

# Dr. Aviva Romm

## The Fierce & Kind Woman

### PODCAST SHOWNOTES

*Our guest today is Dr. Aviva Romm. Dr. Romm is the mother of four grown children, a Yale-trained physician specializing in integrative medicine for women and children, a midwife, an herbalist, an award-winning author, and the creator/owner of WomanWise, on-line courses dedicated to vitality and optimal health for women and children. An internationally respected expert in botanical and integrative medicine for women and children, she has spent nearly 30 years as a healthcare practitioner and advocate for the health and environmental concerns of women and kids.*

#### **Good Girls**

From a young age, young girls are expected to be polite, proper, to share, and be a “good girl”. For many women, it’s a storyline that is pervasive. Girls become the peacekeepers and learn to walk on eggshells around everyone. They learn not to speak up for themselves and often feel guilty when they do. For Aviva, in medical school, even though counter to her upbringing, she started to play the game in the traditional hierarchy of medical school, keeping her head down and nose clean. As a young resident, she was continually dismissed by a male superior about a patient’s condition, and sadly, the patient died. After that point, she began to assert herself louder and refused to be dismissed.

#### **Advocating for yourself as a Patient**

The difference between a patient who stands up for herself versus one who allows herself to be dismissed can be crucial. Women are often dismissed, and their symptoms dismissed as their fault or coincidental. Some women with thyroid or other hormonal issues may already feel fatigued and unable to fight against a doctor to prove their symptoms are real and their lives are impacted.

We need to shift from being nice and kind to being fierce and kind. Kindness is always needed, but being nice is not always the right choice. As women, we need to be advocates in medicine and outside of medicine in our lives. As role models, we need to stand up for ourselves to serve as an example for our children.

#### **[Check out Aviva’s Website!](#)**

#### **Listener Question:**

*How can I find a doctor or functional medicine specialist?*

Take the time to find a doctor who will go the distance with you and really dig deep into your history, along with offering labs and tests to diagnose and treat. This is functional medicine. To search for providers you can go to the follow websites:

<https://www.functionalmedicine.org/>

<http://www.a4m.com/>

Also, try to get a referral or recommendation from a friend. You want someone you can communicate and connect with. If you are intimidated by your healthcare provider, you’ll never receive quality care. Lastly, you can go to [JJ’s facebook page](#) and ask for a provider in your area, and we will do our best to help you find one.

Please review us on [Stitcher](#) and [iTunes](#). And, if you haven’t already, SUBSCRIBE!

As always, remember:

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

# Dr. Aviva Romm The Fierce & Kind Woman PODCAST SHOWNOTES

---

© Copyright 2016 JJ Virgin & Associates, Inc. All rights reserved.

The contents of The Virgin Diet Lifestyle Show podcast is for your personal use only and are subject to the Terms And Conditions at [www.jjvirgin.com](http://www.jjvirgin.com).

The recipes have not been reviewed or approved by any government, healthcare organizations or physician. Recipes must be prepared according to provided instructions. Consult your primary health care provider with any related questions concerning your personal nutrition and fitness needs and the suitability of any recipes in light of your personal physical condition and circumstances.

JJ Virgin and JJVA assumes no responsibility for errors or omissions that may appear in this publication. While all attempts have been made to verify information provided in this publication, neither the Authors nor the Publisher assume any responsibility for errors, inaccuracies or omissions.

Neither JJ Virgin nor JJVA render medical advice.

These show notes and podcast offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this book. The use of any information is solely at your own risk.

This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes.