



Optimizing Hormone Balance for Emotional Wellbeing

Guest: Dr. Carrie Jones

Niki Gratrix So hi, everybody and welcome to the Trauma and Mind Body Summit, and I am super excited today to be joined by Dr. Carrie Jones. Welcome, Carrie, Dr. Carrie.

Dr. Carrie Jones Thank you so much for having me. I appreciate it.

Niki Gratrix So Dr. Carrie is a really amazing, very experienced and highly qualified naturopathic nutrition. She's been the medical director of large clinics in the United States, worked with loads of patients no doubt over her career. And she's the current medical director at Precision Analytics, which is my favorite lab anyway, for adrenal testing and hormone testing. And I think the information she shares is absolutely cutting edge, it's super-duper and everybody, I hope is gonna get tremendous amount out of this interview.

So I'm so glad you're on board Dr. Carrie, and let's get stuck in. So there's a lot of people watching the Summit who may have, they know that they've had emotional trauma, they had maybe childhood trauma, they've been through a lot of emotional stress. And they may have only really been pursuing psychology approaches and not maybe realizing that a lot of their mental health symptoms that they have, battling with right now. Have actually got now physiological causes that they haven't thought about addressing. And that's where I wanted to start by asking you, how does emotional stress change our hormone system? Just a really easy question like that to start with.

Dr. Carrie Jones A quick one to start off with.

Niki Gratrix Yes. And is helping people to understand there are things they can do to help that are on the physiological side, that they might not consider, because they were doing all the psychology stuff and maybe haven't got the results they wanted to.

So maybe we can start by how maybe emotional stress they've been through, how that changes the biology? And then we start getting into like what symptoms to look for in case there are hormone imbalances that can then be addressed.

Dr. Carrie Jones Yeah, absolutely. And obviously I want to start off by saying continue to pursue the psychology aspect of it, I'm a huge, huge believer and I think that's really important. But one of the interesting things that I read in the research has a lot to do with our stress hormones. So cortisol, norepinephrine and epinephrine, a lot of people know them as adrenalin or noradrenalin system. And so what happens is we have this childhood event, we have trauma, we have a lot of stress that happens. And it really, in a sense, can rewire and change the way that our brain responds to stress going forward in the future.

So we have a part of our brain, it's multifaceted, but I'll just show you one cool snippet. There's a part of the brain called the amygdala. And the amygdala is like it's our emotion based center – our feelings based center for emotion. How do you feel about something when it happens and if it's continually triggered or stimulated the big emotion is fear. And so a lot of people have a lot of fear, they've a lot of anxiety, they have a lot of hyper vigilance, they have panic attacks, PTSD. And so the amygdala gets this flood of hormone stimulation of fight or flight, fight or flight adrenalin. And it may have nothing to do with the trauma that, that person experienced younger in life. But it may be everyday life stuff or relationship stuff, their kids, their job, viruses, the news, things happening. And as a result, the amygdala is just getting hammered. And so what it does is it becomes what I call trigger happy and it just starts flooding the hormone cascade of fear, like, let's be fearful, let's be fearful right now, because clearly I'm in a panic. Clearly, it is a stage five alarm fire and we need to do something about it.

So what happens are these people say to me, I'm in therapy getting all this work done, but yet I still feel like I trigger really easily, I feel like I'm very anxious, I get very hyper vigilant, I can't sleep, what have you. But the current situations they're in, they don't associate with the childhood trauma. I mean, maybe they don't like their job or maybe they got a really big tax bill. Maybe they're fighting with their best friend, but it's still a stressor and it's still causing that amygdala to go, fear, fear, fear. And so we get super trigger happy and it just continues the cascade of emotion and then hormones that go with it.

Niki Gratrix That's absolutely brilliant, and it seems to actually epigenetically reset, so it resets the way that the hormones do. Like a sort of permanent reset until we start to change the epigenetic expression.

Dr. Carrie Jones It's the path of least resistance, we call it plasticity. So instead of going down the pathway of happiness or joy or love, it goes down the pathway of fear. It's the quickest slippery slope that the amygdala knows. And it just keeps getting reinforced over and over and over again unknowingly, oftentimes by us as people.

We're just trying to live our life and just handle what comes at us and the amygdala it's just trying to protect us. But in this day and age unfortunately we just get a slew of symptoms that come along with it.

Niki Gratrix So when you've got this trigger happy, stress orientated amygdala, what is a cascade of changes that happen further down the biochemistry? So it starts in the brain, what's the cascading impact?

Dr. Carrie Jones So typically what happens, initially is it goes over and over and over again as we get higher levels of cortisol, they go hand-in-hand. High cortisol, high adrenalin, high epinephrine can cause, be a trigger for the amygdala and then vice versa. You're in a fearful situation therefore, the amygdala says to the brain, like, hey, I think you should put out a lot of cortisol and adrenalin right now. I think you should have fight-or-flight right now. So now we're walking around with excessive amounts of cortisol and excessive amounts of epinephrine and norepinephrine in our body. Which is causing things like our feelings, our anxiety and our panic, insomnia.

It's affecting our hormones the way especially women make estrogen and progesterone. It's affecting the way men make testosterone. It's affecting our thyroid production. It's

affecting our libidos. It's affecting our skin, our collagen, our hair growth, it's affecting our memory. I mean it literally, name a system and it affects it. It will affect our immune system because cortisol has quite an impact on our immune system. It affects our blood sugar, cortisol is a really big player for blood sugar. So now maybe puts you at risk for high blood sugar, pre-diabetes, diabetes. And so it becomes this really big cascade that can happen when it's on all the time.

Niki Gratrix That's so interesting because that then compounds symptoms that somebody might originally be thinking it's in response to what's going on around them. Or that they're still being triggered and they still have in their psyche stressful on the past that's also in there, too.

What are some of the specific, let's get into breaking a few of those systems down, especially your specialist area with some of the hormones. And also how they link because you often see somebody with high cortisol and therefore you see all the sex hormones down. Because fertility is not important when you're fighting all the time in fight or flight. With the connections, what happens, what do you see typically and the symptoms of that.

Dr. Carrie Jones Absolutely. So that's a great way to start out with. So just like you said, the female body, whether you want to or not, is built around reproduction. And it's whether or not it's healthy enough and safe enough that if you wanted to get pregnant, that you could and then carry to term. And so a lot goes into that, when we take stress into just as one little account of it. If the brain says, you know what, I'm feeling really threatened, feel really stressed out and I'm getting all these signals that maybe now is not the right time to have a baby.

Because all the cortisol and the adrenaline's coming up. Then what happens is the brain starts to decrease the production of a hormone called GnRH. Now GnRH tells two other hormones, LH and FSH to make our main female hormones, estrogen, progesterone. So it starts to decrease what we call pulses. It doesn't, instead of pulsing them out normally and happily and throughout our cycle, it starts to slow it down. We decrease pulses, we start to lose the ability to produce hormones.

Typically, women lose progesterone first and then we tend to lose estrogen second. So in a stressful situation, women might say, my period is weird, my period is late, my period is really heavy, my PMS is awful, I didn't ovulate this cycle, I'm struggling with fertility, I have full tender breasts, I don't know what's going on, my face is a mess and I'm super moody. Like just tick all the boxes, all of the above. In an extreme situation, then we're looking at a complete loss of cycle. So she may notice that her cycles come every six weeks, every eight weeks, every twelve weeks. She may skip just months and months. She may just become what we call amenorrhea, she just loses her period completely.

And it may not be tied to all the stress, she may be thinking in two different areas. Like I am stressed and I have all these symptoms with my cycle when in fact, they absolutely talk to each other. The brain is just trying to do what it thinks is best in that moment, which is to protect you, but it affects us big time.

Niki Gratrix Something really interesting as well that that I learned when I was having to reverse the impact of my chronic stress and how it downed all my sex hormones. You mentioned about low progesterone, so there's also a sleep issue with that, isn't it?

Because progesterone is the peace, it's peaceful it isn't? And it's calming and give me progesterone so that we can sleep. So there's that side and we'll just bring this in break briefly, but there's a connection between dopamine, so if you have low progesterone. Is that right?

Dr. Carrie Jones Yes. Not only dopamine, but serotonin, serotonin is actually affected by more – so estrogen. And so that can lead to a lot of depressive mood, worse anxiety, but then dopamine is our motivation system, right?

It's our reward system, it's makes us want to like get up and go work out or get up and be proactive or get up and be organized. A lot of times as women, we're like, I don't feel that motivated, not feeling it today.

Niki Gratrix That's so true.

Dr. Carrie Jones Progesterone plays big roles there. And so if you're hormonally, if you're female hormonally off, you may feel it in your brain as well.

Niki Gratrix Yes, so it's a double whammy. So all the symptoms of low estrogen, progesterone, and then we have a nice hit of low serotonin and low dopamine thrown in. Which are some of the feel good neurotransmitters and the motivational ones, so that's going to be pretty bad for people. So that's a huge one.

How about, what's the impact if somebody is going to have chronic stress? What's the impact on thyroid with this chronic issue? Symptoms and...

Dr. Carrie Jones Absolutely. So the thyroid and the adrenal glands, the thyroid axis and your adrenal axis are what I say are best friends. They're constantly checking with each other. They can really help each other and when the body perceives itself under stress, under attack, then the thyroid will adjust as well. So the thyroid can adjust the way that it converts its T-4 hormone into the active T-3 hormone, it can downregulate it. And so what we can see with high stress after a while is that somebody becomes more hypothyroid and maybe not even enough that like a classical diagnosis, but maybe we might call it a subclinical. We're just starting to see the numbers get worse and worse and worse.

And so everyone immediately jumps and says, oh, you have a thyroid problem, you have a thyroid problem. And it's like, well, really, you've a thyroid that's trying to protect itself as well against the onset of all the stress that's happening. So now you start to notice more fatigue, now you start to notice dry hair, dry skin, maybe some constipation, maybe some weight gain, maybe some cold hands and feet. And the thyroid has a big impact on your cycle.

So not only do you have an impact on your cycle from estrogen progesterone, but the thyroid also impacts how regular you are, do you ovulate, how heavy it is or not, how's your PMS, and so you can get this double whammy, and fertility, all because of this impact of stress on the thyroid.

Niki Gratrix So to your point, to begin with you. We absolutely don't want people to give up doing so of the psychology work. I think what we want to draw out in this interview is that we want this concurrent approach. So when somebody knows they've had trauma,

knows they've been through a lot of emotional stress, and they relate to a lot of the symptoms that you've mentioned there. We do want them to carry on with their psychology work, and also, ideally remove the source, if there's current sources of emotional stress.

But let's get into talking a little bit, how do you assess for imbalances? And then we can talk about the good news, which is that we can help reverse this stuff, right? I'm coming from compassion for people but, these people slugging away doing psychology – they need to keep doing it – but also, let's help them with giving them a booster to help bounce their hormones so they do more psychology work, so they have the energy. So starting with just some testing or assessment. Your area.

Dr. Carrie Jones What do I do for testing? So first and foremost when it comes to cortisol, I personally use dried urine hormone testing. There's blood testing, there's saliva testing and there's your urine testing. So the blood testing is a once a day blood draw typically in the morning.

And the problem with the blood draw is that it doesn't differentiate between your free cortisol, which is any hormone that's free is active and available and combine to receptors and turn them on and do things. Most of the time, all of your hormones are like children, they can't be unattended at any time. So your body takes the hormones and puts them on a bus that binds them up, locks them down, turns them off essentially and drives them around your bloodstream. So when you get your blood draw for cortisol, you don't know if that's cortisol number is what's free and available, how much is bound up, or a combination of both.

Then we have saliva testing, saliva testing is where you basically spit in a tube or suck on like a cotton swab four if not five times in the day. And the benefit of that is it gives you your nice circadian rhythm. So, what do you look like in the morning? What do you look like in the afternoon? What you look like in the evening before bed? What do you look like if you get up and have insomnia and can't go back to sleep? We can test cortisol at all those points, those are a three-cortisol-look.

Then came along dried urine, in dry urine is the benefit of looking at your free cortisol, but also what's known as your metabolized cortisol. So it answers the question, can you make cortisol in the first place? And then how much is free and available? Because some people have really low levels and it's because they can't produce it or they've really low levels because it's all bound up.

Niki Gratrix That's really important as well, because there's some tests that won't, can't show you, like is the bath overflowing or is there a plug issue? Kind of things, it's sort of that isn't it?

Dr. Carrie Jones Yes, exactly.

Niki Gratrix Okay, so that's great. And I think we're allowed to say that I think the Dutch Test is the great test. I could say it so, I'll say it for you so it's less biased, no financial affiliation with that company.

So that's fairly straightforward testing then and the results? What is some of the things

that from just that testing, the Dutch Test does, how many different, of the sex hormones, adrenals and thyroid, can somebody see all the information about all of that?

Dr. Carrie Jones Almost everything, almost everything on the sex hormones. I'll start with what it can look at. So to look at all three of estrogens, it'll look at your phase one and phase two estrogen detox, it'll look at your progesterone, your DHEAS your testosterone. And then the, what we call the metabolites or the next layer down where they go. So we tell you what you have and then sort of what direction they're headed. We tell you melatonin, we tell you a few nutritional markers, B-6, B-12, glutathione. We do indirect marker of epinephrine, dopamine, norepinephrine, they're not direct, they are indirect, but still helpful and a DNA damage marker.

What you don't get are thyroid. Thyroid has to be done on the blood work in a serum drawer, so that would be separate but very equally as important. And then two other big sort of hormone tests, we get asked about her FSH follicle stimulating hormone. A lot of women want to know that for fertility or maybe menopause, the two ends of the spectrum. And then LH, LH is of course, the hormone that helps trigger ovulation. So especially if a woman is trying to get pregnant, that's a big hormone for her, which can easily be done at home as well.

Niki Gratrix Can we just run through, I wanted to, maybe last, but some of the lifestyle things that we can end with some of the practical lifestyle things that you would recommend to help start to rebalance. Because that's practical things that people would even start doing now, because it's good, like circadian rhythm management, things like that.

But just briefly, what are a couple of the types of things, if somebody does the testing and then, obviously, what are the interventions? Specific clinical interventions that supplement and things like that? Just a few things for each one that you tend to use a lot. And then we can get into real practical stuff that people could start doing now. Because I don't want people to just suddenly taking supplements, right? You don't want somebody just taking supplements because they think they've got this or that and then they take something. So go ahead.

Dr. Carrie Jones Well I mean obviously, I can't get medical advice, but I don't want to waste anyone's money either. I want people to be really specific on what they take and why. But you mentioned the circadian rhythm, and that's probably the number one place that I start.

Circadian rhythm is the rhythm that's defined by the light in the dark, literally your rhythm of the day, your energy, your cortisol is to be highest in the morning and then lowest at night before you go to bed. And light, getting sunlight, getting bright full spectrum light is what we call entrains that rhythm and then darkness resets it. So I tell people, I know it sounds so dumb and so juvenile and so easy, but you have to use the light in the dark. You have to open your curtains, open your blinds, get some full spectrum light as soon as you wake up in the morning. And if you live in an area that's dull and gray and dark, then you can actually buy full spectrum light boxes online – they're very inexpensive.

Niki Gratrix Living in the UK.

Dr. Carrie Jones Living in the Pacific Northwest in the U.S. it's really very similar. Yes. And so I tell people, turn it on as soon as you wake up in the morning, turn it on, you want the full light to set your internal clock. And then at night as you're getting ready for bed you want redness, so you want to get rid of the blue light. You want to wear blue light blocking glasses. You want to be off your phone, your tablet, your computer, what have you. You want dimmer lights at night, don't turn on every single light in the house like my husband likes to do. Because that red light historically the red light is what triggers through your eyes that darkness is coming and it helps with melatonin production.

And then when you go to bed, you want to sleep in complete darkness. So any kind of light you have in your room, if the hall light is on, if you have a night light, if the neighbors outdoor light shines in your window, if you have multiple devices in your room with a little green light telling you it's on. All of those lights will actually affect your sleep. So either sleep with a sleep mask or cover up, tape up over all of those lights and you want the darkness to reset your circadian rhythm.

Now, why is this important? You have a gene, it's called the, literally called the clock gene, they named it well, as it manages your circadian rhythm. And when your clock gene is off and your rhythm is off, it increases your risk for so many problems, cardiovascular disease, metabolic disease, cancer, aging, it sped up aging, hormonal issues, all of this stuff, and nobody wants that. So you can use the light in the dark and keep it easy, that's great.

Niki Gratrix I found having worked in a clinic for many years, that this circadian rhythm and it's light and dark, as you say, but also maybe food timing, not eating too close before bed, like eating earlier, things like this. Even temperature and activity like exercise, activity during the day, same thing. We want to calm down into the evening time, get the activity levels down, but do things earlier in the day like activity because it's the same message, it's all the same, isn't it? It was so profound those practical, simple things. Could somebody heal from adrenal imbalance just by making those changes if you ever noticed that?

Dr. Carrie Jones I have had people who have, in fact I have a friend who's significant other has autoimmune and was just using light and dark. They'd heard me speak about it before and he was like, just get up in the morning and get some lightness and let's use a sleep mask at night with darkness. It really helped her autoimmune symptoms. It did not cure anything, but it really helped make a difference after a couple of weeks, giving her more energy and just helping to retrain the body up in the morning, down at night.

And what's so interesting, especially in regards to autoimmune, is that morning burst of cortisol, that's very normal. It's called a cortisol awakening response and it does a multitude of things, but what it does is it helps reduce autoimmune. What it does is it helps take cells in your thymus gland, not thyroid, but thymus. And what happens is your immune system is very smart. Your immune system makes an immune cell and then it wants to make sure it's not autoimmune that you created by accident. So it runs through the thymus gland which acts as your checks and balances and the thymus gland literally goes through and checks every cell, like are you autoimmune or you autoimmune? And if you are if you fail the test, you get pulled aside to be destroyed and it's that burst in cortisol in the morning that helps with the destruction.

If you don't have the burst in the morning those little cells, I think sneak out and can worsen autoimmune symptoms or maybe even enhance progression. And so with my autoimmune symptom patients, I'm like get some light in the morning.

Niki Gratrix So just to make the connection for people as well. So autoimmune could be, you might not even know you have autoimmunity, but there might be autoimmunity going on in the gut, there might autoimmune thyroid, obviously. And all of those things can lead to mental health conditions like depression and anxiety and all the mental health imbalances that, just in case people hadn't made the connection between.

We're talking about this early cortisol awakening response helping people not to get autoimmunity, which could be causing them mental health symptom. That's a really interesting cutting edge area of research, it's fascinating.

Dr. Carrie Jones It's so interesting. And even with depression, melancholic depression for those who are listening. So for people who are listening, who have really severe depression, particularly in the morning. So when somebody asks you when you feel depressed the most and they say, I wake up with it, I wake up depressed and then it gets better through the day.

I understand it may not go away, but like it gets a little better. Cortisol can be a big player. So instead of being too low, it could be your cortisol can actually be too high in the morning. And when you have high cortisol in the morning, what it can do is it can affect the way you make serotonin. And so you will have high cortisol, but lower serotonin production and you wake up as a result, depressed.

Niki Gratrix Wow. That's so interesting. Are there any other symptoms that, quite interesting connections between depression, anxiety from the mental health side and then you have the hormone imbalances?

Dr. Carrie Jones Yeah, estrogen is a big one, unfortunately estrogen is like Goldilocks. So too much estrogen and too little estrogen cause problems also with serotonin and dopamine for that matter. So women who were estrogen dominant, it will also decrease serotonin production. So a lot of women will feel that, they'll feel all the estrogen, PMS and tender breasts, and heavy periods, clots, fibroids and maybe have more depression and anxiety around their cycle or just in general.

Just like on the opposite, women who maybe don't cycle, women who are in perimenopause or menopausal, so they're losing their estrogen, women maybe who have PCOS, so they don't cycle, maybe more prone to depression because you need estragon to bind. You have an estrogen receptor in the brain that helps you make serotonin. And so you can't win.

Niki Gratrix It's so good to hear an expert like you talk this way because the juxtaposition of people who may be taking SSRIs, or just the conventional approach to addressing mental health issues, and they're just given a drug to effect one neurotransmitter.

And yet the story really is that there is emotional chronic stress that changed the biochemistry, that changed the adrenals, that changed the neurotransmitters and that's

all the root cause. And so it's great to have you just share that and go, this is root cause approach. Yes?

Dr. Carrie Jones And I would say to people, the body is not divided into compartments, we're not in silos. So you can't treat your mental health and completely disregard everything else. You can't say, well, I'm having crazy weird cycles and I get PMS and heavy periods and then be totally, no, no, no, that's not related. We're just going to focus on your depression and anxiety. No, no, they're very related.

Niki Gratrix Yes, the body and the mind are one thing. The hipbones connected to the leg bone...

Dr. Carrie Jones I say that all the time. I'm like there's no division, there's no walls, there's no barriers of no, no, the ovaries don't talk to the brain and no, the ovaries don't talk to the thyroid, they're very separate. No, they talk more than my teenagers talk on Snapchat like it's ridiculous. So you have to address it all.

Niki Gratrix Brilliant. So any final tips and practical interventions to help rebalance hormones?

So it might be other lifestyle things, maybe just a couple of like, some herbs or supplements, if you can name a few, go for it.

Dr. Carrie Jones Absolutely. I do have some favorite herbs that are really helpful I find just for stress and they're generally pretty safe, of course always talk to your practitioner. Many of you've probably heard about Ashwaghandha. Ashwaghandha's an Indian herb that's really generally considered safe. It's generally calming and it's generally safe with hypo thyroidism. It is not safe, I don't give it to hyper thyroidism. So if you're fast thyroid, don't take. It slow thyroid, it's okay.

Another one of my favorites is called Holy Basil or Tulsi, you'll see it in teas. It's one of my favorites, I find it works really, it's very calming, but not sleepy it doesn't induce sleep. So when people feel like they need something to just calm the chatter down and just calming anxiety down, maybe calm some of that panic down. Holy Basil's a great one and really delicious as the tea.

There's another supplement called L-theanine. L-theanine helps support that GABA, which is just like progesterone help support it as well. GABA, is that calming anti-anxiety neurotransmitter in our brain and so it's also nice because it can be, it doesn't induce sleep, but it just helps to bring it down a level. So when you're feeling like all up here, you need to bring it down a level just like Holy Basil, just like Ashwaghandha or theanine can just maybe bring you back to the real world. Like, OK, let's just calm down a little bit.

And I find those are generally considered roughly pretty safe and again, they're not really sleep inducing, so they're not gonna make you fall asleep at your job per say. But they can help you just when you're feeling panicked, when you're really just feeling panicked.

Niki Gratrix OK, great. And I know from your work and listening to your work, that there's obviously a whole load of other nutrients that when you've got actual test results that you can intervene to raise estrogen or reduce it down or, whatever. Adaptogenic and different things that you could take for thyroid, adrenals, the whole shebang, right?

So there's a plethora of things that you would want to see. Ideally, you would want to see testing because you could make somebody go the wrong direction if you don't.

Dr. Carrie Jones You may be – as an example, let's say you have insomnia, so you might have insomnia because of a blood sugar issue. You might have insomnia because of a cortisol issue. You might have insomnia because of a progesterone issue. And the treatment is all a little bit different.

Niki Gratrix Each time.

Dr. Carrie Jones So obviously, there are herbs that help you sleep, there's like valerian and chamomile and there's sleepytime teas and things like that. But if you can't sleep mostly because of a cycle issue, an estrogen, progesterone issue, then it may not be as effective.

Niki Gratrix And just as a final, any other practical lifestyle, practical things, lifestyle, diet or any other aspects, practical things just to share.

Dr. Carrie Jones Blood sugar, never underestimate the power of blood sugar. So cortisol, which we've been talking of the ad nauseam about affecting the amygdala and sending out the fear signal. So cortisol is technically known as a glucocorticoid hormone, glucoc, because glucose, blood sugar is the number one thing that it works to improve upon, to fix. If you can't get your blood sugar right, you will never get your cortisol right, they go hand-in-hand.

So to tell people you have to be very mindful of how your blood sugar swings throughout the day. Are you prone to getting hungry? Do you get hangry? Are you borderline diabetic? Do you already know what some of your blood result levels are and you're just kind of blowing it off? Do you already suspect maybe you eat too much sugar? Do you regularly skip meals and you know it's bad? Do you live on coffee, and fancy with cream coffee drinks? And you know, everyone knows, everyone knows these things will affect our blood sugar, our mood. The number of times people have said, I have anxiety and I'm tired, I'm not motivated, and I find out what they eat in a day or don't eat well, there's your problem.

Niki Gratrix What you just said, that's gold. So for psychology practitioners, so interesting that probably a significant portion of their clients have actually got a blood sugar imbalance because of their diet. And if people just said two things, circadian rhythms, some circadian rhythm things and ate a diet that which manages their blood sugar. I suspect a good portion of people with anxiety and depression would be 50 percent or 25 percent better.

Dr. Carrie Jones I hundred percent agree with you, I hundred percent agree with you.

Niki Gratrix So glad that we make that point. I was dreaming in this Summit, I've got to get this out there. I could rely on Dr. Carrie to do it, that's brilliant.

Any final comment, helpful tip, final tip, comment that you would like to share with people too, on this Trauma and Mind Body Super Conference. Any final little piece of wisdom or advice?

Dr. Carrie Jones Yes, I heard – and I apologize – I wish I could remember her name so I could give her credit. But I heard a speaker once talk about, she was talking about levels of vibration. If you get into the woo-woo stuff and she said, "well, you know, healing happens with the vibration of joy." She goes, "so if you have joy in your life, if you're joyful, if you find joy, if you find things to be joyful about. That's when the healing starts." That's the level of vibration below that is like anger and lack and scared and unhappy.

And she said "joy is the minimum and then it goes up from there." And I went, "Oh, joy. I can find joy, I can continue to heal." So that's one of the things that everyday in my journal I write, healing happens at joy. And then I'm like, I find joy, I radiate joy, I look for joy, I give joy because I want to heal just like everyone else. So everyone needs to find joy.

Niki Gratrix That's it, love that, absolutely bang on, totally agree. So thank you so much for being part of the Summit. How can people connect with you or find you online and also the testing? Perhaps give out your website.

Dr. Carrie Jones Absolutely. So I hang out a lot on Instagram, my Instagram handle [@Dr.CarrieJones](#). I do all education all about hormones, specifically estrogen, progesterone, testosterone, and cortisol, that's my core group right there. And then for the test, if you're interested, it's [DutchTest.com](#). It's an acronym, it stands for dried urine test for comprehensive hormones. But everything on there is for free – all the webinars, all the podcast, Summit, everything we upload on there is for free so people can poke around and learn a lot and really get to know hormones.

Niki Gratrix Brilliant. Thank you so much Dr. Carrie that was fantastic. Thank you so much. Thanks everyone listening and hope you enjoyed it. There was tons of information in there, so take care for now and see you all in the next episode.