

Here is the cleaned-up transcript:

Welcome to the Perfect Workout podcast where fitness meets simplicity. I'm Kyle Recchia, CEO of The Perfect Workout. I'm joined by Jim Keen director of training. We hope you enjoyed today's episode.

Welcome back everybody. Here we are again in another episode with our special guest, Jane Riley. You know, you are a special guest, and you're a team member of the people. You're helping change lives. So it's kind of weird saying that, like, you're not going to be back at some point, or we just had you on for this one episode.

So anyways, maybe in a future episode I'll be like, here we are again with just Jane, who's awesome. But anyways, special guest Jane. We talked about in a prior episode that, Jim and I did an episode on hormones. What are they? How do they interact to the body? How strength training effects, hormones, etc.? We did dabble a little bit in, menopause, which we shouldn't be talking about.

I have to tell you a funny story. I love it. I tend to, and this is not like for my ego. You guys will just have to believe me. But I tend to listen to each episode, mostly to make sure, like, did producer Ben make, like, cut the right things out or did I say something stupid, etc. and to try to learn from them?

I was listening to that episode, in my mother in law's house, and she's hearing in the background. And of course, it's sort of this funny, ironic moment where here's 38 year old male Kyle talking on a podcast with, you know, male Jim on like, menopause. And there's this element of like, what do you guys know about menopause?

Which is very true. Nothing, other than like, you know, some of the stuff you learn in these, nutrition certifications that are. So here we are talking about Menopause engine. You are the person to talk about. So I'd say, where should we start? You. Well, I, I'm 60 now. And so I was very fortunate, in my late 40s, to connect with a really good functional medicine doctor.

Okay. And, I really wasn't even having any symptoms at that time. But I did learn the importance, you know, aren't hormones and and, how they affect our body and what happens as we age and how really, I was educated that really the best time for hormone replacement is almost before you're starting to see those symptoms.

I mean, the idea is we want to have our body as we age. Why don't we want to keep those levels? As a younger person. Right. Right. And so I was lucky enough to have a good functional

medicine doctor who educated me. I was able to start hormone replacement by 50 years old. So I can honestly say I really didn't have a lot of the symptoms.

Well, it's. Some women have. Okay, hot flashes, mood changes, but but these are real, and they do happen. And I talked to, our members in Greece about about this all the time, and, super normal, super challenging. Yeah, but but there's something we can do about it. So, I was, started. I've tried different things.

It's it's a kind of experimental. You've got to. It's there's no one answer for one person. And there are some cases that before my replacement might not be the answer. And obviously, you'd want to talk to. It's a functional medicine doctor. Great. But I mean, in most cases, before you dive into this deeper, I want to we've talked about this in a prior episode, but I want to double down on it because I I'll talk about this some other time, but I have my own history with some ailments and found healing and relief through a functional medicine doctor.

So if you're listening to this and you're like, what is a functional medicine doctor? Can you speak a little bit because there's naturopaths and there's MDS and. Right, you know, my perspective is a good functional medicine doctor is the one who is trained in medicine, Western medicine. Yes. And has a functional medicine certification and training as well.

Right. And so, what I enjoyed about, you know, is the deep dive they will do into your blood work. And because there is no one size fits all for any therapy, even from anything you're suffering from. There isn't always one answer. So they do a very deep, deep dive into your blood chemistry. You know, I'm a I, I enjoy supplements, but I certainly won't want to take anything that's not necessary.

Right? I don't want to. Or damaging load myself up with stuff that I don't need. They can be super supportive in, in those areas. So they're, they're, they're talking about and helping you with, even if you're feeling good, how can you be the best version of yourself? Deep diving if you're not well beyond what a what a traditional doctor might look at, they've got a much broader scope of, their ideas of therapy, supplementation, diet, where areas in traditional medicine they might want to prescribe something like and obviously I would try to steer away from that.

Now medicine is super helpful. We all know that. But I'd rather, you know, delve into more natural approaches. Yeah. It's like they have a possible I agree. And it's like they have all the tools in the toolbox. They have the tools as a freight train physician, and a medical professional. But to your point, instead of sort of looking at us like robots, here's a symptom.

Let's put some oil on it. They're looking at this holistically, right. They're looking at the picture of the whole body, and they're starting where they're you know, at the at the root cause, and they're trying to get to the root cause. I years ago, I thought people were just way too high, so to speak, on the gut and gut health.

And now, if you will, listen to me on my soapbox for hours, that's all I talk about is the gut. I'm a being, as I'm sure. Oh, yeah. Yeah. So? So anyway, you send the gut. Well, I mean, you know,

we can eat all the best things and, do all the best work. But if our body isn't processing that in the right way, it's it.

We're we're not. Whether it's supplements, even eating the right nutrition, if we're not, if our body isn't digesting and spreading that stuff around the right way. And there's a lot of reasons for that. Then, you know, it's like climbing uphill, like you're never gonna get there. So the gut health is absolutely. So, yeah. So, you know, sorry, I probably digress for the.

Sorry. Okay. Go and get in every direction. Find a good functional medicine doctor. If you if you're needing some extra help there. Back to the menopause piece. I love that you, man. I love that you mentioned supplementation. It's funny, like, I find that most people agree with the idea that in today's world, Jim and I talked prior episodes about epigenetics in today's world.

We are exposed to things where we need some extra help and we need some supplementation. I know a lot of people that are. Yeah, I should take a multivitamin. I should take vitamin D if my vitamin D is low. But now it's taboo and this is going away. But it's taboo to supplement with hormones even if your hormones are low or off and you need to supplement with them.

So it's funny you're getting to this idea of like hormone replacement therapy used to be sort of taboo. And I love I wish people just called it supplementation because that's really what it is, right? It's keeping our levels where they should be. I mean, you know, these are necessary hormones that we need in our body. I mean, we could talk about all the benefits, obviously having suffering hot flashes, mood swings, but but it's going to help keep your lean muscle tissue.

It's going to hydrate, you know, I mean, we won't want to be vain, but it creates hydration for and for your skin. There's just so many benefits. And I think back to the taboo thing. There's was some unfortunately some studies which studies are important. I mean, we all need studies, but but maybe I think it was in the 80s and a lot of, about possibly cancers, things like this.

And, you know, we all know estrogen is one of the hormones we replace. And there are estrogen feeding cancers. So so, you know, this is why you do need to involve, a doctor when making these decisions. But for most people, I think the studies, the more recent studies are showing that that, you, replacing your hormones is extremely beneficial and especially starting it from this, this research I've seen at a younger age, not waiting till you're 70.

It's hard to get back what you've lost. Of course, we can all get things back from muscle. We can improve. But the research is really showing to get started off. Really, before the symptoms hit. Keep on that. Which was your experience? You have to be like, I was very fortunate. I don't know a lot of people that I just I was in California at the time.

I had a great functional medicine doctor, and it was a kind of new thought at that time. It wasn't Doctor Ruscio, was it? No. Okay. I think that means there's a lot of good ones. And yeah, California has a lot of great doctors and and honestly, everywhere now it's becoming such a wonderful trend, I agree. So yeah.

So there's there's been many things I've tried. And the thing about hormone replacement is you're not stuck with trying one thing. There's lots of different methods now. There's creams, there's patches, there's, pellets. Pellets. I've done all of them or none. Because, you know, I just wanted to see it's not just a matter of how they all work.

It's. It's a matter of convenience, lifestyle and what's, you know, most appropriate for, for you. So let me give two resources and then I want you to just kind of if you can take us just high level, maybe 50,000 of you. You talked about menopause in your 40s, in your 50s, and now you're 60, etc., and you've been fortunate not to experience some of the more, gruesome signs of this, like a stick, if you will.

But, because of starting hormones in your 40s, you know, those that listen to a prior episode with you, they also know you've been strength training very heavily since your videos. You've been eating the right way, you've got a positive attitude. So I kind of want to just go 50,000ft view. Like, what would you recommend for people and what was your experience?

But for those that want to go deeper into hormones, again, we're not physicians. I'm no expert, so to speak, on the deep research there. I you agree with me, I think on this we were talking about earlier offline. Doctor Peter Attia has some great stuff. An episode in his podcast on the new, more recent updated studies. Yes.

Doctors. Gabrielle Lyons, she's out of Houston. She's like the protein gal and and, she gets into hormone replacement therapy, too. So there's some great resources to go deeper. Absolutely. So check those out a lot. Absolutely. Okay. So Jane. Yeah, for those that are in their 40s or in their 50s, 60s, 70s etc., is it possible to give sort of this blanket perspective on menopause from your experience?

So, from my experience and my peers, because I, you know, being 50 and having so many friends. Yeah. And we talk about, like, because it's, it's, it's a challenging I mean, it's a maybe, you know, it is a major life change. I, I'm so thankful that it's being talked about so much more. So people can be patient with us.

We need it. But there are things we can do to feel better. And, and again, it goes back to when I talk about community and a good support system and having friends and talking about these things. Okay. It's okay. We all have bad days. We're going to have I mean, the hot flashes can be, you know, we my girlfriends have talked about it and just, had to change just yet again this morning.

I mean, that extreme. Yeah. And and the mood swings and, just the lack of energy, too. And that's why, you know, obviously there's supplementation, but that's also why just the positive attitude support system strength training, the the the benefits of strength training on, how we feel in menopause are, I mean, are proven. I mean, you know, all the benefits that come with strength training and attitude, you know, in hormone levels.

Yeah. So strength training is an amazing thing to add to the repertoire. Yeah. Along with obviously nutrition supplementation. But it's okay to have you know, the symptoms and, and

have these bad days and you know, it's normal and, and it's great to talk about it. Yeah. But let's do what we can to to minimum minimize that.

Yeah, absolutely. So I think we could kind of wrap this episode up with, want to I want to I don't know if I talked about this in the prior one. I probably was hesitant to. And so I want to bring it up now. Because I think it's better with you on here doing so. And you can let me know what your experience is here.

Okay. So, for those of you I might have mentioned before that don't know, there's a there's another guy I love to listen to, doctor Lane Norton. He's a PhD researcher. And, bodybuilder guy here, I think, you know, Austin, Texas. Everybody's in Austin now. Now. Super cool guy. His his shirts and everything or data is greater than feeling.

So he's really good to go. And, you know, the research etc.. He was talking recently and I'm sure he got some he challenging comments on this, but I was talking about recent recently about a, a pretty big I think it was a meta analysis which included some of the gold standards in research, on menopause and weight gain and the outcome that he was, trying to articulate to people, which from his perspective is this is just the truth.

And we should we should look at the truth and face the truth, you know, because the truth is, what matters is there's not really a physiological mechanism that because you're in menopause will make you gain weight. But to what you just said, going through the symptoms of menopause that are challenging enough, less hydrated. Right. More fatigued. Yes. More tired.

It makes it so much more challenging and difficult to do the things that matter. So does menopause make you, you know, lose muscle or does it make you gain weight? Not physiologically speaking, but do the symptoms of menopause make it more challenging to get the results you want? Absolutely. And if I'm hearing you right, I love that. I love that you said that because we all know it's possible to with the right nutrition and hydration supplementation to maintain good body fat levels.

And and I think there's a lot to be said. I didn't hear that particular I wish I did not know I want to go, oh my goodness. But but I think there's so much truth to that because the, the side of, you know, what we go through in menopause, there are some, some chemical changes in our hormones, but there's no reason why with, you know, the right attitude, strength training, hydration, great nutrition.

We can't, you know, keep our body fat levels in check. But, yes, it's true. It would be harder. It's harder when we're not feeling well. It's harder when, you know, we're not motivated. Yeah. So that's interesting. I can attest, like this is a dumb analogy, but my wife will attest, like, I get the slightest cold and you're not going to see me doing anything like, I'm way too tired in body.

I can only imagine. But, I love that. So yeah, it kind of brings us back to the stuff in the first episode, and and, you know, you're a beautiful example of this. You know, I think if I can wrap it up and tell me what I miss here, your feedback would be start early, find a good functional

medicine doctor who is trained as an M.D. in Western medicine, so to speak, but also trained in functional medicine.

It's going to look at your body completely. I mean, I've talked about this before. Most people go deep. You're looking at blood, stool, urine of the whole thing. Yeah. And then consider working with them on this idea of keeping the hormones balanced at the early stages in your early 40s through the experience, and pair those as best you can with strength training, sleep, hydration, proper nutrition, and bring good family and attitude.

Right? Anything else? Anything we miss. And, and even if you can't start right away, just just look into it, you know, even in your 60s or in your 70s, you know, it might look a little different, but but still, there's great options. And, I think any age is great to work with. If you have if you're lucky enough to be able to work with a functional medicine doctor, I love that.

I think it's cool to say, and same to say, Jane, if some of these people might be chat with you on the phone about this at some point in the future, because then you're entering the fold, which is great, I love you, I think you're like, Jane, I gotta go, I love it. Oh, we're so blessed to have you on this episode.

I'm glad I could talk about menopause with somebody who knows what they're talking about. And, thank you for doing this. It's fun. Well, my pleasure. Thank you. All right, see soon.

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