



How Naturopathic Medicine Can Help You | Dr. Lana Butner

Darin: Hey, everybody. Welcome to the show, this is Darin Olien. This is The Darin Olien Show. What's going on? How you doing? Have you asked yourself some good questions lately? What do I mean by that? Questions move energy, if you say, who am I? What am I? What am I willing to create? What do I desire in my life? What is my truth? These are the things that move that inner world app and out into our consciousness. Just things I think about, things I ask myself, things I journal about, you know, the whole deal man, is how we react to when things don't go our way and what energy we are produced and what currency of energy we are putting into the life that we want. And that is exercise and nutrition. And our state of mind, our intentions, our goals, our desires, our big thing that we want to put in the world. These things are necessary for what I think a happy life.

[00:01:09] Guest Intro – Dr. Lana Butner

Darin: My next guest, Dr. Lana Butner is a board-certified naturopathic doctor and licensed acupuncturist. This space there's more and more people growing into this because we realize the healthcare system that we got is labeled wrong, sick care. They don't know how to create health. They blow it off still, you don't need to change your diet. It's the opposite of taking responsibility. The body's just a machine and the wheel breaks put on a different wheel, gets cancer, burn it, you radiate it, whatever it is, there is always a multidimensional aspect of health. Always, what are you eating? What's your stress level? How much water are you drinking? What kind of water are you drinking? What kind of sleep are you getting? What's your environment like? All of this stuff has massive effect on our system. So when we look at all this stuff, it's super important that we look at the holism, the work of Dr. Lana Butner and others. Naturopathic doctors are way under-utilized from my perspective, infinitely more valuable than an MD. No offense, MDs, no offense you are good at what you are good at. What I am saying to be healthy, to generate health from as much as we know from the quantum, all the way back to our environment and our systems approach is where we need to look at health, not like a broken car garage, that's trying to fix your tires. So, we had a, a great conversation, Dr. Lana Butner is doing some amazing work, but she comes from that naturopathic background, some badass education, and as well as traditional Chinese medicine and acupuncture, some of the most ancient medical systems way before we created the American medical association.

Darin: So, Dr. Lana discovered that she could combine these foundational concepts that she models in her own life. After health, nutrition, fitness, alternative therapies, looking at the electrical conduction of the body for God's sakes, that's traditional Chinese medicine is understanding that we are an electrical system. Why do they use diagnostics to monitor our heart? That's electrical pulses people that is some of the most unsung ways that we can support the body. Now, on the other side, all these crazy electromagnetic and dirty electricity devices that are around us are also causing huge amounts of stress. But by using this holism approach, Dr. Lana Butner, and a lot of other doctors start to create function out of the dysfunction instead of just putting another label or another pill or another poke, whatever it is, we need to look at this and we need you to take a hundred percent responsibility for our



life. And then you will alleviate pain, you will get out of weight, you will start feeling better and ultimately you will just live. When you get out of the Maslow's Hierarchy of needs and you are feeling like crap. It's hard to dream, can't; you are just trying to feel better. Work on yourself every day, develop habits of health and I promise you, you will then lead and move and have the best life ever and kick back, relax, and enjoy and educate yourself today with my good friend, Dr. Lana Butner.

[00:05:04] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin, and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we, as humans can improve our lifestyles, strengthen our mindsets and take better care of this beautiful planet we call home. If you are looking for motivation to take the next steps towards a happier, healthier life then you are in the right place. And I am stoked that you are here. So, let's do this. This is my show, The Darin Olien Show.

[00:05:49] Interview Commences

Darin: Thank you for jumping on here, stoked to talk to you about many things, women, that some of the things I was thinking about is I love your background, traditional Chinese medicine and acupuncture. At this point of reality, we need this more than ever. I was writing about this yesterday. It's insane calling what we call healthcare, health2care. I don't even want to say traditional because traditional is more what you are doing and more what the indigenous have done. And more that we have used for somewhere the 10, 15, 20,000 years. And we still call and still give authority to this modern medicine that has largely divorced. I am just going to say common sense nature. So not to jump fully in, but to jump fully in like, what are your thoughts on some of that and why you kind of took this route?

[00:06:53] Being a naturopathic doctor in New York

Dr. Lana: Yeah, I think you said it perfectly first and foremost. It's just, I hate saying the word traditional healthcare as well, because it's not. What naturopathic doctors are doing and what acupuncturists are doing that's much more traditional. It's been around far longer and it's much more natural, hence tradition. And so it's frustrating, I would say, it's a frustrating field to kind of be in, especially in a city, such as New York. As a younger female physician where you are trying to kind of just get a foothold in general, no matter what field you are in. When you come to a city like New York where naturopathic medicine is actually not even licensed in the whole entire state that puts you at quite a bit of an uphill battle. And in fact, naturopathic medicine is not licensed in the majority of the US, which is entirely unfortunate and not just for the doctors, but for the population of the US at large, that's something that we are consistently fighting with and consistently lobbying against. But unfortunately lobbying costs a lot of money as well. And so it's just this constant battle that we are always going through that a lot of patients would never really even understand or know about. When it comes to the way that people are actually treating and considering traditional healthcare versus coming to a physician like myself. I am one of the people that people come to at the very end, when they say I have been to everyone, everyone says it's in my head. They can't



figure it out. When all the doctor really needed to do was just do a further profile. They needed to just take one or two more tests in their blood work and it's so frustrating. The answers are always there. You just need to dig a little further under the rock. And then to answer the second part of your question, I believe most holistic practitioners come to this profession because they were overlooked or disregarded by traditional or mainstream medical healthcare.

Dr. Lana: I was a ballet dancer as a young girl. And that just throws you through a whole hell of a loop of perfectionism, anxiety, which can lead into the depression. And then of course, that is a cycle with the gut brain axis, which if you are not feeling well up here, your stomach is obviously not going to react or function properly either. So throughout my adolescence and up until college, I had really bad IBS and anxiety that would exacerbate one another. And it wasn't until I found a naturopathic doctor after I came back from Tulane back home and I didn't even know they existed. She was like, well, this is why you feel this way. This is why you are hurting. This is why you are not happy and she literally, it was so easy. She explained it so quickly. And that was the first person, I was 22 years old. I had her leave her office and meet my mother in the parking lot. And I pointed to this doctor and I was like, I am going to be her. And nine months later, I was at the school that she went to in Arizona. And now I own my own practice in the city. So it was serendipitous.

Darin: Earlier on after undergrad, I definitely dabbled. And then I ended up slinging myself into the herbal world and just traveling and learning so much there. The last few years were thrown right directly into the traditional model. And then being told there's only a few options over and over and over and over and over again. And with this absolute divorcing of what goes in the mouth, what's around us, all of these things, we know the drill. Why don't you break down just a basic understanding from your perspective of the difference of naturopathic medicine, some of the courses you have gone through, because it's extensive. It is legit, as hard if not harder than the drug model, let's just call it straight up the drug model of healthcare and the, the four year degrees and residency and stuff. So why don't you break down what that was like in terms of your education, to give people a context of what you went through and also the differences.

[00:11:03] What is naturopathic medicine? And what kind of training do you need?

Dr. Lana: That's an amazing question because people ask me all the time, are you a real doctor? Did you go to real med school? Which is such a joke when you actually know what you have been through? So the one biggest difference that I think throws a lot of people off is that we don't have MCATs to get into school. There's no standardized test to get into school. Granted you have to still have a certain GPA, have certain prerequisites and referral letters and whatnot. But what we do have is we have two sets of standardized boards that we take after year two and after year four. And those take place at the exact same time throughout the country, because there's about only six naturopathic schools left now. The most recent one in Connecticut just closed due to lack of funding, but those standardized boards, those happen at the exact same time on the same day. So they are very much just like any sort of step one, two or three, correct. Now when it comes to the actual courses in



school, the first two years are basic science courses. So we have the Biochem, Anatomy, Physiology, Pharmacology as well, which people don't realize. And then of course we have Cadaver Labs, which are always really fun. That was one of my big things I absolutely loved to do. I think the human body's fascinating on the inside, but we had all of those in the first two years. But on top of that we had botanical medicine, we had nutrition for a full two years and I think maybe even a little bit more and a couple other classes that really just dive you into more of a natural perspective, we go into homeopathy, which is what the heck is it? How does it work? How do you prescribe it? And what do these different remedies mean?

Dr: Lana: Which that's the one thing I don't really use in my practice because I couldn't wrap my head around that. But there's practitioners that do all sorts of different things. Then after that first two years, in addition to our actual curriculum in the classroom, we would also have a clinic, we would start practicing clinic shifts. So we would start our bedside manners very early on; how you talk to a patient, how you lead them back to the room, how you make eye contact and actually talk to them in the room as opposed to those three to seven minutes where you are just jotting down and saying Uhhuh ha haha. And then you put your clipboard in the wall and you go to the next room. So they start that off really early on. Same thing with any sort of physical examination skill that you do as well, help patient, listening to the heart, lungs, doing IVs injections, all of that. Second two years, we really get into the nitty gritty. So we get into all the different systems. So we have a full section just on gastro, a full section just on respiratory embryology, all those different things, which is super interesting and on top of that, that's when they add on physical medicine. Physical medicine, just to explain, that's kind of like chiropractic, but you can't call it chiropractic because they get mad and I would never call myself a chiropractor, but I did learn how to like crack necks occasionally. And then the other thing that at least the Southwest, what they focused on was at the time they called it Oriental medicine, but it's basically acupuncture and a theory of acupuncture. And so they throw that into the regular curriculum there and then you learn how to do points and you learn how to needle on one another. And then that's when you also start seeing patients years, three and four as well and the student clinic. So it's a lot more than just the basic sciences because you are also learning all of the other stuff that we end up talking about with botanical medicine and nutrition and all of that as well.

Darin: And underneath all of that, it's that core principle that when given the right circumstances, the body knows what to do. It's getting too much of something, not getting enough of something, getting stressed, having inflammation, like there's no wrong, like the body is expressing something. And it's just a matter of investigating that, which doesn't exist at all in the modern day. It's so insane to me again, I was so excited to talk to you because just unpacking, I sit here and go, how is it that we still today deem this as the way, deem this as the way to health. And we are, I think statistically, the worst country on the planet, we are now dying earlier. We have more or all cause mortality, we are fragile. I think Dr. Fuhrman, great plant based doctor, but he statistically said to me one time, he goes 2.5% of all Americans are actually healthy; 2.5%. So we are sprinting towards just this chaotic degenerative, barely hanging on state. And then when you add in extra stress, you add in a weird pandemic, this vulnerability all over the place. And so where's our re resiliency. How are we not staring at this as a realist, as someone looking at the numbers as someone



looking at, huh? This doesn't seem to work because it's showing us blatantly, what the hell do we do about this? Because I don't know how we can be so apathetic about it and then give our children, our family members, the vulnerability of passing those people off for our care, for a first line of care is horrifying.

[00:16:25] Living for long-term

Dr. Lana: I couldn't agree more and I love your passion, it's me in a nutshell. Oh my gosh and I am a numbers person as well. I love statistics, but the biggest thing is you don't even have to look at numbers literally, you live in New York, ghosted on a park bench, see who walks by? You don't need anything, you just need a set of eyes, not even a set to see who walks by or crawls by. It's crazy and then to have someone like yourself for me, like I constantly have green juice. I constantly have a water on me. I have like three liquids on me at all times. And I get poked at, for being, oh, because you are so healthy. It's like, no, I am just doing it right not even doing it right. I am just doing it for the long term. I think one of the bigger things I am noticing is that parents and siblings are actually starting to send their family members to me, which I love. So I have a lot of patients who are like, oh, my brother has autism. I am going to send him to you, I am going to pay for his appointments. Oh, my parents are really unhealthy they are in their fifties and they don't give a shit and they don't know. I am going to send them to you. I have a mom who I see now, three of her kids and I never wanted to do peds, but I still take them because it matters. And I think once somebody comes through the door and realizes how much better they feel, then they are like, oh, I am going to give this to the next person who I care about so much because I want them to be better. And I am seeing that trend within my practice, how long I have been practicing. That's really starting to come and a lot, lot of couples too, which I just love working on couples.

Darin: Yeah, that's awesome and excuse me, for getting to the basics because this is where it actually has to make a change. And so let's break it down in terms of, if I am a normal person and I have aches and pains and I show up to a doctor, the doctor does some weird acts, like looks at my eyeballs, takes my temperature, takes my blood pressure, taps me on the knee, looks at my tongue and then says how you feeling, blah, blah, blah, da, da, da, and five to seven minutes later. They are like, here's some anti-inflammatory for your back or here's some anti-acid for your digestive problems. Then you go and you take this shit and there's no lifestyle change. There's no addressing any of that stuff and then it just starts this cascade effect of when you have stepped out of nature so much. And now you are taking pills that inherently have to have a side effect, they have to, there is going to be a consequence period. So let's not be surprised about that. That's a typical kind of showing up to a regular doctor. So now what happens when someone comes to you? Like, what is that like? And what's the differences.

Dr. Lana: Yeah. So, I actually love the initial appointments because I get the same kind of worked up that you are right now with just hearing the stories that anybody's gone through prior to coming in. And I tried not to get on a soapbox too much with them, but inevitably happens. And so, I will actually have patients send over any past labs that they have had prior to coming in, because I want to see what they have had done, what they have been



run, because I will always hear, you know, hey doctor said, everything was fine. They ran all these labs. Doctor ran maybe four things, vitamin D at TSH, which is thyroid hormone, like a B12 and like a CBC, which literally is just like, are you anemic? Or are you bleeding out? There's not much to it or are you in a massive infection? There's not much to those. So they will say, oh, everything is checked out. You did extensive blood work, they didn't. I will see what they did, I will also look through this really extensive intake prior to seeing them. So I have an idea what's going on.

Darin: Right. So, their intake is they have spent time really drilling down and you are asking in depth questions as to what their lifestyle is, what they are eating, how they are sleeping, all of these kinds of things?

Dr. Lana: Sleep stress, stress management, energy levels is huge. Digestion; are you pooping every day? That's a huge one that nobody does. It increases your toxicity levels and inflammation, if you are not. Your menses, that's huge, that's basically like the six vital sign is what they are calling it now. But it's so important to know those things prior to coming in so that we could really delve into things. It's a 60 minute long appointment where we just really go in and talk about what happened. When did it start? What makes it better or worse? What have you tried and what was going on in your life when it started? That's crucial because there's like, oh, well I developed this, but then they completely leave out that there was family abuse going on at the same time, which is trauma clearly that could come out in the body in a physical way. And so I really dive into what was going on all around that time. And then of course from there you go into a review of systems looking in the eyes and all of that, but something you did say that correlates a lot to Chinese medicine or TCM is what it's called is the tongue. We take pulses, there's three different pulses that you could take and they mean three different things. The three different meridians on organ systems on each side. And there's three different layers that you actually take the pulse at and the tongue. There's different sections on the tongue that represent the different organs and meridians as well. And if they have the coat on them or there's cracks or they are red or they are scalloped or swollen, that tells us a ton about the body too. And it's wild house spot on those are. So I like to do those two when I am in person with patients. And so that's kind of the first appointment from there. We just really dive into everything and then identify their top three goals, but also their top three roadblocks, because I find that people will give you every excuse under the sun to not get better and to not make lifestyle changes because popping a pill is so easy. So, I want to find out what's going to get in their way before they let it get in their way and tell me that I am not doing my job. So let's identify that now so that we can actually make this work. And that's the initial appointment, it's pretty in depth.

[00:22:10] Bite Toothpaste Ad

Darin: I am constantly on the lookout for clean products to use, but also of sustainable and clean packaging when it comes to the bathroom. Bite Toothpaste has all of this sorted out, which is why I love them. Most commercial toothpaste is packed with parch chemicals and we are putting it in our mouth. And when you consider doing that twice a day on average, the consumer swallows about one block every week. Not to mention, they are being absorbed in



your mouth as well. But of course, there are safer solutions, I use Bite Toothpaste bits, which are a sustainable and completely clean alternative to toothpaste. Just pop them in your mouth, chew down on them with some water, and it creates a foam. And they use refillable glass jars - so, it eliminates that whole regular toothpaste tube, that's just plastic and ends up in the landfill. So, I love when you can integrate all of this into one thing. Bite is on a mission to replace the contents in your bathroom cabinet with safe and practical personal care items. And they are dedicated to packaging and shipping their products in a sustainable way. Many of their products, like the toothpaste bits and their deodorant, come in refillable containers. That's so cool. Finding companies that are committed to reducing this plastic waste gives me so much hope for the future, which is why I am so excited to share this with you. So, to try Bite Toothpaste products today, you can get 20% off your first order by going to trybite.com/DARIN20 or using the code DARIN20 at the checkout to claim this great deal. That's T-R-Y-B I-T-E.com/DARIN20.

Darin: I have talked to some doctor friends of mine, and I asked one doctor buddy of mine. He deals with intense situations like cancer and does all natural remedies and has a high success rate. And, I asked him one day kind of knowing the answer. I said, how many patients come to you in whatever condition, how much of it is tied to a mental and emotional situation? He goes, 100% didn't even hesitate. 100% he wants to reduce things down to try to make sense from our feeble little brains. And there's also some good to that, you look at labs and it gives you a roadmap, but then you constantly have to gather information to try to understand, okay, what's expressing itself in this body. But then the other thing that you said early on is I have known several women in my life that have challenges and digestive challenges and all of this stuff. And then it becomes this chicken before the egg, egg before the chicken, like what's the actual cause and there's points where like I sit there and go. I don't even know, like, was it an emotional, mental, abusive situation that started a chain reaction? Or was it a fundamental SIBO, digestive inflammatory response then cycling up and expressing itself. Like you said, the gut and the brain and the connection between all. So, what are your thoughts on that? because this gets into physiological pathological of course, but then the mental and emotional side, like what; I know it's a lot, I just said.

[00:26:05] The emotional aspect of naturopathic

Dr. Lana: Okay. So most all of it stems some way shape or form from childhood development and how you react and respond to the stressors around you. And the stressor doesn't have to seem like a stressor like, ballet class does not seem like a stressor, but the things that happen around it can be and what happened within it and the things that the girls say to one another or boys. So, it's the way that I believe you learn how to respond and filter information from a young age. I think that's incredibly important and then from there, that's usually how your body responds. A phrase you used earlier where you said the total divorcing. It's something similar to what I say. It's like, just because you have this neck, that's holding this bobblehead on top of a body, that doesn't mean that information stops flowing here. In fact, some of the most important points for mental, emotional health in Chinese medicine are on the neck, front and back and side. There's so much that goes on in here, Nervous system wise, lymphatic system wise, Chinese medicine wise, you can't disassociate the head from



the body because it's part of it. And so, for me, I think a lot of it has to do with how you process information first, because if you just stifle, stifle, stifle, and you don't recognize that you are stressed or that your stomach does hurt, you are going to suppress, suppress, suppress, and then something's going to come out. Whether it's acne, constipation, or anxiety, you have no idea. And it might not seem that serious compared to cancer, but in the chronicity, it most certainly can.

Darin: What you said is absolutely correct in that in the childhood programming, because that's it, that's where we are learning. Especially developmentally in that first hell, that first few years, few seven years, we were just kind of locked in and now we are reacting to how we have been programmed. This is who I am; that statement makes me crazy because that's who you have decided yourself to be. That's who you learned, that's not who you are and that can certainly lock things in. So, like just to touch on that, I know it's a massive subject, but how do you then approach some of that when you go, this is a childhood trauma it's right here, it's facing us now it's expressing itself in all of these different ways. What are some kind of takeaways people can turn and look at some of that stuff to kind of get some of the stress out of their bodies around that.

Dr. Lana: Yeah. Number one, I think when people say, oh, this is who I am or like I have anxiety. They like put a title and they put themselves in a box, like a neat little box fit into society. And I hate that because you are more than your anxiety. you are more than this and that frustrates me so much. I am not a trained therapist. We do learn some talk therapy-ish skills in school, but what I am so, so keen on therapeutic work in any sort of way that you can, whether it's talk therapy. I have a shaman; she actually works literally across the hall. I send so many patients to her. I am seeing her on Sunday, myself. She has worked wonders for me, I love that. I always tell patients if shamanism is too woo-woo for you. Number one, you should still try it. Number two, if you don't want to try Reiki or try acupuncture. And that's why I did the acupuncture as a secondary degree because you could talk all day, but if you don't get that just basic human touch and that time to literally sit and forced to be still for 20 to 40 minutes by yourself alone, with your thoughts in a good way, not like alone with your thoughts. That's huge and so many of us are rushing around like chickens with our heads cuts off, especially here in New York, acupuncture's huge for therapy. So, I am a huge proponent, whether it's talk therapy, like I said, shaman, Reiki, any of that, I have a lot of referral partners in the city with that. I actually have a few within the company that I refer out to as well. So that's why I am building out the business the way that I am.

Darin: I always remember those good acupuncture moments when you don't even realize your stress. And then all of a sudden it just shifts you into that parasympathetic and your body just starts relaxing and it's such a deep way. And you are like, whoa, I didn't even realize that I was running this hot or this stressed. And that shouldn't be that way. We have bought into this idea of running and producing and we haven't learned to stop. We haven't learned to restore and sit and listen.

[00:30:30] Why acupuncture?



Dr. Lana: And I think one of the best things, I don't know how frequently you have gotten it done, but everybody has a different feeling on the table. And so, I am always like, what did you feel? What did you experience? People will feel waves, they will feel heat. I personally, I feel like I have levitated before, just as you are so light. Some people feel like they sink into the table and become one with the table like, you have no idea what's going to come out of these people's mouths. And it's like, I wish I had a recorder to hear people say after it's fascinating, the power that that needle holds. It's beautiful.

Darin: Let's talk about women's health right now because I just feel like this is my observation. Not based in anything other than there's a sensitivity women have that we, number one, we need more of in the world and I think this world is weirdly made up. So that, that is just pushed down, not acknowledged and being that this endocrine system is so delicate and so powerful at the same time, we are getting hit so many different ways with chemicals and WIFI's and pollutants in our air, in our water and cosmetics and everything else. And of course, the thalates and the endocrine disruptors, like the fact that you and I can sit here and have a conversation being abused from our modern-day world every second of every day is already miraculous, right? we are actually neutering our world with all of this stuff. And I just, from your perspective as a woman and then seeing women, what are you finding hormonally and regulation level like what's happening?

[00:32:17] Naturopathy and women

Dr. Lana: So, there's a couple things. The two things that stand out the most, just from what you are kind of describing is there's a pretty high occurrence of breast and ovarian cancer that were found in the women who are around the 9/11 ruins. And I have quite a few patients like that. I have one patient who she lived down in Tribeca and that's very, very close to FIDI where the twin towers were. I have chills thinking about it and in her child's class, there were nine moms that got breast cancer in one class. And that just makes me so sad. There's another, the students at Peace University that were also down in the financial district slash Seaport area of a Manhattan, same thing. They were never offered therapy in the school. The first responders slept in the school. So, God knows what they were dragging in as well. The amount of ovarian issues and uterine issues that these women have are horrendous and the school was never stopped. I think they had like two days off or something insane like that. When you think about just the amount of effect that 9/11 had on our country, this is a new patient and I am sitting here just listening to her like tears in my eyes. It's so crazy. So, there's, there's that when you just have this massive amount of toxins and just rubble in the air, we are so sensitive as a human in general, but women, especially because our hormones are so fragile that there's such an issue with it. My main constituent of patients is PCOS polycystic ovarian syndrome. It's basically when you have really either irregular or heavy, painful menstrual periods that can also lead to more of like an excess androgen state. So that would be like an appropriate hair growth in certain areas for female or acne, hair thinning, hair loss, and also weight gain and inability to lose weight. That is something that usually occurs when a girl at a young age has been put on a birth control due to her poor periods or her painful periods. When the parents, all they want to do is help the kid, right? So, they put them on a birth control because that's what the doctor in the white coat with the



MD says, that's what they say the solution is. So, then these girls from age like 11 up to 31 years old have been just slammed with hormones their entire life. And they are terrified to get off birth control because they think they are going to gain that weight back, get those painful periods back and have rebound acne and all of a sudden lose all sense of self-esteem beauty and confidence in themselves. And what I would do, because I would be the one getting them off of it. So, there's a lot that goes into the birth control conversation right now. And a lot of it is polycystic ovarian syndrome.

Darin: It's obviously another band aid situation. So, the approach is what is leading to the painful periods. And I am working on book right now and I have dived so deep into some of the chemicalized things from personal care and cosmetics to clothing, to EMS, it's fricking horrifying what this is doing hormonally to our population. And of course, then the evidence of getting periods earlier, hurting women later and also obesity genes. There's like now these new terms that from endocrine disruption, it's like every direction I look, I see the same classic chemicals, same issues. And yet the quote and quote regulatory agencies that even know about it, that you know, that they know about it and you see it in the literature and yet no regulation. It's a known carcinogen, known endocrine disruptors, known all of this stuff. And then of course then they blast these young girls with synthetic hormones and then because they had pain, no one wants to go back to pain. So, you become a prisoner to the white coat orders because you had no other choice and so, it's like this perpetual cycle. So, what do people do to kind of unravel some of that stuff from your perspective, why do you think this is happening so much? And where are you seeing it show up?

Dr. Lana: The biggest thing is that initial appointment, like I was talking about with all of those questions, what was going on? What was it like? Even if you were a prete, can you remember? What can you remember? There's also times where girls will get off of birth control and switch for a little bit in their high school years and they will remember how bad it was. And the thing is the answer lies in those periods, not period, period, but within those timeframes, it's the pain, the issues with the way, if there's an acne that comes up, the answers are all right there, it's an issue with the hormonal imbalance and you just need to figure it out. So, what I end up doing with my patients is I will test them for their different hormones. I will ask them to get labs run. They are different hormones, not just like estrogen and testosterone, but there's a whole slew of androgens. Androgens are testosterone or the male hormones. There's a whole section of female hormones that also need to be tested. What's the ratio of E1, E2 and E3 estradiol, Estrin and estriol, there's different ones. Estriol if that's too high or E3 that can create symptoms like PMDD or premenstrual dysphoric disorder, which is the type of pain in women pre period where you feel like you want to jump off a building. There's girls that report that to me all the time because they get such depression in mood swings and they feel completely out of their body. And so, through blood work, as well as through something called what I really like, I have no affiliation, but they are called the Dutch test, dry urinary hormone. And to test for dry urinary hormones as a functional endocrinology test, they are out of Oregon, a lot of naturopaths and functional MDs use them.



Dr. Lana: I am obsessed with this test. It not only tells you the levels and the ratios of your different hormones, but it also tells you how it's actually they are metabolizing throughout the liver. Are your liver detoxification pathways working? Are they open? Are you methylating properly? Are you sulfated properly? Those are all different forms of processes that need to happen biochemically for a toxin or a hormone to actually exit your body. And those are tested through the Dutch panel and I love it. It also tests your cortisol, which is your stress hormone, which I am sure you have talked about a million times with people. People can't just run a random cortisol. It's a diurnal hormone, which is highest in the morning to get you up and out of bed. And it slowly goes down throughout the day, lowest at night so that you can go to sleep. And when you are super dysregulated and you are like wired but tired or you are just flat or you are just, eh, on edge all the time, that's a cortisol issue and that's going to perpetuate PCOS inflammation in general, insulin resistance and a whole bunch of other stuff. And that's where you start is you start with the testing and if you can't get that done, you just listen, you listen to what they say and through your training as a physician, you know which way to go and which way to start. But lab results are really, really helpful.

Darin: One other thing, I get these questions all the time with people in the country, outside of the country and where can people go? Like they all can't come to you, but people in New York, they should come there if they get an appointment with you. But what's a good trusted data bank where people can start looking for alternative healthcare practitioners with credibility, functional MD and naturopath and acupuncture, etcetera, where are some places people could go just because I am thinking like people listening to this going, God, dang it. A few hundred bucks. You can start getting some things tested to start knowing what's going on in your own body. Right?

[00:39:55] How to find a naturopathic doctor in the area?

Dr. Lana: Yeah, of course. So, there's a few different websites. You could go on the AANP.org. I believe that's the American Association of Natural Project Physicians. You can look up by state and that way, you know, they are in an accredited doctor, there's a lot of naturopaths that call themselves naturopaths that are not, they didn't go to the actual school. They got a certification online and you have to make sure you are going to an accredited physician, at least in my opinion, especially if you are trying to get testing done. And there are naturopaths in all 50 states. The beautiful thing about telehealth is that I actually see patients in multiple states and in multiple countries. So, I work with people all over the country and that's actually probably a good chunk of my patient base. Acupuncture wise I wish I knew the answer to that. I don't know where you would find that one, but also functional medicine I think it's the IFM.com. I believe that they would have a list of practitioners as well. And the IFM, that's a functional medicine certification, but there's EDPs and MDs and also DOs and MDs that all have it. So, it's not just a medical doctor.

Darin: Got it, yeah that's certain important and we will put those links in the show notes as well for people to click on and poke around. I have helped certain family members in Minnesota find some doctors and get some stuff done. And because it's just not readily available and that's part of the game, unfortunately. And the fact that there isn't in this day



and age, a plethora of doctors like this, that have accreditation or license, they should be in every state. Why wouldn't it? And the fact that it's a lobbying issue just goes to show you that things have flipped on top of it's like a Twilight zone. One thing I want to talk about, because I literally, I am kind So, of ashamed to admit, I have never heard this term before and that's called pink tax Pink Tax. What the hell is that? Because I was like what manufacturers using the razor blade example. I have noticed this when I, as a guy buy a razor and then I have bought because there has been out and I have bought women's razors. I am like these things are exactly the same and the women's razors are more expensive. What the hell is this pink tax all about?

[00:42:25] The ridiculousness of "pink tax"

Dr. Lana: My blood's boiling even thinking about it. I started, yeah, oof. Okay. So pink tax is basically this tax that's put on not just products, but also certain goods and services. As I was researching more about this to have women spend more money outside of the home, it can be anywhere that these goods can be marked up anywhere from 2 to like 17 or 18% is what I found and it's disgusting. They even did studies where women would call laundry mats or mechanics and they would get quoted higher prices than men for the exact same issue, exact same service. There's a company that had plus size women's jeans that cost \$13 more than regular size women's jeans. Okay, yeah more fabric. Sure, but still no that's horrible. On the men's side, men's regular size jeans, men's plus size jeans, same price. I have chills right now. I can't, I want to flip the table. It measures out to about \$1,300 extra per year that women spend on basic products.

Darin: On products that aren't even any better than the ones that they're selling to men

Dr. Lana: Exact same, they are just pink.

Darin: Gosh, what?

Dr. Lana: Pink is not even that great.

Darin: It's easy to get down about many things today. And also seeing the fact that this quote and quote healthcare system fails miserably at health. What's right about it? What do you see as hope in the face of seeing this stuff? Because we didn't see it, we can't change it. What are your thoughts on the future around healthcare and what would you like to see happen?

Dr. Lana: I think some of the best change can come out of awareness like this mass awareness of things like the pink tax that they are being written about in Forbes or in Times. I think things like that where people will share these articles with one another, post it on their social for people to read. I think that's one of the best things is knowledge is power and spreading it to as many people as they can is huge. Let's say even on Instagram, if you just



have your friends and family following you, who cares, let them know. I think that's huge and then on top of that, having access to all sorts of different profiles and websites of alternative medicine and holistic practitioners, such as myself to just let people know in your life that you care about, that those people are out there. And the more that we uncover and the more that we see as a society about just how twisted and backwards this is, the more that we can do about it. With knowledge, with backing, with information and facts and not just be seen as hotheaded females, I think that's huge.

Darin: Amen. Amen. because it's not a female thing, it's a human family thing. We are failing at taking care of ourselves. If we don't take care of people, we don't take care of ourselves because we are the same. We are a human family, but facing it is necessary making it available to people. I mean anyone listening right now who has had challenges, who haven't gotten to the bottom of it and are around doctors that just give you pills that cause other problems don't stop those, but find other alternatives so that maybe you can find someone to help you get to the root cause of some of these things to empower yourself. So, you can have a life instead of just living in this inverted world, that's somehow, we still keep going. So, let's change it.

Dr. Lana: I agree.

Darin: Well, very cool. Keep up the great work and keep up the good education. Keep me updated more stuff that you find I am all about getting the information out.

Dr. Lana: Of course.

Darin: So, keep charging, appreciate you.

Dr. Lana: Thank you.

[00:46:25] Podcast Outro

Darin: Thanks for tuning in to this episode of the Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you would like to learn more about my incredible guest, you can find all of their information in the show notes on my website. If you enjoyed this episode or even you didn't like it, please rate this podcast, the team and I value your feedback so we can continue to give you the most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share - anything you feel called to do. I truly appreciate it and I love and value your support. So, thank you and I will meet you in the next episode.