



Transcript

RhondaNP

The Menopause Guide Podcast with RhondaNP Episode #000

Show notes at <https://www.rhondanp.com/000>

Music/Intro Welcome to Rhonda NP's Menopause Guide podcast, with Rhonda Jolliffe, Nurse Practitioner, hormone expert, and menopause mentor. Balance your menopause experience with natural solutions and regain control to live the life you love. Let's get started.

Chris: Welcome to the Menopause Guide podcast with Rhonda NP. We're your co-hosts, Chris Dockter and Rhonda Jolliffe. Hey, if this is your first time listening, we are so happy to welcome you. Thanks for hanging out with us today. The show is produced weekly and you can find our show notes and any resources we mention during the podcast at our website, RhondaNP.com. Welcome to our very first podcast. During this episode, we are going to share a little bit about each of our backgrounds and also what our motivation is to start both Rhonda NP as well as a podcast.

We're going to jump into Rhonda's background as a nurse practitioner with 20 years of clinical practice. She's going to break down the type of medicine that she practices, which is called functional medicine. She's going to talk about the many benefits of functional medicine, especially as it relates to women in perimenopause and menopause. Then, I'm going to share a little bit of my background working in non-profit organizations for the past 2 decades and what my motivation is for co-founding Rhonda NP. We're also going to discuss the main reasons why you have so much control during peri-menopause and menopause, probably more than any other time in your life. It may not feel like that right now, but you really, really do have control. Finally, we are really excited to share a valuable free resource with you, which is a downloadable E-book. It's called The Top 10 Solutions to Balance Hormones Naturally. The fantastic piece of this gift is that it really goes into specific detail about all the things that you can do from a lifestyle perspective to start your body's own healing process.

We're going to jump into this first episode with my very first question to Rhonda, which is to ask her to talk to us a little bit about her background. Let's get started.



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Rhonda: I'm a nurse practitioner and have been for 20 years. I'm in my 20th year of practice. Started out in family practice and then moved kind of on into a specialty in women's health. I would say that's the majority of my practice. I do see other things now. I do not see children anymore, but prior to even my graduation as a nurse practitioner, I started looking into some holistic medicine, and shortly after graduation there was a class in functional medicine that I took. That really is the basis now of what I do.

Chris: Can you break down what functional medicine means exactly?

Rhonda: Well, functional medicine just made a lot of sense to be because I was dealing with a lot of dysfunction. When you look at the body and you're in dysfunction, functional medicine is really a way of taking that dysfunction and what it is and giving the body the correct things and doing the right things to help it function better. That's really kind of the basis for functional medicine, and that really, most of it is designed around nutrition, giving the body the right nutrition, but really lifestyle. Lifestyle is really important for helping yourselves and your body heal and function.

Chris: Good, now tell me, I look at sometimes the definitions for functional medicine, and one of the things that really struck me is, you're not treating an isolated set of symptoms. You're really looking at the whole woman. Can you talk a little bit about when a person comes in to see you, how you really break that down?

Rhonda: Yeah, well very good, great question because functional medicine and really any holistic medicine is looking at the body as a whole. It's not broken up into parts. Everything affects everything. When you think about the cells in our body, that's really the basis of our biology and how our cells function. Every single cell in the body is connected. Sometimes we tend to think of cardiovascular disease as just about the heart, lung problems is just about the lungs, and really it's really interconnected. Our body really functions as a whole. When you work at the cellular level and you understand what's going on with those cells, that leads into the organs and then understanding how the organs function and then how the whole body together functions. That's how I think. I think cells, then I think organs, then I think body, kind of that way. It just naturally comes in my thought process.



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Chris: Okay cool, good, good. Let's talk a little bit about why we started RhondaNP podcast, and RhondaNP.com and this whole adventure we're on together in our 50s. We're both in menopause. Talk a little bit about why you were motivated to do this.

Rhonda: I actually, like I say, I've been in my 20th year, and so when I first started out I had a compounding pharmacist that called me up and said, "Would you be interested in bio-identical hormone therapy?" I said, "Oh, sure. What is it?" Because I wasn't taught that in school and it was probably 6 months after I graduated. He really was the basis to get me started on the whole hormonal balance and menopausal. That was back in 1997. That's really what got me interested. I just started studying that. When you talk about bio-identical hormone replacement, it's really a whole process in itself. It's not just giving somebody therapy or hormone therapy, creams, gels, whatever. It's really looking at the body as a whole and what's going on in menopause.

I actually, when I started that, I was not even in my mid-30s. I think I was 33 or 34 at the time. I started studying it. I've helped many, many women through it, however, about 2 1/2 years ago I started going through menopause myself. That kind of brought in this whole new thing. When you actually are experiencing these symptoms yourself and trying to deal with those symptoms, it kind of brings in a whole new avenue. I just really delved in and thought, you know what? I need to be helping more women on a broader basis than my 10 patients a day that I see in the clinic.

Chris: That's so cool. That's really what attracted me to this opportunity too for you guys listening or for you listening is, I have been working for 25 years in non-profit and most of the things I've done have been empowering women and children. I worked in breast cancer research for a long time and raising money for childhood cancer, and you know, one of the things that really kind of fuels me and my passion is empowering other people. When I, myself, started experiencing this menopause shit, and I'll say shit, I freaked out because I did not know what was happening to me. I felt powerless. Part of my motivation is to empower women to really understand the steps, the cause and effect of their lifestyle to their quality of life. You have to really change.



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You have to do this really big mind shift, and it's a positive mind shift. That's the other thing we hope to achieve with our efforts here, is just the positive peace of menopause because it is such a negative thing. People, our society, has kind of put that picture on it, and we really want to change that.

Rhonda: Yeah, what's interesting to me about menopause is when you first start going through menopause, you feel so out of control, but out of all the conditions that I treat, you really have so much control in menopause if you know what to do.

Chris: Oh, I love that.

Rhonda: Yeah, yeah. It is, it's very good because there are some things, when you have a heart attack, you have a heart attack. You don't have the control. You need to get it, see the cardiologist, and go to the ER in fact, but in menopause, out of all the conditions, and I've treated all conditions all these years, in menopause you really have control, but you just need to know what to do.

Chris: Absolutely. Well, that's awesome. Well, you know, on that note I think you got a little taste of who we are and why we're doing this, and so what we'd like to encourage you or let you know is, you know the episodes we're going to have are going to be roughly about 20 minutes in length. Some will be a little longer when we delve into really big topic areas. We may break them up into 2 different episodes, but we really want to make this a good listen for you if you're working out, driving to work, you know whatever, on the fly where you can really become educated about menopause. We'd like to encourage you to, on our website we have a great resource that we've developed called the Top 10 Solutions to Balance Hormones Naturally. Do you want to talk about that a little bit?

Rhonda: Yeah, it's an E-book that I wrote and it really is kind of my top 10, that if you do those things, you're going to make a huge difference. They are lifestyle. They are lifestyle, there is not even hormone replacement at that point. It's really the top 10 things to help your body's healing process start on its own. Bio-identical hormone replacement that I've been prescribing for 20 years used to be my first choice until I learned this whole process. Keep in mind that menopause is not a disease. Menopause is a condition, a transition of moving into



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next part of life. That really is our lifestyle that we need to change at that time. I always say to women, I said, "You know what? If you have not been healthy going in to menopause, you're going to figure out really quickly that the lifestyles that you choose are going to make a big difference in how you feel."

Chris: Cool, cool, so you guys can find that resource on our website, RhondaNP.com, and it's a free download. We're really happy to share that with you. Go check it out.

Hey, thanks so much for hanging out with us today on the Menopause Guide podcast with Rhonda NP. We hope you come back often, and please feel free to add the podcast to your favorite RSS feed or subscribe on iTunes. You can follow us on Facebook or Rhonda on Twitter @RhondaJolliffe. If you like what you hear, please jump back over to iTunes and give us a review so that other women can find us when they really need us. It's really simple, you just go to the top of our podcast page and you'll see "ratings and reviews." Just click on "write a review." It takes like 30 seconds, and in that same place you can also subscribe to the podcast or share on social media.

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