

Bridgit Danner

Women's Health and Nutrition

PODCAST SHOWNOTES

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Bridgit Danner has been a licensed acupuncturist since 2004, and became a certified Functional Diagnostic Nutrition practitioner in 2015. In her years in practice, she has given over 12,000 client sessions. She established a multi-disciplinary wellness center in Portland, OR in 2007. She started her online presence with a specialty in fertility in 2011. After this experience, she became passionate about sharing these tools with other women. "To end and prevent suffering" in women through robust health knowledge and, plus community engagement, became her mission. She established Women's Wellness Collaborative in 2015 to fulfill this mission. Women's Wellness Collaborative sponsors online health education events for women, and hosts a weekly podcast called Women's Wellness Radio. This podcast is accessible through iTunes and Android podcast players.

Fibroids

90% of women will have some kind of fibroid by the time they reach menopause. They can be extremely small or as large as a grapefruit. Those larger fibroids need to be removed surgically, but the medium to smaller fibroids can be managed and helped through nutrition and vitamins. The dominance of estrogen plays a big role in the growth of fibroids and what we eat affects our estrogen levels and in turn the growth or regulation of growth of tissue in our reproductive systems.

Perimenopause

Signs of perimenopause can include anxiety, low grade depression, insomnia, brain fog, vaginal dryness, changes in sex drive, and changes in your breasts. Fertility and ovaries begin declining at 35, so many of these symptoms may appear as early as 35. Getting your adrenals in tip-top shape prior to this change is vital. Food can help lessen and alleviate symptoms. Good fats are essential. Eating nuts and seeds that are packed with the micronutrients we need to fuel our hormonal systems as well as fish and grass fed game will help your body run at its best. It's also important to avoid inflammatory foods (common allergens) like gluten, dairy, corn, anything that puts extra stress on your body. Alcohol, coffee, and sugar, despite their momentary pleasure are so tough on our systems that they put us at a disadvantage, especially during perimenopause.

Self Care

Ask for help. Women are having children later in life, taking care of loved ones, building and working on careers, but we cannot do it all without caring for ourselves. Value yourself and do things that give you time for yourself. Hire a housecleaner, delegate responsibilities and take the time you save to engage in self-care.

[Click here to visit Bridgit's Women's Wellness Collaborative](#)

Listener Question:

My LDL is high despite weight loss over the past year, I don't want to go on a statin?

I recommend that we keep Triglycerides under 100 and preferably under 50. While we once thought that there was just good and bad cholesterol, we now know there are good and bad particles within both HDL and LDL. If you have small dense LDL you build up plaque, but big fluffy LDL is not a problem. Statins tend to lower the big fluffy LDL, not the small dense LDL. Ask your doctor to do a fractionated cholesterol test. In looking at the size and number of your LDL and HDL, your doctor will be able to pinpoint if your LDL went up because of small dense particles or big fluffy particles, each with different implication. There's not just one thing to point at as the problem, advocate for yourself as

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a patient and have your doctor or functional medicine specialist look into everything that can affect your cholesterol and risk of heart attack.

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As always, remember:

You are worthy. Dare to live a life that matters.

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