "No, it's because of your histamine is just elevated" and we just we become a bit intolerant to the world.

Gregory Anne

So I have to say that I've seen that in people at times, and especially in a crowded room when people don't want to wear their masks. But I want to go back to, so the sex hormones are really important. And as they decline, less the testosterone, but certainly the estrogen and progesterone for women. I know estrogen is protective brain cardio.

Gregory Anne

And so do you recommend hormone restoration or I guess it wouldn't be restoration or restoring to the levels of pre-menopause, but do you believe in adding some natural hormones back to the body?

Claire Snowdon Darling

I really do. And I think maybe I'm a bit jaded because I see women who are like me going through something awful. They're not women who go, oh, I'm having a few hot flashes and black cohosh has helped me enormously.

Claire Snowdon Darling

I'm seeing the women who are just on the floor broken and I don't see many women who can actually get through menopause really naturally any any more. But that that is what my clinic is full of.

Claire Snowdon Darling

I have a few clients who say, "oh, I sailed through" and I'm like, I'm so happy for people.

Gregory Anne

And I'm thinking, gosh, that would have been a joy.

Claire Snowdon Darling

My sister, who's fourteen years older than me and smokes like a chimney and drinks like a fish, and she's literally occasionally gone like "It's a bit warm."

Claire Snowdon Darling

That's it, that's all she's had to her menopause.

Claire Snowdon Darling

I thought, you're kidding me. I've had every single symptom, but yeah I really, really do. And particularly the reason why women are often having more challenging menopause is because we're going into menopause stressed. So what people don't often know is that it's not just our ovaries that make progesterone and estrogen. They're also made by our adrenal glands and our adrenal glands, predominantly known for the stress hormone response.

Claire Snowdon Darling

But if the adrenal glands are really overworked, we'll have been through something like repeated stress on a day in, day out basis, suddenly going into perimenopause when they're supposed to be doing the job of making more of our sex hormones. They can't do it. The women aren't having any kind of smooth transition whatsoever. And so it becomes very, very plunky. Absolutely. I really recommend I think the bit that I would say is, my experience is that most of us are estrogen dominant going into the menopause because of our environment, because of food.

Claire Snowdon Darling

If you if you've struggled with weight or any kind of headaches, IBS, PCOS, endometriosis, any of those kind of things, you're probably quite estrogen dominant going into perimenopause. I have such an issue that the medical response is straight away give women high levels of estrogen and progestin.

Claire Snowdon Darling

Actually, we don't need the estrogen. Then that's going to compound things, make it worse. What we need then is the progesterone, though. I actually quite, I'm a big advocate for the progesterone at the beginning part of the menopause and perimenopause, as things are showing in your blood test, getting that progesterone in, that natural progesterone. And then when you're starting to get the low estrogen symptoms, it all gets a bit dry downstairs, really hormonally wanting to cry.

Claire Snowdon Darling

That's when we start putting in the estrogen, because you're right, we absolutely need that for bone health, cardio health, brain health. But it's a little bit later on to begin with in that peri to mid menopause. Our livers are struggling to process it out.

Gregory Anne

I think progesterone is not a hormone that we think of after childbearing years, right. But then when you're saying bring it back just to let the listeners know, for me, progesterone was the first time I got prescribed. It was early. It was perimenopause. It wasn't just that. And for sleeping, yes. I just couldn't sleep. And it did the trick of tell you it really did help just calm me. I don't know what it was.

Gregory Anne

I never thought of myself as not a person. But for some reason it took off that mental that running feeling that...

Claire Snowdon Darling

You're absolutely right, it's it's the calming hormone. So you're right. We think of it to do with pregnancy, but there's now a huge amount of research that shows it's responsible for so much more. In fact, there's some really new research that shows that it's as, if not more important for bone density than estrogen, which is absolutely astounding. We've really only thought of it as this one thing.

Claire Snowdon Darling

But I mean, I have a lot of clients who've had hysterectomies and are battling their GPs to be able to be given progesterone because there can be such an entrenched belief that women, we don't need it. You haven't got a womb, whereas not looking at what progesterone does, which is absolutely to stop us going crazy.

Gregory Anne

There you go. There would be a lot less crazy in the world right now if more women had access to these.

Gregory Anne

So what would you say to. Well, the two things. Let me go back to the sex hormones, testosterone. How do you feel about supplemental testosterone for women?

Claire Snowdon Darling

Well, I mean, I wouldn't get out of bed without it, so I'm a big. Well, that's but I think part of the issue, again, with the medical model is they might get all your testosterone is low.

Claire Snowdon Darling

Let's give you testosterone. What they don't really take into consideration again is how testosterone is made in the body and that actually an imbalance in testosterone is usually because of adrenal fatigue. And so just giving people testosterone on its own.

Claire Snowdon Darling

This is where women come into my clinic absolutely wired and jittery about being given testosterone, having been given testosterone. That was the symptom, not the cause. So what we have to do is your body knows how to make the testosterone. We just need to fix the mechanism. So with that adrenal fatigue, you know, we women are very good at overworking, right? Like this let's juggle everything. And there comes a point in particularly that peri menopause phase where we have to get real and say, I can't cope with all of this.

Gregory Anne

So let's say a woman who's never she's now through menopause, she struggled through she did whatever, no supplemental hormones whatsoever. And at 65 or 70, she learns that these things could actually be protective of my heart and my brain and the things that I worry about. Would you start somebody on supplemental natural hormone therapy at that point?

Claire Snowdon Darling

I mean, I don't see people like that because if they've got no symptoms, they don't tend to be sort of seeking me out. But I do know that some of the doctors that I work with who are very pro bioidentical hormones absolutely would because of the protective nature of them.

Gregory Anne

And sometimes women, I hear, I was having a conversation with somebody who said she started to get brain fog not covid, related, just she felt like she couldn't really focus as well. Her sleep was a little off. And her doctor, luckily, her functional medicine doc said, let's try you with the lowest dose of this. And within about a week and a half, she said she was feeling different.

Claire Snowdon Darling

Yeah.

Claire Snowdon Darling

Yeah, absolutely. I mean. I personally don't plan on stopping taking the bioidentical hormones, whereas if it was a medical model, HRT, you would want to be stopping because of all the dangers associated with them where, whereas obviously with the bioidentical hormones, you don't you don't have that danger, because not only are they done specifically to your blood work, they are made from natural ingredients. Fantastic.

Gregory Anne

You know, just to tie back to that earlier time when there was a lot of research being done, I guess I forget whether it was the Women's Health Initiative study or whatever the name of it was, where they started testing hormone replacement, but they were pharmaceutical, chemically made in a lab, and then they stopped it because there was too many heart attacks, stroke. I forget what the heck it was. But what lingered out of that was that hormone replacement is not safe for women.

Gregory Anne

And you just made the point, which I want to make sure the listeners hear, if they're living with that story from days gone by, that hormones are not safe. The difference was made in a lab to some chemical formulation versus made to look exactly like the hormones we have in our body.

Claire Snowdon Darling

Exactly. And I really want to pick up on that, because one of the pieces of education I spend a lot of time doing is client will come to me and say, "oh, I've got the the Marina Quill. I don't know if it's called the Marina Quill over in the States, but it's the hormone

coil. That's my HRT. I've got the marina coil and I've got some estrogen gel. And I'm told that it's progesterone, it's a progesterone coil, it's not progesterone, it's the synthetic that they have made and it's called progestin.

Claire Snowdon Darling

And so synthetics, we sort of automatically know aren't great. But the reason why progestin is actually dangerous for women like dangerous, because if you look at the chemical composition of progestin, it looks nothing like progesterone. It actually looks closer to testosterone. The reason that's important is estrogen is a get up and go hormone. Testosterone is a get up and go hormone. Progesterone is a calming hormone.

Claire Snowdon Darling

But this is why progesterone is the holy grail for sleep and brain fog and mood and no anxiety. So if suddenly we're giving women a synthetic that actually mimics testosterone, now, I've got I haven't got any progesterone because I'm perimenopausal and now I've got this extra hormone going in again just makes women wired, tired, anxious. It is nothing even vaguely like the hormone that it's even trying to to correct.

Claire Snowdon Darling

So I just genuinely don't even understand that science.

Gregory Anne

I'm interesting you talked about the nether regions getting dry. Does a transdermal estrogen or a patch or something take care of that or do we need to get the ring? Are there safe rings? Because I know in this country they have estrogen rings to help with dryness, vaginal dryness.

Claire Snowdon Darling

Estrogen, I think is a really interesting one. So I in the bioidentical hormones you can get if you see a specialist doctor, of which I am not, I'm so I'm a practitioner. I can work with transdermal low dose transdermal bioidentical for high dose I work with a specialist doctor who can get those things done. Now, there are three different types of estrogen that happen throughout a woman's life. And there's a very active form which is called estradiol.

Claire Snowdon Darling

And then there's a much more chilled out version that happens during pregnancy called estriol post menopause we have a estrone. That's clearly no good to man nor beast, so no one supplements with that because that's not gonna bring back anything. Okay, so what the medical model do is they use estradiol, but it is it's really quite strong and active. That's the really active. Estriol is much, much calmer. It's a much calmer. So what you tend to find is that with bioidentical, if you see one of the doctors, they'll do a combination of estradiol and estriol.

Claire Snowdon Darling

So enough to keep up with the natural substances, enough to keep you calm, but enough to give you energy. If you're seeing a doctor and you got the rings or you've got the pessaries, they tend to just be the estradiol.

Claire Snowdon Darling

Now, some women that is absolutely brilliant for my experiences is that some people, the transdermal or even the lozenges, it just doesn't quite cut the mustard. They do need to get the pessary. And I haven't known if someone have about bioidentical pessary, if you've got them over there.

Gregory Anne

I don't think so. I mean, they're only worried about having that in the body and somebody taking estrogen or transdermal. Even now, you've got two sources of estrogen and of course, can be absorbed into the ring. Will you push estrogen out into the system?

Claire Snowdon Darling

Yeah, but my yes, of course. But my experience is, is they need the estradiol and bioidentically we tend to use estriol transdermal. And so if they're having the dryness issues, they are going to need that more active form of the of the hormone.

Gregory Anne

It's so it's tricky and there are not I can't name the numbers, but there are not a lot of conversations for women to have. Like you and I are having four women with a professional with somebody who can help them. I went through. I don't even know how

many endocrinologists before I found. Well, I moved, so the doctor had there and I found somebody else here is a functional medicine doc, but even doctors who there was a doc and I used to live in New York that was in Manhattan, and he had this great website.

Gregory Anne

And it was all about bioidentical hormones. And it's not it was quite expensive because usually out of pocket. Mm hmm. And I went and I got tests and it's like, oh, you're going to it was for my thyroid. And he did a reverse T three. And I explained all these things. And I'm a science junkie, so I knew all of the things that he was referring to. And he gave me one prescription that wasn't right.

Gregory Anne

And I said, we need to adjust this. And that was it. It was like, well, I'm sorry to come back and spend another three hundred dollars. We'll talk about it. I thought it was just so frustrating to, like you, going to a doctor, doctor, doctor, finally finding somebody who was, would listen and respected the fact that I am a researcher and I'm going to be my own patient advocate as long as I can. So I would come in and say, here's what I'm experiencing.

Gregory Anne

Here's what I've read. Where is that? What do you think? But and that's why I want to have more conversations like these on the podcast so that women can know what to ask a doctor. Maybe more doctors will want to get into the field of treating women naturally with hormones.

Claire Snowdon Darling

And that's been the overwhelming response actually is I mean, I really you know, I trained to do I trained basically, my training, it was a bit like being a GP.

Claire Snowdon Darling

You can you can deal with anything that comes in. I remember I was actually on a retreat and a conference in Miami in two thousand and eighteen where I just went, "I'm going to have to specialize in menopause." I was I was in a room surrounded by menopausal women. I was just listening to the issues and I just went, "no one knows this

stuff that I've now known because of my journey. Nobody knows I'm going to have to be out there talking about it."

Claire Snowdon Darling

And that's my overwhelming experience, is that people come in to clinic or I do podcasts or talk and people just so often burst into tears. And I just thought I was going crazy.

Claire Snowdon Darling

I thought I was going crazy.

Gregory Anne

Yeah. And I think what adds to the crazy is the dismissiveness rather than a doctor saying, I don't know, I wish I could refer somebody, but I can't. And then the woman or even a guy who needs some kind of help would then say, OK, that's not my person, let me keep looking.

Gregory Anne

But to to dismiss the actual things we're feeling is crazy making in itself, though,

Claire Snowdon Darling

this is my big mission, because I have I get quite angry and rebellious about revolutionary about the fact that there is so much obfuscation in the medical model around particularly women's health issues. And you're right, if we were told, look, this is all we've got, you're going to have to figure out yourself or there are other people and we can't make actual recommendations, but maybe pursue this field, this field, this field.

Claire Snowdon Darling

If we just had some basic information, I mean, I'm OK with my sleep was so, so bad. And I at the time, they put me on amitriptyline for the sleep because nothing else was working. And when I got when I used to cry down the phone, they might give me, like before big talk. They might give me some Valium so that I would sleep. And I just said, you've got to sort this out. I've got to be able to sleep.

Claire Snowdon Darling

And I know that if you increase my progesterone because the doctors do have a natural body identical progesterone, they don't like giving out and not in the right doses. In the US, it's called prometrium. They do have it. But you've got to sort this out. And the doctor just looked at me and said, well, give up work.

Claire Snowdon Darling

So you're kidding me. Go self-employed, but I'm not giving up work. I'm speaking at conference to four hundred women next week. I'm giving up work and is crazy. Wow.

Gregory Anne

Yeah. Crazy making and just a tad bit sexist but we don't have time for that conversation just now.

Gregory Anne

You know, it's also surprising to me that I have not met more women docs, practitioners working with women in their on their hormones. I mean, if I were to run through the list of my in my mind of the big functional medicine docs that are online with great websites and lots of books. A couple of women who I've interviewed and they've been wonderful, just it seems harder for women again to break into the medical field who want to put up with the nonsense in the medical field from the male sexist kind of way that it must be, I don't know.

Gregory Anne

But it would be nice to see more women.

Claire Snowdon Darling

I agree. I absolutely agree, because the on that are saying once I do find so knowledgeable, so fantastic, so passionate and yeah, it's coming I'm hoping it's coming, you know?

Gregory Anne

So I think I think you're right. Well, I'm keeping an eye on the clock only because I want to respect your time and the listeners. Let me ask, do you do any virtual consults with people or is that really not a thing because you're in a different country.

Claire Snowdon Darling

Yeah yeah I work remotely with with Zoom and I do the functional hair testing. I do. People just send me the hair from all over the world.

Gregory Anne

And your website is tell the people balance wellness .co.uk?

Claire Snowdon Darling

Yes, that's that. Yes, everything's on there. And if you're interested in the methods and actually learning the methods, then the college is functional-

Claire Snowdon Darling

wellness co.uk.

Gregory Anne

OK, ok. And I'll put that on the page.

Claire Snowdon Darling

But what's great about my name is that there's only me and my daughter in the whole world with my name. So the great thing is if you Google me, I've got my own website Claire Snowdon-Darling.com and everything's on there so it's OK.

Claire Snowdon Darling

That's one place to go to Claire Snowdon-Darling. OK, we'll also put that on the page, but thank you so much.

Claire Snowdon Darling

Yes, you're welcome.

Gregory Anne

What would you say to frustrated women? Do they start with information and then take that to their doctor? How do people start this journey if.

Claire Snowdon Darling

Yes, and it shouldn't be this way, but it is this way.

Claire Snowdon Darling

Get educated, learn about the difference between progesterone and progestin. Go in there and make your demands. Actually, it's even easier in the States than it is here to make demands because you pay for your health care, make the demands. I'm always saying to women, if you can, get on the prometrium and even if you can't afford the bioidentical hormones, an estrogen pump, because then you can gauge the the dose yourself or wait and only have it when you feel that you really need it.

Claire Snowdon Darling

And, you know, there's so many ways to find out "Is this an estrogen dominant symptom?" So I'm always saying if you get in the headaches, breast tenderness, weight gain, that's estrogen dominant, hold off on estrogen for a bit, but go in there, get educated and go in and make your demands and then learn. So there's a lot of free stuff on all my websites, but we talk a lot about our triangle of hormonal health and diet is key at this particular phase and it's key always, but really, really key.

Claire Snowdon Darling

And balancing our blood sugars is just the most incredible thing we can do. It contributes to sleep. It stops. It helps our body to make progesterone. It massively helps. And people are so confused.

Gregory Anne

There's so many health myths out there.

Claire Snowdon Darling

And so actually learning we need to eat good quality proteins every meal. We need the right amount of fats because so many women are scared and we do need carbs, but in

the right quantities. When we find out that and we can actually make those changes every day, then we start to feel a bit more empowered.

Gregory Anne

I think, I love that. That's a great message and an empowering message, too. And I want to let our listeners know if they have not ever been to my website. At the top of the call, we talked about the hormone disruptors. And right now on my website, *Rebellious Wellness Over 50.Com*. I have an e-book that talks all about the hidden saboteurs. I call them for trying to lose weight and all of the hormone disruptors are listed there and why it happens and how to avoid them where you find them so you can make different choices.

Gregory Anne

So, Claire, thank you so much for being with us. This was an excellent, excellent, informative call.

Claire Snowdon Darling

Thank you so much for having me. It's been an absolute joy.

Gregory Anne

Terrific. And again, listeners, thanks so much for being with us. We will be back next week with another episode. We will tell them that's the end of another episode of the rebellious *Wellness over 50* podcast. I hope you've enjoyed it. If there's anything that you heard or hear when you tune in that you think would benefit a friend, a sister, a mother, a even some guys send my way, would you? And if you've not ever been to the website, *Rebellious Wellness over 50 dotcom* head on over there, there are resources, things that I don't always get to on the podcast that might help you age better be well till next time and stay that way.