



WHAT HAPPENS WHEN
YOU REBALANCE YOUR
HORMONES IN YOUR 50S!

Nisha Jackson, PhD

What Happens When You Rebalance Your Hormones in Your 50s?

Rusty Humphries: Hey there. Welcome to *The Nisha Jackson Show*. I'm Rusty Humphries, she's Nisha Jackson, and we sure appreciate you being here. Subscribe, subscribe, subscribe. What, what? Subscribe.

Dr. Nisha Jackson: You should subscribe.

Rusty Humphries: Thank you. Subscribe to *The Nisha Jackson Show*, and share it, please. Apple Podcast, Google Podcast, YouTube, wherever you're finding us. Very, very important. All right, so today, Nisha, we're going to meet a friend of yours. Now, this is somebody you met in Costa, not Costa Mesa, California.

Dr. Nisha Jackson: Costa Rica —

Rusty Humphries: Costa Rica.

Dr. Nisha Jackson: Another country, another country.

Rusty Humphries: This was when you went to that woo-woo crazy —

Dr. Nisha Jackson: Not crazy. Not crazy, but a little woo-woo, yes.

Rusty Humphries: But something that really affected your life. What was that place again? It was one of the first things we ever talked about on this podcast.

Dr. Nisha Jackson: Well, on one of the shows we did earlier, we talked about, what did 2019 mean to me, personally? I got a little bit open on that show, which is not something I normally do publicly.

What Happens When You Rebalance Your Hormones in Your 50s?

Dr. Nisha Jackson: But 2019 was a great year for me because I got to the point that I was so emotionally exhausted on many personal issues that I just was really, I was really desperate for something different. I was desperate for something more in my life. And I wanted to change some things inside myself that I just couldn't, I couldn't make headway on.

One of my goals for this last year, 2019, was to go to a spiritual retreat outside the country by myself.

— Dr. Nisha Jackson,

Dr. Nisha Jackson: One of my goals for this last year, 2019, was to go to a spiritual retreat outside the country by myself, which was kind of a big deal.

Rusty Humphries: Yeah, was it scary?

Dr. Nisha Jackson: I mean, traveling outside the country by yourself to a spiritual retreat, where I could really do detox and go to workshops and really learn more about getting myself to a better me.

Rusty Humphries: Learning more about you, right?

Dr. Nisha Jackson: Yeah, yeah, yeah, because I'm so outward. Everything I do is really outward. It's with my friends, it's with my patients, it's with my family, it's with my kids. And I don't believe personally that I've done enough internal work over my life. So, that's what this was all about.

Dr. Nisha Jackson: I was fortunate enough to, on the way there, fly out of DFW (Dallas/Fort Worth International Airport) to Costa Rica, and I was fortunate enough to meet another person who was going to this retreat that was actually traveling from Guantanamo. He was working, at the time, in Cuba.

What Happens When You Rebalance Your Hormones in Your 50s?

Rusty Humphries: It's not Cuba.

Dr. Nisha Jackson: I know, but you know it's easy. I know it's not Cuba, but you know what I mean.

Rusty Humphries: Yes. He was working on the base. He does a lot of construction stuff there. He wasn't in the prison cage. Well no, I mean people go, "What was he doing? Was he working in the prison?" He wasn't with the prisoners or anything like that.

Dr. Nisha Jackson: No. Anyway, we became fast friends, and he has really become an important person in my life. And, I want to talk about his health journey because that's what we talk about on this show.

Rusty Humphries: What was his issue before? Because he seems pretty healthy and young, and —

Dr. Nisha Jackson: Right, right, right.

Rusty Humphries: ... ready to go.

Dr. Nisha Jackson: I'm going to show in this show the before and after picture, where he was just seven months ago when I first met him and where he's at today, just looks-wise.

Rusty Humphries: Haircut.

Dr. Nisha Jackson: I didn't set out to treat this person, but because we became friends and he was so intrigued with everything that we do at OnePeak Medical, he really wanted to, and he was there to get healthy. He was there at this retreat also to get healthy, physically healthy.

What Happens When You Rebalance Your Hormones in Your 50s?

Rusty Humphries: So, he wasn't feeling good then?

But a lot of people, Rusty, especially men, don't know they feel bad or how bad they feel until they feel better.

— *Dr. Nisha Jackson*

Dr. Nisha Jackson: He wasn't feeling good. But a lot of people, Rusty, especially men, don't know they feel bad or how bad they feel until they feel better. And he's a perfect example of that. So, that's why I thought it would be fun to do a show with him.

Rusty Humphries: What's his name?

Dr. Nisha Jackson: His name is Michael.

Rusty Humphries: Michael. Let's bring in Michael here on the Nisha Jackson show.

Dr. Nisha Jackson: So, here we have Michael Woods. He is my really good friend that I met in Costa Rica. I just want to tell a little story about our meeting and what really impressed me about him. Michael has lived all over the world. He's 52 years old and traditionally has been a very strong, healthy person but not living the best, healthiest lifestyle. And, I really believe in the early 50s is when people's health starts to change.

Dr. Nisha Jackson: I keep wanting to write this book that talks about how to get your act together when you're in your 50s. Because after you're 50, once you're out of your 50s, it's much more difficult to sort of get back what you've lost. And so, we caught him at the right time, and he was very intrigued by what we do at OnePeak Medical and wanted to go on a path of getting healthier.

What Happens When You Rebalance Your Hormones in Your 50s?

Dr. Nisha Jackson: And so, when he came to the United States, actually moved to the United States, he asked if I would treat him. One of the things we did was very similar to what we did with Rusty in the past. We looked at all of his blood levels, and his testosterone level was really low. He's been under a lot of stress at many stages of his life like we all are. And his testosterone level was very suppressed. He said at that time that his energy levels were really low, and he just wasn't feeling as vibrant as he would have liked to have felt. He also could not build muscle mass.

Once you're out of your 50s, it's much more difficult to sort of get back what you've lost.

— Dr. Nisha Jackson

Dr. Nisha Jackson: But again, these are some of the things that men often don't know they're feeling. Men often describe maybe not being as enthusiastic about their life, just kind of feeling a little blah or irritable. And that has a lot to do with where the testosterone levels are.

Dr. Nisha Jackson: Michael, tell me just a little bit, or tell our listening audience just a little bit, about what you were experiencing that now that you feel better, you can look back and go, "I really was feeling *this*." What are some of the things that come to your mind?

Michael Woods: I was getting really tired all the time. I had a previous pituitary issue that I'd been treated for 20 plus years earlier, and my healthcare was just the standard you're in the range, so you got to be feeling fine.

Dr. Nisha Jackson: Right.

What Happens When You Rebalance Your Hormones in Your 50s?

Michael Woods: You're normal, so you're fine. That didn't really work out well for me because I had a lot of extracurricular activities and hobbies in Guantanamo, did a lot of woodworking, pottery, photography, diving, and every night after work I was constantly doing something. And especially the last year there, I really felt that I was getting more tired as I had first felt 20-plus years ago when I was diagnosed with my pituitary issue. I just thought maybe it was my medicine or because of my age, and I wasn't working out as I should. I definitely wasn't eating really well, and I was really tired, not able to do my hobbies or have as much fun as I had previously been doing.

Dr. Nisha Jackson: Okay. So, he's kind of understating he wasn't eating well. When I met him, he was maybe the most significant sugarholic I've ever met. I'm a sugarholic too, and I work really hard at not eating sugar because I feel terrible when I eat it. But he was eating like, okay give an example of what you could do in one sitting with sugar.

Michael Woods: I would say my average day was I would start with hot tea with a lot of honey in it and probably a muffin. And then by 10 o'clock I was going to the store and getting a whole can of those nice Pirouettes, and that would be gone by lunchtime. And then I would have lunch, just a sandwich or something from Subway or something. And then by two, I was having sweet tea, and then by four I was having another sweet tea, and then have a little dinner with lots of chocolate in between.

Dr. Nisha Jackson: He could eat a lot of sugar in one day.

Michael Woods: A lot of sugar.

What Happens When You Rebalance Your Hormones in Your 50s?

Dr. Nisha Jackson: The thing is that sugar is so disabling to your system. One of the things that Michael had besides low testosterone is he had too much yeast in his gut. I'm going to get graphic here. His scalp was itching. This is a huge problem for Americans. Their scalp is itching, their body's itching. They don't feel good during the day, and they cannot get on top of the sugar cravings because there's so much yeast in their gut that it's keeping their gut from absorbing the nutrients from their food and their supplements that they're taking — if they're even taking them. And so, therefore, they cannot get nutrient balanced. And then the cravings continue to take over.

This is a huge problem for Americans. Their scalp is itching, their body's itching. They don't feel good during the day, and they cannot get on top of the sugar cravings because there's so much yeast in their gut ...

— *Dr. Nisha Jackson*

Dr. Nisha Jackson: So, one of the things we did for Michael when he moved over to the States was to treat his gut by killing the yeast in his gut, killing the excessive yeast in his gut. And that's called candida, which we're going to do a show on in the upcoming weeks. That is really important because if you can start absorbing better through your gut, what will happen is that your energy will come up, your hormones will be more stabilized, and all of your brain chemicals will be optimized. Most people don't understand that it takes B vitamins to make all of your neuro brain chemicals.

What Happens When You Rebalance Your Hormones in Your 50s?

Dr. Nisha Jackson: One of the brain chemicals is called serotonin. Most people know serotonin as the feel-good hormone, but serotonin is also really responsible for preventing cravings. So, imagine, he's eating all this sugar, he's got yeast in his gut, he's already tired from low testosterone and other nutrient deficiencies, and he's just trying to get on track with his cravings. He's trying maybe not to eat that much sugar because he knows, I mean everyone knows, intuitively it's not good for you. But he can't get on top of it because his brain chemical serotonin is not optimizing, and it's making him crave more. So, this is that vicious cycle that we've talked about a lot.

Michael Woods: Every couple of hours I would have more sugar just to almost wake up to keep going.

Dr. Nisha Jackson: Yes, exactly. I'm glad you said that because that's such a common problem for people. So, now that you've had your gut optimized, you get nutrient shots, you have had the testosterone pellets — and actually, you're toward the end of the six months of those pellets. For men, the pellets, the testosterone pellets, last about six to seven months, so he's coming to the end of those pellets. But you still act like you feel great. Tell me, before I ask this other question — I've got so much stuff going on in my head — tell me what you think are the things that are the most different now compared to where you were when I first met you.

Michael Woods: My sugar cravings have gone way down. I still eat sugar. I don't eat nearly the quantity that I used to eat, and I don't crave it like I used to. And I'm not going from crash-cycle to peak, then crash-cycle to peak. So, I can make it through the day eating healthy foods, and I've got energy. I feel alive. My skin color — it's sad that I lived in the Caribbean for four and a half years, and I was the palest person I ever knew. And I would go diving, I would be outside a lot.

Dr. Nisha Jackson: Right.

What Happens When You Rebalance Your Hormones in Your 50s?

Michael Woods: So, my skin is a lot healthier. I feel a lot healthier. I feel better than I did at 26.

My sugar cravings have gone way down. ... I can make it through the day eating healthy foods, and I've got energy. I feel alive.

— *Michael Woods*

Dr. Nisha Jackson: Oh wow. You haven't told me; you haven't told me that.

Michael Woods: That's impressive.

Dr. Nisha Jackson: That's impressive. You talked about what your typical food would be during the day prior to me meeting you. Tell me how you eat now. Because I'm, as you know, I'm all about you don't have to be perfect. You just have to be 80 percent on, because the other 20 percent you can do whatever you want. So, tell me how you eat now compared to how you ate before.

Michael Woods: One of the big things that you introduced me to was intermittent fasting. So now, I don't normally eat breakfast; I just have tea or something in the morning with just a *little* bit of honey – not nearly the quantity that I used to. And so, I will go to either 11, 12, one o'clock, so I'm hitting 17, 18 hours since my previous meal. And the first few days, the first week, it is really hard to do that because you just – I think it's more mental than physical. You just think, "Oh I got to eat, I got to eat." But once you get past that you feel so much better. You don't eat nearly as much. You naturally want to stay away from junk food more because you want something healthy to get you through that long cycle of not eating.

What Happens When You Rebalance Your Hormones in Your 50s?

Dr. Nisha Jackson: And what about the — you had talked about the afternoon crashes, which is something that's so prevalent with people today, hitting the wall in the afternoon. How is that different now than where it was before?

Michael Woods: I don't hit a wall nearly as bad. I still do start yawning pretty early in the afternoon, but I don't crash. I don't feel like I have to have something just to keep me awake. I could literally — my entire life I've been able to, if I sit still for five minutes, I fall asleep. It doesn't matter where I'm at. I even fell asleep standing up in the hospital [inaudible] one time.

I always felt that I had a fog, kind of hard to focus, hard to maintain clarity. It's much better now, and it's easier to execute things because it's clear in my mind.

— *Michael Woods*

Dr. Nisha Jackson: And what about, did you — this is something I haven't asked you. You do a lot of creative work besides doing commercial contracting. You do a lot of creative work. You do woodworking, you've done a lot of ceramics, you love photography, you make jewelry. I mean, you're really firing on both sides of your brain. How do you feel that optimizing your health, your diet, your nutrients, your testosterone, quality of sleep at night — because I know you're sleeping more now than you did in the past — what do you think that that has done? This is kind of a leading question, but what do you think that's done to your sort of your outlook on life?

Michael Woods: I think I've always been fairly positive, but I'm much more upbeat and positive now. The fog in my brain. The concentration is much better now. I always felt that I had a fog, kind of hard to focus, hard to maintain clarity. It's much better now, and it's easier to execute things because it's clear in my mind.

What Happens When You Rebalance Your Hormones in Your 50s?

Dr. Nisha Jackson: Do you think your motivation ... It sounds like you've always been motivated your whole life. But do you think your motivation for living a healthier, higher quality of life is better now than it was before?

Michael Woods: Absolutely. I think as Americans, as humans, we all know that we should eat healthier and exercise and do better. But it's one of those things that we always put on the back burner. Well, I've got to go to the shop. Well, I've got to get this down for work. Well, I've got to clean the house. I've got to do this. I want to go out with some friends. So, we always use these other excuses to keep us from doing the things that we know. If we work out for a week regularly, we feel better, yet somehow after a week or two, we stop doing it. It makes no sense.

Dr. Nisha Jackson: It doesn't make any sense.

Michael Woods: I'm a lot more focused now, and it's a lot easier to stay on track.

Dr. Nisha Jackson: That's awesome.

Dr. Nisha Jackson: So, if you're listening to this podcast today and you can relate to any part of it – especially the parts about maybe just not feeling your most optimal self. It doesn't really matter what age you are – you could have these levels tested. You can see where you're at. And, any one of us at OnePeak Medical can analyze them. I do a lot of consults for people all over the world, and we can order blood work for you and have your whole profile looked at and give you a plan to get back on track.

What Happens When You Rebalance Your Hormones in Your 50s?

Dr. Nisha Jackson: I love what people say. Probably the most common thing people say to me when they get balanced in the program is, "I feel like I finally got my life back." And that's something that you all can do. And it's very easy. You can go to NishaJackson.com and look on the website. You can also go to our medical website, which is called [OnePeak Medical](https://OnePeakMedical.com), and get information about our program. We talk about this a lot. This is a book called [Brilliant Burnout](#) (Brilliant Burnout: How Successful, Driven Women Can Stay in the Game by Rewiring Their Bodies, brains, and Hormones). Many of the chapters here are relevant to helping restore your health as you age, which I think is really important for all of us.

Michael Woods: And it's good for men. It's not just for women, there's a lot of information for men they can pick up in there and learn something.

Dr. Nisha Jackson: Yes, there's only one chapter that doesn't apply to men, but actually it kind of applies to men because if you have a female in your life, you should know about her hormones. So, there's really only one chapter. Thank you for joining us today and thank you for this last-minute, get-on-the-show, impromptu discussion.

Michael Woods: Thank you.

Dr. Nisha Jackson: Great. Have a great day.



Nisha Jackson, PhD MS NP HHP

NISHA JACKSON, PhD, is a nationally known hormone expert and functional medicine specialist. Nisha founded and is the director of Peak Medical Clinics, which specialize in functional medicine, hormone balance, age management, and disease prevention. For 28 years, Nisha has subspecialized in hormone balancing for men and women. With in-depth testing and balancing of the adrenals, thyroid, brain chemistry, gut, and sex hormones, she has successfully helped thousands of men and women reverse chronic problems such as fatigue, brain fog, weight gain, and depression and regain focus, stamina, drive, and optimal mood and energy. Nisha is a renowned lecturer, motivational speaker, radio host, columnist, and author. She is the founder of Peak Medical Clinics in Oregon, Texas and California, and the founder/owner of Balance Docs Inc., a nutritional supplement company, and Peak Laboratories, a full-service laboratory for in-depth specialized testing and research.