

WOMEN'S HEALTH: How to Get the Right Care – A Top 10 Episode with Dr. Jolene Brighten

Announcer:

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Dave Asprey:

You're listening to Bulletproof Radio with Dave Asprey. Today's guest is Dr. Jolene Brighten, and she's an expert in hormone balance, thyroid and a functional medicine leader. What's interesting about Dr. Jolene is that she's trained in naturopathic medicine, but also in biochemistry. So, she goes a little bit deeper than you're likely to find. She wrote a book called *Healing Your Body Naturally After Childbirth: The New Mom's Guide to Navigating the Fourth Trimester*. She's not on just to talk about that. We're going to talk about birth control, we're going to talk about the pill, and I've been an outspoken advocate of not using the pill on the Bulletproof blog since the very beginning of this. So, Dr. Jolene's going to help us understand that. And on top of that, we're going to talk about just general hormone problems, differences between men and women nutritionally. And we'll get to some other cool stuff like traumatic brain injuries. So, this is going to be a fascinating interview today, and I'm happy that you're here to listen to it. Dr. Jolene Brighten, thanks for coming on Bulletproof Radio.

Dr. Jolene Brighten:

Yeah. Thanks so much for having me. I've been a big time fan for a long time. So, this is really exciting to get to come on here and chat with you and to be chatting about all the biohacking stuff that you've been preaching about forever, that the research is finally catching up with, I feel like, and how we can apply that to just modern day society, and what we're seeing in people's health.

Dave Asprey:

It's kind of funny, when I surveyed the Bulletproof listener base, there are a lot of women listening to the show and a surprising number of people, at least surprising if you don't have kids, are people who have kids like I do, mine are around 10 and seven. So, let's go in, but given that so many of us either have kids, are having kids, or are going to have kids, whether you're a man or a woman, this is stuff you need to hear. We won't go too deep on that, we've only got an hour, and we've got a couple other topics. But what happens in a woman's body after the baby comes out?

Dr. Jolene Brighten:

Everyone's focus is on baby. So, once baby is delivered, mom gets the six week checkup. "Hey, your vagina's looking okay, no signs of infection. Fantastic. Go upon your way." And when you're tired, you're exhausted, you start having symptoms come up, you're met with the diagnosis of being a mother. But for some reason, somewhere along the line, we got it in our head that women should be able to pop out a baby and then just go along their merry way. And at six weeks, everything's recovered and fine. Reality is, it takes a whole year to really rebuild the nutrients and recover your body.

Dave Asprey:

Now, when Lana, my wife, who's a medical doctor and co-author of the fertility book, when we had kids, I caught both of the kids at home. Afterwards, she described this mommy brain. Actually, it pisses Lana off when I say this, but let me see I can say, she's not in the room.

Dr. Jolene Brighten:

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It pisses every mom off, they hate that word.

Dave Asprey:

The thing is, she's actually smarter than I am. But once we had the kids, she's like, "My brain doesn't work." She's like, "I have mommy brain, what's going on here?" And I have a good friend right now, who's a CEO and she just had a baby. And she's trying to go back to work at six weeks. And she's like, "I don't know how to do what I could do before." What's going on there?

Dr. Jolene Brighten:

Your brain does shrink during the third trimester. And it doesn't come back until about six months postpartum. This is evolution being super, super smart. What's the whole premise behind this? Get you hyper-focused on baby, you cannot multitask. You can only focus on baby's survival. Moms, actually, their brains come back, and if you tend to them, they actually come back stronger. So, you're better at multitasking, your corpus callosum. So, both sides of the brain are actually connected and talking better.

Dr. Jolene Brighten:

But there's another layer to all of this. And that is, when you deliver your baby, what follows is a placenta. And when you deliver the placenta, your hormones instantly drop to the level of like a post-menopausal woman. We know post-menopausal women have lots of brain fog. Estrogen levels are off, progesterone levels are off. Couple that with the fact that mom is not usually sleeping, so maybe it's only three months of not sleeping, maybe it's an entire year. But every time you're not sleeping and you're spiking your cortisol levels at night.

Dr. Jolene Brighten:

But what's really interesting is so, and we'll talk about this with post-birth control syndrome, because I clinically observed that we can't get women's hormones in balance, we can't do it if their circadian rhythm is disrupted. What I say is that when only your lights go out in your room, if you can still see anything, if you're not tripping over stuff and running into things, it's not dark enough.

Dave Asprey:

Lana and I actually think that the brain shrinkage for new moms is evolutionary, because anyone who had their full brain would, A, probably not choose to have kids when they knew it was going to be like that. And B, they'd be like, "I'm so tired of holding this screaming thing that keeps waking me up. I'm going to leave it for the coyotes."

Dr. Jolene Brighten:

Yeah.

Dave Asprey:

We all love our babies. No one's really going to do that. But I think any person-

Dr. Jolene Brighten:

But it's hard, we can be real with that.

Dave Asprey:

... [crosstalk 00:05:07] there is a limit. And when your brain is smaller, you're like, "Okay, I can deal with this." So, like I said, it's the hyper-focus, the waking up all the time, even if you didn't before, because now the slightest sound, "Oh, it's the baby." And you're like, "How could that wake you up?" I want to shift gears a bit from the pregnancy side of things to talk about what happens before pregnancy. Let's talk birth control. What is your take on the pill?

Dr. Jolene Brighten:

What is the pill doing big level? Let's just take like a big overview. So, it's definitely causing leaky gut. So, that daily bolus of estrogen, it's inducing leaky gut, it's skewing your microbiome, it's causing estrogen dominance, hello, your brain, your heart, nobody's going to be happy about that. It's disrupting thyroid hormone on every level.

Dr. Jolene Brighten:

So, when you think about women in their 30s are five to eight times more likely to develop a thyroid condition. Then you compound the pill on top of it. Like we're really raising risk factors here. We know that it turns on certain autoimmune diseases. So, there was actually a study several years ago that came out and said, "If a woman's on the pill, has a family history of Crohn's disease, then after five years she has a 300% increased risk of turning on that autoimmunity."

Dr. Jolene Brighten:

Those researchers then said, "We should be at least asking about family history, if not, genetically testing women before we start them on the pill." As we all know, that research study was about five years ago. It's going to be 12 years before conventional medicine even acknowledges this. To me, as a woman, when I think about my sister, my mother, my friends, I'm not about to stand around for 12 years and allow countless numbers of women to be basically mishandled, mistreated, and not to mention dismissed when their symptoms like depression and anxiety crop up and they're on the pill.

Dave Asprey:

Let's also talk about the post-birth control syndrome. So, what happens when a woman goes off of the birth control pill? What should she expect?

Dr. Jolene Brighten:

She should expect whatever symptoms she had that made her stop the pill. So, ladies, if you had acne, if you had PMS symptoms, if you had heavy periods, lots of cramps, even mood symptoms that were cyclical, we can expect those things to come back full force. This is how I explain it. It's not your body rebelling against you. If you think about, if you had something really important to say for five years, 10 years, however long you're on the pill, finally, you get the opportunity to say it, look, your body's screaming like, "I wanted you to know about this all along."

Dr. Jolene Brighten:

So, that's one thing that we'll see. We'll also see what's called post-pill amenorrhea. Now, here's a big one that doctors don't tell women. And this one is a huge disservice. So, what's the number one non-birth control related reason to prescribe the pill? An irregular menstrual cycle.

Dr. Jolene Brighten:

So, the doctor tells the story like this, "You're not having your period. We can help you have your period naturally by using this pill." Nope, sorry, doctor. You are flooding that woman's brain and overriding her pituitary and then withdrawing that drug so that her endometrium slop-shop, they just bails, endometrium bails, now we have a period. There's nothing natural about this.

Dr. Jolene Brighten:

But with all of that being said, with the PCOS piece, we know that, or excuse me, the irregular periods, we know that can often be due to PCOS. And PCOS is a metabolic disorder. So, now you put a woman on the pill, you mask the hormone symptoms, and then what do you do? You let her go for 10 to 20 years with heart disease and diabetes developing and nobody's putting that together.

Dr. Jolene Brighten:

But when the doctor prescribes a pill for regular periods, the research tells us that about 30% of those women will be rendered infertile when they stop that pill. So, we're talking almost 40% of women will never see their pill come back.

Dave Asprey:

All right. So now people have to be asking, "Okay, if I'm not going to start the pill or I'm going to go off the pill. What is the best, most biologically compatible form of birth control?"

Dr. Jolene Brighten:

Yeah. So, I am a huge fan of fertility awareness method and it's actually like, I use this really cool piece of technology called Daysy. It's just a thermometer that I put in my mouth, but it's super high tech. So, every morning I wake up, I put [inaudible 00:09:19], green light, go, red light, no, we've got all of these color codes and everything. So, there's all these technologies.

Dr. Jolene Brighten:

In Sweden now they're like... So, in the US they're still like, "No, no, no, that's not birth control." In Sweden, they're like, "Yeah." This like Lady-Comp, which is what Daysy came from. These little technology pieces, they are considered birth control in other countries that don't have as much of a pharmaceutical interest, I'm guessing, with that.

Dave Asprey:

The fertility awareness method is pretty profound, because in addition to, if you're a woman, you start tracking this, you realize that there are times of the month, not when you're necessarily ovulating or bleeding or anything like that, where your cognitive and mental performance, and your emotions are not going to be where they are. You know the days when you're most powerful, you know the days when you are going to be most aroused. Just knowing that like, "Wow, I wanted to run a marathon today and it was totally the wrong time and my score sucked." Or, "I had a really big board meeting today and I know that I'm completely not where I'm going to be. So, I'm seriously taking some Modafinil today, otherwise I'm not going to get the venture funding I wanted."

Dave Asprey:

But you can account for, and you can counteract periods where you're not going to be... See what I just did there? Anyway. I didn't mean to do that. But periods where you're going to be really either at your

best or not at your best for what you want to be doing that day. If you know it's coming, and you know that it's normal, then you don't feel like you're weak or crazy. And you're like, "Okay, or maybe I'm just going to have some extra coffee, whatever it's going to take." Like, "It's okay that today I should just get a massage and chill. And I'm going to schedule that if I can." That's precious knowledge about just controlling your biology and letting it do what it wants to do. So, I value that.

Dr. Jolene Brighten:

And to give that permission. I really appreciate that you just gave permission, that it's okay if you have an extra cup of coffee today. I have women that the day before they start their period, they're like, "I am flatline fatigued." And yeah, sure, we're working on this stuff. Can we just acknowledge for a second, that natural therapies take months to... I mean, so Vitex is one, for example. Every woman will come in and say, "I tried Vitex for a couple of weeks." It's got to take a-

Dave Asprey:

What is Vitex?

Dr. Jolene Brighten:

So, chaste tree berry, it's something that's used... It stimulates the LH production in the brain to help stimulate the ovaries to make progesterone.

Dave Asprey:

Years ago. Geez, almost 20 years ago, I had coffee in Mountain View with the guy who holds the first patent on 802.11 WiFi, the very first WiFi. This is kind of a grizzled engineer, beard, a super Silicon Valley engineering type. He goes, "I took the million dollar equipment we use for measuring our WiFi things. And I turned it around and I aimed it at myself and oh my God, there's all this data coming off the body." And he turns his laptop around and he goes, "Look, here's the data that's coming off of my body." At least when I was running these signals. "And there's diagnostic information in here. This is amazing."

Dave Asprey:

We've known, in little pockets, for a long time, that it's not just about whether we're cooking ourselves or not. And that's why, in headstrong, I'm like, "Here's the evidence that it destroys mitochondrial function. It doesn't kill you. It doesn't cook you. It just makes you able to make and use less power." So, let's compare notes. I want you to tell me what you recommend someone do the first 24 hours after they're hit in the head, and I'll tell you what I did the first 24 hours after I got hit in the head. So, you go first.

Dr. Jolene Brighten:

Okay. So, once brain bleed has been ruled out, we hit the Gingko, we go high dose fish oil.

Dave Asprey:

It's ruled out by x-ray.

Dr. Jolene Brighten:

Yeah, or imaging-

Dave Asprey:

Or MRI, [crosstalk 00:12:55] MRI.

Dr. Jolene Brighten:

A CT or MRI. What's interesting is that they start with MRI, but there's been some studies to show that 30% of people who repeat with a CT, there's actually issues in the brain that weren't caught the first time. So to me, it's important that we should actually measure people more than once. So, fish oil, I went to the 30 grams. I mean, I choked down 30 grams as soon as I could. Of course, you want to have a doctor supervising this.

Dr. Jolene Brighten:

For me, I'm like, "Hey, if I start bruising, I want a little bit too high." But if you look at the research, it's not very good in terms of the claims that fish oil will make you bleed out. So, there's actually, the evidence isn't so good that that'll happen. So, that GPC, so doing the phosphatidylcholine, phosphatidylserine, that I definitely got into play right away. Turmeric, oh my gosh. And then I went keto right away. And I'm like-

Dave Asprey:

That was so smart.

Dr. Jolene Brighten:

So, fasting is definitely non-negotiable. I would want to see a 24-hour fast, but I really say, "Give yourself two to three days." I think there's a wisdom that I'm nauseous. And about every other week, I can't eat for two to three days, I can drink coffee, so I drink my Bulletproof Coffee. Oh my God. Your Brain Octane is gangbusters, by the way.

Dave Asprey:

Thank you.

Dr. Jolene Brighten:

If you're feeling fine and you take that, you're like, "I notice a little bit of difference." If you're not feeling fine, that's really the profound effect. So, that was like, once I experienced that of like, I do what's called upgraded golden milk, where I'm doing the Brain Octane in that and doing ghee, doing all of that with turmeric. But I definitely am a fan... Coffee is actually going to... So, I came from a nutrition background and we were like, "Never, never have coffee on an empty stomach and keto is bad." I laugh about what I was taught 20 years ago. So, coffee actually, it's interesting, because I went through like... Now, I fast, two to three days every couple of weeks. And my body actually craves coffee first thing in the morning.

Dave Asprey:

There's a study that says caffeine in the morning, about as much as in two small cups of coffee, doubles ketone production. Okay. So, you hit ketones, you hit fish oil, and you hit progesterone for your brain injury.

Dr. Jolene Brighten:

Progesterone, all the amino acids.

Dave Asprey:

And Gingko.

Dr. Jolene Brighten:

Gingko, turmeric, high antioxidant. So, I also did HBOT therapy, hyperbaric oxygen therapy. Then, I had this whole cocktail of antioxidants and mitochondrial, I use a mitochondrial product. So, I was big time a mitochondrial support. Glutathione, I mean, everything for that. Then I would do that about an hour and a half, two hours before the HBOT and then I would do it again afterwards. I did that twice a day for several months and I also made the goal, and people think I'm crazy for this, but I meditated for about four hours every day. I really committed to that. All right. So, your turn, first 24 hours.

Dave Asprey:

So, I took a titanium knee to the head flying through the air. I was [crosstalk 00:16:06]-

Dr. Jolene Brighten:

Saw you at Burning Man. Was that JJ's knee?

Dave Asprey:

[crosstalk 00:16:06]. I'm not really sure whose knee it was. My memory is impaired. So, it was a big arena. Anyway, it was in the Thunderdome at Burning Man.

Dr. Jolene Brighten:

Okay, you should probably have expected to walk out with at least a mild concussion, you're in the Thunderdome.

Dave Asprey:

[inaudible 00:16:24] foam bats, it's all good funny, it was actually hilarious. And it was just an accidental thing. And it was within a minute of this. I'm like, "Okay, I can't handle the blinky, bright lights that are all over the place. I'm nauseous. I need to lay down. You guys need to take me back to the RV." Thankfully, we had the art car, which is a giant stick of butter with a cup of coffee spinning around on top.

Dave Asprey:

So, I'm laying on the hood of it. And they're using it as an ambulance. And I went back. Because I was camping with masses of health people, I'm like, "Everyone, give me all of your fish oil." I didn't know if I was bleeding or not, but I'm like, "I don't really care. I'm just going to do this."

Dr. Jolene Brighten:

You know where you were at, if you got a brain bleed.

Dave Asprey:

It was a risk.

Dr. Jolene Brighten:

Yeah.

Dave Asprey:

I also, I took 10 KetoPrimes, which is the Bulletproof thing. And this is a mitochondrial support. Whenever your mitochondria have problems, they've run out of this rare ketone. It's different than the ketones that we talked about. They run out of that. So, I just took 10 of those. I kept taking them, I don't know how many, I took a lot, because I just wanted to have maximum energy sufficiency, because the first thing that happens in the first 24 to 72 hours is you get this swelling and you get mitochondrial death.

Dave Asprey:

I'm like, "You guys don't need to die. Hang out here." I took a lot of Brain Octane, as much as I could take, in the form of Bulletproof Coffee. I used a metal filter when I brewed the coffee. And the reason is that there's two studies that show coffee oils are anti-inflammatory in the brain. That's why I still, to this day say, "Use a metal filter, not the paper filter, if you're drinking coffee that doesn't have mold in it." Paper filters [crosstalk 00:17:54] coffee.

Dr. Jolene Brighten:

Snap, I've got a Chemex, I'm like, "I didn't get that information [inaudible 00:17:58]."

Dave Asprey:

Just get a Able filter, they're I think A-B-E-L, A-B-L-E. It's a metal filter that fits in your Chemex. It makes a better tasting coffee and it gets you the oils from the coffee. In some people, they raise cholesterol, but they turn off inflammation when raising cholesterol. Oh, you'll live longer with higher cholesterol than inflammation. So, I did that, just to finish that for listeners who are like, "What do I do?"

Dave Asprey:

So, ketosis from Brain Octane Oil, really important, because ketones, if you listen to the interview with Dr. Veech on Bulletproof Radio, we talk a lot about inflammation and why that's important. Then, I started on progesterone right away, because fortunately... [inaudible 00:18:30] was on progesterone, I'm like, "Give me some cream, give me some pills. I'm just going to do this." And let's see, I didn't use testosterone, which I normally use testosterone. I've been really open about that for years. I've gone on and off of it, but I take a biological identical dose, so that I just have like medium, like around 70th percentile, where I want to be. So, I stopped doing that, because that actually is contraindicated with a brain injury like that.

Dave Asprey:

I still was pretty rocked by this. And about three weeks later, I went and I did, I looked at my brain. And I actually, I'll publish this, because I have my 24-channel EEG stuff from 40 Years of Zen. And I have a Zen brain, I've done four months of intense neurofeedback with personal development, where my symmetry is, you look at a map of asymmetry in my brain, there's nothing there, because everything is symmetrical when it runs well. And it looks like spaghetti. There's all these lines everywhere on a representation of the brain, because I was no longer symmetrical, I wasn't in synchrony.

Dave Asprey:

So, it took about two days of really focused feedback to get my brain back to where it had been before. And I think, without that, it would have taken many hours of meditation per day. And unfortunate, okay, this isn't what we do at 40 Years of Zen, this is a personal development process, but I happen to have neuroscientists who I work with on a regular basis. So, we took the clinical grade gear and we used it clinically, instead of for personal development.

Dave Asprey:

But without that, there were definitely some personality sort of changes. I was more angry. I sent a few angry emails to people, where I had perceived that they had offended me or something. There was one guy, another health influencer, who had kind of done something that, at the time, I've perceived as underhanded, where it's like, "Look, [inaudible 00:20:15], why are you trying to throw myself under the bus here? That's not cool."

Dave Asprey:

So, I was much quicker to anger than I normally would be. And more likely to be like, "You know what, here's my middle finger." I'm not like that, in my normal life, I don't swear. And I swore quite a lot for a little while. I'm just like, I'm even, and I'm kind, and I was just a little bit more aggressive.

Dr. Jolene Brighten:

Totally.

Dave Asprey:

Certainly my kids and wife knows that.

Dr. Jolene Brighten:

Yeah, inflammation on the brain does that.

Dave Asprey:

And lack of [crosstalk 00:20:42]. The other thing though, that I think is really important is noise-canceling headphones. I used those a lot just the first couple of days, just to allow the noise in the brain to come down. This is, I showed those glasses earlier in the interview, the TrueDark glasses, like they're noise-canceling headphones for your eyes basically. That was ridiculous. What happens when you, instead of using blue blockers, you use the full-on dark, block everything that affects mitochondria.

Dave Asprey:

The mitochondria talk to each other with light, when you block all the light, all the spectrum of light that interferes with their ability to talk via light, I think that there's really good use for that. And during brain recovery, I used different colored lenses. So I'm like, "Hey, I'm just going to try this." Certainly, I felt calmer. Because it was like I was in a dark room even though I wasn't. So, that seemed to matter for me.

Dr. Jolene Brighten:

Yeah. Well, and that was, I mean, I had to just walk around with Amber glasses all the time. Then, definitely in a dark room or in the dark HBOT as often as possible for those reasons. Something you brought up, so in the first 24 hours, inflammation goes up in the brain, we also develop leaky gut. We actually see in the animal studies, because they can't dissect humans, that when there is brain trauma,

that not only is there intestinal hyperpermeability, but you also start breaking off cells. So, the microvilli start just sloughing off. So, your gut is like giving up.

Dave Asprey:
Really?

Dr. Jolene Brighten:

Yes. So, you cannot just L-glutamine your way out of that. Plus L-glutamine can be a little too excitatory around the brain.

Dave Asprey:

Yeah, you shouldn't take L-glutamine right after brain injury.

Dr. Jolene Brighten:

Yeah, not advised. But it's something that it's really important if we sit back and we... And I'm doing a lot of reframes since this has happened, of like people who are not recovering their gut. So, I treat a lot of small intestinal bacterial overgrowth. I'm always doing vagal nerve stimulation with these people, because the crux of this is that we've got a nervous system dysregulation, there's issues with how the gut is actually moving.

Dr. Jolene Brighten:

The bacteria in the wrong place, we've got to corral them, put them in the right place and kill some of them. But all things being said, there is a motility issue there. So, it's really getting me a reframe and asking people, "Have you been hit in the head, even mildly?" And looking at, "If you don't heal your brain, if you're not actively healing your brain after that, then we can't expect that your gut can be healed."

Dr. Jolene Brighten:

And what's really interesting is not... You got to wear the glasses, you got to wear the noise canceling, definitely. I couldn't listen to music for four months, because you don't even realize what's going on in the background. As babies, we are developing just how to put everything on autopilot. You are just processing so much stuff, but if you don't actively heal that brain, your brain actually loses the ability to know where your gut is in space.

Dr. Jolene Brighten:

So, your brain won't even know how to communicate to your gut correctly, because it's not sure where it's at. So, I just want to add in that piece, because, I mean, this is another way where keto can help so much, because you are delivering the high fat that's going to help the brain, it's going to help inflammation. It's what the bacteria in your small intestine would prefer instead of high boluses of carbohydrates. But there's a lot of things to heal the brain that you have to do those if you're going to heal your gut. It's not going to be just L-glutamine and doing autoimmune paleo diet or something like that. No, there's neurological component to all of this.

Dave Asprey:

I also pounded like 10 Unfair Advantages a day. It's another mitochondrial stimulant. That's an activated form of highly absorbable PQQ bound to CoQ10. So, I feel that normally, I take them, I'm like, "Whoa, things are working again." So, I took a lot of that on a daily basis, but right after the injury, I'm just like opening ampoules and swallowing as many as I had on me.

Dave Asprey:

Then, I used facial ice baths or cryotherapy for the vagal nerve thing. And I used a cold laser on my head over the side of the injury, which is incredibly powerful to do that. So, those are things like... Oh, and hyperbaric, I also have my own hyperbaric chamber here at Bulletproof Labs, which is convenient. So, I'm like, "Oh, I'll get home and hop into hyperbaric."

Dave Asprey:

So, yeah, you and I are unusual because you're in functional medicine, because I'm a biohacker. But if you're as bad as you were, where you can't talk and all that stuff, you want the stuff that JJ has written about, the stuff that you've written about and things like that. Just anything on Earth that will support your mitochondria, and I think ketosis is well supported.

Dave Asprey:

I also would say, and this will annoy people, if you're using Brain Octane, you can get some ketones, it automatically converts its exogenous ketones. There is an argument for a small amount of sugar after the brain injury, just because you want to get the energy in the mitochondria, they're dying, literally dying for energy. I don't have any problem with having ketones and sugar at the same time post brain injury. I'm not saying drink a Coke. I'm saying a little bit of sugar could go a long way just towards keeping you from getting hypoglycemia, which is not a good thing at the time.

Dave Asprey:

Awesome. Well, we are on a pretty long episode of Bulletproof Radio here, which is cool, because we're talking about basically three different topics. What about mommy brain? What about birth control? And what about hitting yourself in the head? But we fit it all in, but you haven't answered the final question-

Dr. Jolene Brighten:

Ooh, the final question.

Dave Asprey:

... for Bulletproof radio, which is, if someone came to you tomorrow, and based on everything you've lived through and been through and done and all that, so not just your medical stuff. Someone came and said, "Look, I want to perform better at everything I do, better at being a human being. What are the three most important pieces of advice you have for me?" What would you tell them?

Dr. Jolene Brighten:

Oh my gosh. So, definitely, if you want to be a better human being, then you need to be very present, you need to practice mindfulness. When things get uncomfortable, you need to explore that, go deep down and understand why. I think that would be my very first thing. All animals want to avoid pain, but as humans, we have pills now, and I think we've over-medicated an entire society from being able to

have their wherewithal about that. So, I think if you want to be a better person, you first need to get a really clean mirror and start taking a look at all of that.

Dr. Jolene Brighten:

I definitely think you've got to love your microbiome, because like you were introducing, if you don't have the right gut bacteria, I mean, we've known for a long time, not only can gut bacteria influence your mood, but there's viruses that can get into your brain and they can control your mood. So, if you're not taking care of your microbiome and your inflammation, forget it.

Dr. Jolene Brighten:

The third thing is, I would say, you can't go wrong. I mean, everything we talked about, you can't go wrong with loving your mitochondria. Because if you've got the energy to show up... So, if you've got energy at the cellular level, then you've got the energy to show up as a whole person and fully yourself every single day and to do that big work, whatever you were put here for. What you're doing to take care of your mitochondria just so happens to be all of the things that send the body that the signal's safe. So, back full circle to what we were talking about. If the body feels safe, now we can do that higher level work. Now we can start to transcend into the mind-body aspect and even the spiritual aspect and right back to is this mine? Is this someone else's? Do I need to heal my family lineage? That would be my three. Those would be my three big ones.

Dave Asprey:

Beautiful. Well, thanks Dr. Jolene Brighten. Where can people find out more info about you?

Dr. Jolene Brighten:

Yeah, you can find me at drbrighten.com. That's D-R-B-R-I-G-H-T-E-N. So, a little tricky, like Brighten like the sun. If you're listening to this and you're like, "I need help with post-birth control syndrome right away." Go to my website. I got you there. We'll get you into a detox. If you feel better from that, you might not need a doctor. If you don't, that information is really helpful to take to a doctor as well. And then of course, I'm on Facebook. You can always catch me there.

Dave Asprey:

Beautiful. Well, thanks, Jolene. It's always a pleasure to get a chance to chat and I'm sure we'll chat again soon at one of JJ's events, have a beautiful day.

Dr. Jolene Brighten:

You too. Thank you again.