

Episode 176 Transcript

00:00:00:02 - 00:00:12:07

Dr. Nigma Talib

If you have a clogged bathtub, you have a bunch of hair stuck in that bathtub, and you keep filling the bathtub, right? So you keep filling it with more hormone, it's going to overflow because you haven't cleared the pathways.

00:00:12:12 - 00:00:37:21

Dr. Jaclyn Smeaton

Welcome to the DUTCH podcast, where we dive deep into the science of hormones, wellness and personalized health care. I'm Doctor Jaclyn Smeaton, chief medical officer at DUTCH. Join us every Tuesday as we bring you expert insights, cutting edge research, and practical tips to help you take control of your health from the inside out. Whether you're a healthcare professional or simply looking to optimize your own well-being, we've got you covered.

00:00:37:23 - 00:01:04:20

Dr. Jaclyn Smeaton

The contents of this podcast are for educational and informational purposes only. This information is not to be interpreted or mistaken for medical advice. Consult your health care provider for medical advice, diagnosis and treatment. Hi there! Welcome to this week's episode of The DUTCH podcast. This week we're going to be talking to a real expert in skin health and the connection to the root causes that really drive our skin to be healthy or to be problematic for us.

00:01:04:20 - 00:01:29:11

Dr. Jaclyn Smeaton

And I'm talking about things that are chronic issues like psoriasis, eczema, and acne, as well as just aging. And how can we keep our skin healthy from the inside out by just taking better care of ourselves on the inside? My guest today is Doctor Nigma Talib and she's a naturopathy doctor, medical esthetician, and a bestselling author based in Beverly Hills whose career has been built on one single conviction.

00:01:29:15 - 00:01:57:02

Dr. Jaclyn Smeaton

The skin is a mirror of what's happening inside the body. Now, we learned this in naturopathy medical school, really from day one, that the gut is the root cause of so many different conditions. And really, the skin is one of the windows or mirrors to

see what's happening on the inside. After experiencing unresolved digestive issues as a teenager and finding relief only through naturopathic care, Doctor Talib went on to build practices in Vancouver, London and LA.

00:01:57:06 - 00:02:17:21

Dr. Jaclyn Smeaton

She coined the concept of digest aging, which we're going to talk about today, and she's the author of Reverse the Signs of Aging and Younger Skin Starts in the gut, books that have brought that gut skin connection to the mainstream wellness audiences. I'm really excited to have her here today. So let's go ahead and get started. Well, Doctor Nigma thank you so much for joining me on the podcast today.

00:02:17:22 - 00:02:19:10

Dr. Jaclyn Smeaton

I'm so happy to have you here.

00:02:19:12 - 00:02:22:10

Dr. Nigma Talib

I'm so happy to be here. Thank you for having me.

00:02:22:12 - 00:02:33:02

Dr. Jaclyn Smeaton

I appreciate it. Now I want to start with this term digest aging that you coined. Yes. Where did this idea come from and how did it land when you first started talking about it publicly?

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Dr. Nigma Talib

So I kept seeing patients. When I improved their digestion there, they noticed that, you know, they had ten years and people were saying, you look ten years younger. What have you done? Right? So, and then when people were eating poorly, I would see the premature aging. So I call it digest aging because you're aging from your digestion, because your digestion is where you absorb your nutrients.

00:02:59:13 - 00:03:14:06

Dr. Nigma Talib

It's where you break down all that wonderful polyphenols and all the the nutrients for the mitochondria to enter the system. So everything starts in the gut and so digest aging just naturally makes sense.

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Dr. Jaclyn Smeaton

It makes total sense to me too. And I see it all the time in my own skin and other people's skin. Patients and friends, you know, you can really tell the difference between what's going on inside and outside, even on a even monthly, like long term has huge impacts. But even on the short term, I think a lot of people have experienced that where they go on vacation and they come home and they just they either have breakouts or they're just not feeling like their skin is puffy.

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Dr. Jaclyn Smeaton

It's not as healthy as it normally is or glowy as it normally is.

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Dr. Nigma Talib

Yeah. And it takes time. You don't see it necessarily immediate. Some people are lucky where they eat something or they do something and they see the immediate response. And that's where I think people lose the confidence in, you know, equating what you're eating to what is showing up on your skin because everybody's different. It can take four minutes to four days for something to show up on your skin.

00:04:04:16 - 00:04:22:23

Dr. Nigma Talib

That's going to make your skin, you know, look older or look less, you know, unified in terms of the texture and the color and then all of those things. So it's a bit harder for digest aging to really sink in until you really start to pay attention.

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Dr. Jaclyn Smeaton

I love that. Now, I'm so curious about your just your approach and the way that you sit with patients because you practice differently than a lot of other people who specialize in skin care. You know, you're trained as a naturopathic doctor, and I'm curious what your what your patient base looks like. Have they pursued every other option and they haven't found the results they want?

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Dr. Jaclyn Smeaton

Are you getting people who are just genuinely, proactively wanting to take this approach?

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Dr. Nigma Talib

Yeah. You know I'm getting patients. I'm getting a mixture. So you're right. I'm getting some patients that are trying to be proactive. But mainly I'm I'm getting a lot of disappointed patients where patients are seeing dermatologists or they're seeing their general practitioner or their internist, and they're just not getting anywhere, and they're just noticing that things are getting worse.

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Dr. Nigma Talib

And, you know, it's just a Band-Aid approach. And the root cause is not being addressed. So they'll come to see me after seeing, you know, all sorts of different doctors, dermatologists, internist Castro's, all of the above. And then I will sit down with the patient and really go over everything from how they're eating, what they're eating to their hormones.

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Dr. Nigma Talib

With regards to testing their hormones, evaluating how the hormones are breaking down and metabolizing, I'm doing blood, I'm doing urine. I'm doing adrenal testing, food intolerance testing, stool testing. So I'm doing the full 360 approach. And what people need to remember is that your body is not made up of compartments you're made up of. Everything is working together kind of like a symphony.

00:06:04:22 - 00:06:22:01

Dr. Nigma Talib

If you only play, one instrument is boring. If you play, you know, ten and they're all in tune. It sounds beautiful. So in that respect, I will really look at the 360 approach and 99.9% of the time patients get better and they're very happy.

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Dr. Jaclyn Smeaton

Well, I want to dive into the gut. I think it's a very natural place to start. It's such a big piece of your practice when you're looking at skin and, you know, the gut microbiome plays obviously a role in hormone metabolism and regulating our

immune system. And there's so many aspects to it. So when it's imbalanced, like you said, you see it in the skin.

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Dr. Jaclyn Smeaton

Yes. Can you talk a little bit about when a patient comes in with hormonal acne or even premature skin aging? How quickly do you dive into gut assessment, and is that something for every patient or not always.

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Dr. Nigma Talib

Yeah, it's every day, every single patient of mine is going to do a stool test. Okay.

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Dr. Jaclyn Smeaton

Which one would you like? Would you share which one?

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Dr. Nigma Talib

It's a crappy job, but you got to do it. Well, I use Genova to, GI effects. I've been using Genova for 20 years, and because they are, you know, they're the leading cutting edge when it comes to the gut microbiome. And they've they've been they've been part of this journey for a long time. So I really appreciate the research.

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Dr. Nigma Talib

I appreciate the lab markers. They're consistent. They are. The results read out really well is as well. I find a lot of the other gut tests a bit confusing for, for patients. And the problem with a lot of doctors, a lot of medical doctors that are trying to do naturopathic medicine, for example, and calling themselves functional medicine, doctors are running these tests, but they're not reviewing them with a patient.

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Dr. Nigma Talib

So I have a lot of these patients come to my office and going, the doctor ran, you know, ran this test, charged me for it, but really didn't give me anything to fix it. So there's no use in running a test if the practitioner is not experienced, and how to read the tests, and also give the patient direction on what to do.

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Dr. Jaclyn Smeaton

Yeah, absolutely. So what are you typically see regarding those gut related drivers of skin issues?

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Dr. Nigma Talib

There's everyone is different. There's no I don't think I've seen one exact stool test from another. There's, you know, thousands of, you know, your gut microbiome has so many different forms of bacteria, Candida, good bacteria. There's different, also short chain fatty acid imbalances where, you know, we know that these short chain fatty acids, which is what they are, is there are fermented bacteria that are sitting in your gut and some are helpful to protect your gut and some are harmful.

00:08:54:18 - 00:09:17:21

Dr. Nigma Talib

And so I see a lot of correlation with that particular with butyrate butyrate. Now you see all these supplements coming out called beta weights to protect the gut mucosa. We see a correlation with low butyrate and high colon cancer risk. For example, high acetate, low butyrate for example. These are short chain fatty acids, the fermentation of the bacteria in the gut.

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Dr. Nigma Talib

And, you know, why does that happen? And there's so many different reasons. There's so much interplay between what you're eating, how you're eating, how old you are, you know, are you taking probiotics or are you taking digestive enzymes? Are you avoiding food intolerances? Are you drinking out of plastic bottles? There's like a whole myriad of, things that affect the gut mucosa.

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Dr. Nigma Talib

And you have to remember, the gut mucosa is like paper thin, okay? It's like that thin. So we have the thinness of the gut mucosa, where good nutrients can pass through into the bloodstream. And also it's thick enough to prevent bad stuff from going in the problem becomes is when we get holes in the gut mucosa, which we call leaky gut, where everything is allowed in the good, the bad and the ugly and those endotoxins end up causing inflammation, hormone imbalance and so on.

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Dr. Nigma Talib

So there's a whole you really need to understand the science behind how the gut microbiome works. And that's how we're trained as naturopathic doctors, like every naturopathic doctor is trained on the gut. And, you know, it's drilled in our head that all disease starts in the gut.

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Dr. Jaclyn Smeaton

Yeah, I think that's one of the first things you learned in your first year of not your medical school, just that foundational element of it. Now, what are the things that you maybe you can explain for listeners a little bit about the gut mucosa, and how do we get to the point where we have just biases, like you'd mentioned a couple of things.

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Dr. Jaclyn Smeaton

One of them surprise me, like drinking out of plastic bottles. That's probably not something that a lot of people think of as disrupting the gut mucosa or that microbiome. Can you share a little bit about what you've seen in your practice as far as the behaviors that are harmful to the gut, that kind of set people up for problems?

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Dr. Nigma Talib

I mean, I'm sure you can guess this, but the number one problem, if anybody can guess out there, is stress. And I bet.

00:11:17:13 - 00:11:23:10

Dr. Jaclyn Smeaton

That surprises people to hear because they're probably thinking more about what they eat. And I love that you jump on stress. Yeah, I can't agree more.

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Dr. Nigma Talib

The thing is, is that can I tell you something? Have you noticed? And there's a couple of reasons why this happened. If you go to Europe and you're on holiday and you eat stuff that you shouldn't be eating because, you know, it makes you bloated in America here, and you eat it there and you're fine, there's two reasons why.

00:11:41:02 - 00:12:08:05

Dr. Nigma Talib

Number one, the quality of their, you know, their gluten and their weed and all of that is much better than here. But also you're more relaxed. You're enjoying yourself. Your body's in parasympathetic mode versus sympathetic mode. Like we're in the rat race, right? I'm in it too. We're all in it. It's just it's impossible. Now with social media, podcasts like we're always on, we're always like hustling, trying to get, you know, seeing patients, doing podcasts, writing books.

00:12:08:05 - 00:12:27:11

Dr. Nigma Talib

You know, this is my life. And I try to put in the stress free times because I can see it when I'm stressed. My gut is a mess. It doesn't matter. And yes, of course it matters what you eat. But the stress is a foundation. So you see a lot of people who are super laid back and they get to eat whatever they want.

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Dr. Nigma Talib

Those people are functioning on knowing how to control their their nervous system. And so that's why sometimes you can eat what you want and you're okay. And sometimes when you eat something, it affects you. So when you're in a stressful time, that's when you really need to eat well because your body can't have two things let them down at the same time.

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Dr. Nigma Talib

So stress is a number one, and I can't remember the exact study. But they did this study with rats and they put them through a lot of stress where they put a lot of different mazes through. And then other rats were given like a spa like environment. And the rats that had the stressful, you know, environment had more zone ulin markers elevated, which is leaky gut.

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Dr. Nigma Talib

So it makes sense that stress is the common denominator denominator for leaky gut and therefore endotoxins and therefore hormone imbalances. And that's what my next book, I've just I literally just handed in the final manuscript. It's called The Clean Hormone Journey. A holistic guide from perimenopause, menopause to Post

menopause. And I talk about the gut microbiome a lot in my book because it's super important.

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Dr. Nigma Talib

And I talk about the metabolites of hormones and how that impacts your your journey to menopause and beyond.

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Dr. Jaclyn Smeaton

I love that you bring that up. And and congratulations on your manuscript, because that is not an easy feat to be turning that. And it's such a tremendous amount of work. So when people are looking at things to harm their gut, the first place that you start is stress. Yes. And I love that suggestion too. Well, the the example that you gave around when you travel, I've noticed that too.

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Dr. Jaclyn Smeaton

Like I generally have to avoid gluten here, but then if I go to France you can like eat. Thank God you can eat all the baguettes you want because they're amazing. The questions and bread and the cheese and the wine. And you do the pasta in Italy, like everyone's like, oh, I do feel so much better. But it is so challenging for us to just sit, especially when we're eating.

00:14:29:22 - 00:14:33:00

Dr. Jaclyn Smeaton

It's like when you eat. Eating should be the only activity, right?

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Dr. Nigma Talib

You should be eating for three hours.

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Dr. Jaclyn Smeaton

We said.

00:14:37:04 - 00:15:03:02

Dr. Nigma Talib

Right. You can imagine instead of like a lot of my patients will like, eat off their children's plates and like eat standing up and on the go with keys in their hand, ready to go and take the cake. That's not how we're meant to function. And then they come in and say, oh, I have all these issues. It's an expensive issue that you're creating because you're going to end up spending a lot of money on testing and a lot of money on fixing the issue.

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Dr. Nigma Talib

What if you just take a deep breath, sit down and eat? You know, no one's going anywhere. You know, just really and I, I really try to do it. Even with how I work in life, I try to do things more slowly and more thoughtfully, because that ramp up and that sort of nervous system dysregulation is what's causing all these problems and making you more susceptible to them.

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Dr. Nigma Talib

Right. It's very hard to control the environment. You know, we're not going to be able to control if your food was sitting in a plastic container for hours. If you go to a restaurant, how are you going to control that? But what we can control is how we deal with our nervous system, because that is going to help us with everything.

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Dr. Jaclyn Smeaton

Absolutely. And I know your home, your book is on hormones. I want to dive in a little bit into hormonal health and skin as well. I mean, we know that estrogen and progesterone, androgens, they all influence the skin in really distinct ways. And when they're out of balance, the skin is oftentimes one of the first places that that shows.

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Dr. Jaclyn Smeaton

It could be from collagen production, from estrogen or hydration barrier integrity, hair growth, acne, all of these things have hormonal, connection. So can you walk us through with these main hormones estrogen, progesterone and androgens like DHEA and testosterone? How do each of them impact the skin? Maybe an imbalance. And then out of balance.

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Dr. Nigma Talib

Yeah. I mean, as we hit after the age of, you know, between I mean, I went through perimenopause in my late 30s. So people think perimenopause is like a late thing, like it's like in your 40s, not necessarily for women of darker skin tones. People, you know, women from, you know, India or, Hispanic, background, Mediterranean, some Mediterranean, the darker skin tones we go through hormonal changes much quicker and so than our Caucasian counterparts.

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Dr. Nigma Talib

So we have to take that, those kind of things into consideration. When you're looking at declining estrogen levels, of course estrogen equals vision. Good vision that increases collagen production in your skin. It helps memory. You know, we need estrogen. And now that the FDA black box has been lifted off for estrogen hormone therapy, which is fantastic, I worry now everyone is going to now slap on patches and hormones and take them, you know, without really looking at how the hormones break down in the body.

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Dr. Nigma Talib

More is not better, less is better. And it's like about sensitizing the cells in your body to this hormone. And you know, estrogen is one of those things that, as I mentioned, is super important and does decrease as we get older. Progesterone is one of the first hormones to decline when you're in the perimenopause years. So you can get more anxiety.

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Dr. Nigma Talib

And it's kind of like our I call it my, my goddess, my, my calming goddess. And progesterone helps sort of calm down the body and quiz Gaba receptors, which are, you know, more relaxing in the body, give you more, you know, less anxiety and more calmness and help you get through the night and sleep. So that's one of the first hormones decline.

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Dr. Nigma Talib

And then estrogen comes down and then testosterone of course as well. They're kind of like the three Musketeers that really start to go up and down during the perimenopause up until the menopause. And like I said, it depends on ethnicity. It

depends on race. You know, like it's going to depend on the particular woman you're looking at.

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Dr. Nigma Talib

We can't just put women in a box and go, okay, the perimenopause years or this age and this age and that age, we have to have, nuances to people, women of color and different ethnicities. And I'll account for that and also test them before we just apply a patch on them.

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Dr. Jaclyn Smeaton

Absolutely. So when women come in with hormonal acne, like, what do you start with from that workup hormonally, what types of things are you looking for? So I actually how would you know. It's hormonal as well when it when my when you know with acne.

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Dr. Nigma Talib

Yes. So I would I always test I take a good history find out you know is it worse before your period. You know, you know, obviously you want to do the due diligence of taking a good history. Every, visit with my patient is one hour at least. So I get all the information, and that allows me to go, okay, light bulb moment.

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Dr. Nigma Talib

I'm going to do the stool tests. Bloating, gas, constipation, diarrhea, any of those things that are, you know, upsetting the gut microbiome is going to show up on the skin and inadvertently affect the hormones. So I'll run like a, full gut microbiome test. I'll do, blood testing for hormones and also urine testing. I use a lot of the DUTCH, complete testing to see how my patients are metabolizing the hormone.

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Dr. Nigma Talib

The blood test is important as well, but the problem is, it doesn't tell you the metabolites of how your estrogen is breaking down. It's not looking at the good forms of estrogen and the bad forms of estrogen. And I also like the OTC part because it allows us to look at, you know, deficiencies of tryptophan or, you know, pathways in the brain like dopamine that are not working optimally.

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Dr. Nigma Talib

So I like the full analysis so that I can put together, a good plan for the patient.

00:20:39:13 - 00:21:06:12

DUTCH Podcast

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00:21:06:14 - 00:21:17:10

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Register in your provider portal today to take advantage of early bird pricing, or become a DUTCH provider to get access. Welcome back to the DUTCH podcast.

00:21:17:12 - 00:21:36:00

Dr. Jaclyn Smeaton

So we've talked about estrogen metabolism. Can you tell me a little bit more about what how you look at that pathway through the lens of trying to understand the skin, like what does the problematic pattern look like versus a healthy pattern? And what do you typically see as far as how that shows up for patients on their skin?

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Dr. Nigma Talib

Yeah, you have different levels. You have different pathways, right? Yeah. The two hydroxy acids and the 16 hydroxy estrogen one pathways good. One pathways bad. And you want to be able to manipulate those pathways in, in a positive way by encouraging your patient to eat better, you know, maybe more cruciferous vegetables to push that pathway. You know, into, you know, we know eating your broccoli is going to support your, your hormone metabolism.

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Dr. Nigma Talib

So, you know, we always say broccoli is like one of the most important vegetables. And Christopher's cruciferous brussel sprouts, cauliflower, all of those vegetables

that are very hormonally, supportive. So again, when you educate your, your, your patient and you explain to her, you know, what their pathways are looking at, there's are how you can eat better.

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Dr. Nigma Talib

These are the supplements you need to take. This is a dose of hormone you potentially need to be on. And then we'll, we check again. I usually we check the hormones again in six months to see how that patient is adapting. And and a lot of the time I can see conversion pathways completely normalized. Also, methylation pathways, all of those things.

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Dr. Nigma Talib

And the patient feels great. You know, where they've been feeling awful and they you know, their went to their internist and or their gynecologist and they just gave them hormone therapy and said, okay, go away. And the patient is getting worse and worse and also getting more bloated, you know, feeling that there's no change for them. Or they might have felt good initially.

00:23:07:20 - 00:23:19:23

Dr. Nigma Talib

And now they're back slumped over. So this is where I feel like really understanding the individual is super important when it comes to hormones in women.

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Dr. Jaclyn Smeaton

Yeah, I couldn't agree more. I mean, and I think when it comes to detoxification, I think we underestimate the impact of different metabolites on our physiology. Right. So like you talked about you have like the 16 hydroxy pathway, those metabolites, phase one metabolites like 16 hydroxy estrogen estradiol they bind to the estrogen receptor two. So if you're making a lot of hormones down that pathway it feels like estrogen in the body.

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Dr. Jaclyn Smeaton

And I think you I completely agree with you. Like you, when you look at blood levels, it does. They're very important. And if you can't see what happens when they metabolize, you might be missing part of the picture where when you put more

hormone into the system, if it's not clearing properly, it can be problematic. Instead of helpful.

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Dr. Jaclyn Smeaton

Even when men are expecting it to be helpful. Maybe they're a bit low in blood and you add a little bit, and now there's so much worse. It can be related to those downstream metabolites to 100%.

00:24:11:19 - 00:24:33:06

Dr. Nigma Talib

You know, I explain it to my patients, like if you have a clogged bathtub, you have a bunch of hair stuck in that bathtub and you keep filling the bathtub, right? You keep filling it with more hormone, it's going to overflow because you haven't cleared the pathways. You haven't cleared the drain, you know. So it was just going to overflow and it's it's going to go nowhere.

00:24:33:08 - 00:24:55:11

Dr. Nigma Talib

You're not going to be able to, you know, you're going to have a flood in the house. And that's like a flood of hormone in the body. They're sending the wrong messages to different parts of your body. I think of, you know, every cell in your body has estrogen receptors, and those essential receptors need to send the right message, not an inflammatory message, a correct message, so that the body can heal.

00:24:55:15 - 00:25:15:06

Dr. Nigma Talib

The body can do the things it needs to do. As we get into our you know, I'm 54. So as we get into our 50s, you know, that's where we see like huge changes, post-menopausal in the sense of we now have no hormones, right. So we need to balance those hormones and constantly be on top of them with what we eat.

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Dr. Nigma Talib

That's what we can't eat. The stuff that we used to eat when we were younger. Although I am seeing an emerging, you know, 30 year old group of women that are really like, behaving, their bodies are behaving like they're post-menopausal, even though they're still cycling. It's just very out of whack. And I think it's all due to environmental toxicity.

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Dr. Nigma Talib

It really.

00:25:36:15 - 00:25:41:04

Dr. Jaclyn Smeaton

Interesting. What are you trying to say, like with that group, what types of things are you seeing?

00:25:41:06 - 00:26:06:19

Dr. Nigma Talib

You know, they're getting hot flashes. They're getting anxiety. They're getting, you know, symptoms of low hormone in their 30s. So it's like, you know, what is causing that. And the only thing that I can think of that's changed is, the environment, the environment is filled with toxins. And, you know, it's just our liver can only handle so much.

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Dr. Nigma Talib

Right.

00:26:07:18 - 00:26:22:09

Dr. Jaclyn Smeaton

And it makes me think about what you said earlier about stress, too, like, stress is such an important foundational piece, like cortisol. If cortisol is not in balance, it's so hard for your reproductive hormones to be in balance. It's like you really have to take a look at that whole picture.

00:26:22:11 - 00:26:23:06

Dr. Nigma Talib

Yes.

00:26:23:08 - 00:26:40:01

Dr. Jaclyn Smeaton

Yeah. So let's talk a little bit about androgens too on the DUTCH. Yes. And if we look at testosterone and DHEA and all these other downstream metabolites as well, how do the androgen markers on the Dodge test connect to what you see with like acne or hair changes in patients.

00:26:40:01 - 00:27:07:13

Dr. Nigma Talib

Yeah. So you know, we know that these androgens, that are, you know, people in the Marina alcohol coil, for example, there's an it's a synthetic progestin, progesterone that's in there. And that can actually stimulate androgens. And those androgens can stimulate sebaceous glands to overproduce. So you see a lot of women with this kind of, chin acne and then it spreads to the cheeks.

00:27:07:15 - 00:27:29:04

Dr. Nigma Talib

And they just they can't get their skin, optimal no matter what they do. So you see all this a massive prescription of sparing a lot tone from gynecologists. And so instead of removing the merino coil, which is causing the problem to begin with, they're just put on another drug to to deal with an issue that could be taken care of.

00:27:29:06 - 00:27:45:23

Dr. Nigma Talib

And, you know, again, birth control is an issue for women. Women after the age of 45 have had or 50 have had their three kids and they don't want to get pregnant again. So they their options are birth control pill, Marina coil. And I don't think it's a good idea for a woman after the age of 45 to have to do that.

00:27:45:23 - 00:27:50:01

Dr. Nigma Talib

I think, you know, maybe the man can get a vasectomy, you know, like it's like.

00:27:50:05 - 00:27:51:08

Dr. Jaclyn Smeaton

The right option.

00:27:51:10 - 00:28:25:10

Dr. Nigma Talib

Like it's reversible if they want to, but it's it's it's going to harm the woman in the long run, you know? So I see a lot of that, and I see a lot of women having to deal with that because, you know, they don't want another pregnancy in their 50s, you know, for example. So, there's, you know, that's really helpful that, you know, pathway to, to look at the DHEA, which is a mother hormone to all hormones, and

also to look at, you know, what the patient, is taking, like, are they, you know, their gynecologist is just stuck in an IUD.

00:28:25:12 - 00:28:38:13

Dr. Nigma Talib

And, you know, that patient is getting, you know, trying to combat all the side effects of that. So the the tests allow us to see, like those androgens and to see, you know, what's really causing the issue.

00:28:38:15 - 00:28:54:11

Dr. Jaclyn Smeaton

Can you talk more about that connection for women who are on like the Marina IUD, which has a progestin in it. So like a progesterone like compound synthetic called a progestin. So when they're on this progestin, what is leading them to getting the acne. Like what's the connection between the androgens.

00:28:54:12 - 00:29:16:23

Dr. Nigma Talib

Well, it converts into androgens like it stimulates them to increase, in the body because it's not it's not a it's not an bioidentical progesterone. So it's going to stimulate androgens. And that's going to stimulate sebaceous glands. And then the cycle goes on, you know, and it takes a long time to bring that level back to normal.

00:29:17:01 - 00:29:36:08

Dr. Jaclyn Smeaton

Yeah. I hear you and I know you mentioned other forms of birth control as well. How else are there certain things that you see very commonly for women who are maybe on oral contraceptives. You've talked about the IUD. There's implants, of course, there's all these different things. What are what are you seeing women reporting as far as what they're doing to the skin?

00:29:36:10 - 00:29:38:09

Dr. Jaclyn Smeaton

I know it can vary from prescription to.

00:29:38:14 - 00:30:06:20

Dr. Nigma Talib

Well, defining the birth control pills. Super helpful, you know, and, some women are finding it and they're they're still on it, and it's because they've had such horrible

skin, but it's because the root cause is not been addressed for them. And, you know, birth control pill as you're older is a little bit riskier. You know, so, you know, I would treat the woman as an individual, like, if the birth control pill is working for her, I'm not going to fix what's not broken.

00:30:06:20 - 00:30:31:08

Dr. Nigma Talib

I'm going to support her with the deficiencies that happen with birth control, like b-complex deficiencies. When you're taking birth control pill. But I treat a woman as an individual. Really. I think that's the key is like if we put a blanket statement on what women need to do, it's going to be it's that's not how it works. We're very, very unique in our DNA and have to be treated as such.

00:30:31:08 - 00:31:12:10

Dr. Nigma Talib

And there have to be more doctors like naturopathic doctors out there really treating patients at the root, you know, and, you know, there's no reference ranges for us women either. For example, all the reference ranges in the blood tests or the testing has been done on men. So I'm excited with my book coming out that hopefully we can get, you know, more research for women where we get the proper testing done, where we get the proper, functional, physiological ranges for us, and even like taking into consideration women of different ethnicities and how their, hormone journey starts.

00:31:12:10 - 00:31:40:03

Dr. Nigma Talib

Right. So I feel like if we take that all into play, we really will have healthier women. And as we know, women run the world, so we do or should run the world. And so we really do need to support women. And as we get older, we just get more, more and more impressive and supportive to society. So, you know, the days of, you know, just because we've stopped our fertility years doesn't mean that we're not the wise.

00:31:40:05 - 00:31:48:03

Dr. Nigma Talib

And the women that, you know, need to be in society to support society. And so I feel like we need to turn that conversation around.

00:31:48:05 - 00:32:18:00

Dr. Jaclyn Smeaton

I love that reframe it. Certainly. I think it is. It's so important for women to feel their best through all their different phases and stages of life. One thing I love that you said around the birth control pill is like you have to think about it for each individual woman, and we I end up talking about this a lot in the podcast that comes up because I think especially amongst NDEs, I don't know if you feel this way too, but there is a bias against the use of oral contraceptives, and it really comes from the fact that they're used and not so much using them for contraception, but when they're applied for a symptom management,

00:32:18:00 - 00:32:46:15

Dr. Jaclyn Smeaton

it doesn't address the root cause. I think that's the fundamental, of course. Yes, I agree too. However, I love and I think skin is probably one of the most important times to talk about this, because when women have skin, you know, breakouts or skin problems, it's so impactful to their daily life and how they move through the world that if an oral contraceptive is helping them and you go in there with your own judgment to say you shouldn't be on this.

00:32:46:15 - 00:32:46:22

Dr. Nigma Talib

Yeah.

00:32:47:02 - 00:33:05:21

Dr. Jaclyn Smeaton

You're not going to keep that patient. Like, I just love the fact that you describe how you work with. And really, there is no reason why you couldn't do that underlying root cause work while they're on and OCP for all the other things besides hormones like, can you talk a bit more about that? Because it's you have so much more experience in this than I do, particularly with the skin piece.

00:33:05:23 - 00:33:12:06

Dr. Jaclyn Smeaton

I just think this is the right approach, and I'd love to know a little bit more about how you end up moving through that with women.

00:33:12:08 - 00:33:36:06

Dr. Nigma Talib

Yeah. I mean, I, like you said, you know, I'll work through the root cause while they're on the, oral contraceptive and, and, and then, you know, we'll see how it goes. I mean, everybody's different. Some people come off the birth control pill because, you know, you can see in there, you know, I'll run the DUTCH tests and you can see there's too much, hormone not being metabolized properly.

00:33:36:10 - 00:34:00:21

Dr. Nigma Talib

So we'll try to clean that up and not really helps, you know, and some people, we, I take off the birth control pill, some people I stay on and I switch them to, like, a, a bioidentical estrogen and progesterone. So it just depends on the woman. It depends on the, you know, like I said, their ethnicity, their their age, their genetic propensities, their lifestyle.

00:34:00:21 - 00:34:20:05

Dr. Nigma Talib

You know, we have to make it easy for women to navigate this. It shouldn't be a jigsaw puzzle that we give to them to figure out on their own. And that's why I wanted to write this book. And the book is like over 400 pages. It's so long because I could not condense it, no matter how hard I try, because it was just so much.

00:34:20:05 - 00:34:45:05

Dr. Nigma Talib

And my publisher was like, are you kidding me? And I'm like, I've been writing this since 2015 because I started writing my book. When I started my perimenopause journey in my late 30s. And then up until my menopause day up until now, my post-menopausal years. So I have all the three journeys that I've been through, and those journeys are documented in this book and also all my patients.

00:34:45:05 - 00:35:08:17

Dr. Nigma Talib

I have a lot of case studies I've put in this book as to how I've navigated with these particular different kinds of patients, and how I, we were able to have some breakthroughs for their hormones. And so this is, this book is for for you all has for women. It's for empowering us to to feel our best and look our best as we age.

00:35:08:19 - 00:35:14:03

Dr. Nigma Talib

You know, you look at the Golden Girls, right? Like some of them were my age. I hope that's.

00:35:14:03 - 00:35:27:17

Dr. Jaclyn Smeaton

Shocking. I think in their 40s, actually. And you look for people who are not watching this on YouTube and you're just listening. You do not look like you're in your 50s. Like you look so youthful. It's very clear that you live the lifestyle that you teach and talk about.

00:35:27:19 - 00:35:49:18

Dr. Nigma Talib

I try my best, I really do. And it's, you know, it's just become a practice now and it's big. It's like riding a bike once you start doing it, and once you start getting that immediate gratification for doing certain things, then you enjoy it. But it's also important not to shame yourself. Right? Like if you want to do certain things that are not good for you, it's okay.

00:35:49:20 - 00:36:14:09

Dr. Nigma Talib

Just be happy doing it so that you know if you're stressed out doing it and feeling like, oh my God, I'm cheating. I'm having this glass of wine, I'm having this tequila, or I'm having that piece, that croissant. It doesn't matter if you're enjoying it with a friend and you're having social connection and you're, you know, you're enjoying that moment that croissants are going to go down much easier than if you're stressed out while you're eating it.

00:36:14:09 - 00:36:15:10

Dr. Nigma Talib

So enjoy it.

00:36:15:15 - 00:36:20:12

Dr. Jaclyn Smeaton

What good advice? Don't double down and make it worse by adding stress to that bad.

00:36:20:13 - 00:36:26:05

Dr. Nigma Talib

Exactly. And it doesn't get a dog that calms every down.

00:36:26:07 - 00:36:45:00

Dr. Jaclyn Smeaton

Absolutely. Dogs are so great at calming your nervous system. I want to talk a little bit about skin aging because this is something I mean, you're in Southern California. I'm sure this is something that, like, every single woman is talking to you about to try to figure out how they can from the inside out, really make sure that their skin is aging healthfully.

00:36:45:00 - 00:36:57:13

Dr. Jaclyn Smeaton

And I know there's a lot of, you know, fillers and treatments and lasers and things like that. But fundamentally, when you look at the lifestyle practices that are really helping, where do you start with your patients?

00:36:57:15 - 00:37:27:17

Dr. Nigma Talib

Well, you know, in terms of the skin, I have developed this incredible, protocol that I do on my patients, and it's involving skincare. So obviously I fix the inside and then we do the external. So I'll do a lot of, platelet rich plasma and microneedling. I have this incredible machine called the Time Lift that has this technology where it's like microneedling, but it's not microneedling and it has this Hydra operation.

00:37:27:21 - 00:37:55:12

Dr. Nigma Talib

So I infuse a lot of exosomes into the skin I have, like it's a three step process. And then the second step is radiofrequency, which is tightening and lifting. And then the third step is infusion of salmon sperm and various botanicals into the skin. And so this is done like once a month on patients or patients that are on television or in movies or their skin needs to be, or they're doing the shoot and their skin needs to be really optimal.

00:37:55:12 - 00:38:17:06

Dr. Nigma Talib

They'll come to me and get the treatment. The treatment lasts like 3 to 4 weeks because you're remodeling collagen, you're supporting it with nutrients and then I send them home with the skin care plan. And I develop my own skincare. So I have my vitamin C serum. Number one, I have my serum. Number one. The cream number one is launching next month.

00:38:17:08 - 00:38:47:06

Dr. Nigma Talib

And, the cleanser, of course, is incredible. It's a salicylic acid and glycolic. So I love the skincare that I've developed. It's the only skincare I've been using since 2015. I've tried all sorts. You can imagine how many, skincare lines I get sent, and it's interesting because and and it's, it's I really am grateful that I worked with some top scientists and, you know, really bootstrapped this myself.

00:38:47:06 - 00:39:12:19

Dr. Nigma Talib

And I didn't do things like most companies do, where they'll just white label something and put it out as their own. I actually developed these formulas with my scientist. And you know why you need the scientists and the chemists? There is you need to know, like I can say, I want these two ingredients together, but if they're not going to work synergistically in the skin and looking at the science of the skin, then there's no point.

00:39:13:00 - 00:39:33:20

Dr. Nigma Talib

And also how it works with women and hormones. So I feel like I have that experience to create skincare and supplements because I have seen thousands of patients. I'm not just out here with another skincare brand or another supplement brand. Everything I've done is because I wanted it for myself and I wanted it for my patients.

00:39:33:20 - 00:40:01:05

Dr. Nigma Talib

And then I now have them extend it out to the public. A lot of my skincare and supplements are in places like Erewhon. They're online. They're they're on Poosh and Goop and places that really value good quality supplements and skincare. So yeah, that's just, you know, I will obviously prescribe my own skincare. I dabble, of course, into other skincare brands that I love and respect.

00:40:01:06 - 00:40:24:00

Dr. Nigma Talib

You know, because one skincare line can't always give you everything. Like, I don't have retinol in my line. And I think retinols work for some people. Try to know an

ass that tricks know gas. It is also a prescription, so I might prescribe that. I love GCU as a peptide for the skin, so I will prescribe that it's a prescription.

00:40:24:00 - 00:40:45:01

Dr. Nigma Talib

So I will prescribe that sometimes for patients who have really, really, really sensitive skin. So really it just is about like I was chef and I'm creating a recipe for you. And every recipe is going to be a bit different. You might need more salt. You might need more spice. You know everybody is different. So that's what I get.

00:40:45:01 - 00:41:15:11

Dr. Nigma Talib

I love about what I do, because I use homeopathic even I'll use tinctures, I'll use supplements, I'll use colon hydrotherapy. I have treatments in my clinic that I put patients through a colon hydrotherapy sessions to clean out and to support the peristalsis action. I'll use, you know, hyperbaric oxygen therapy in my clinic, which I have here as well at my clinic in Beverly Hills, IVs and skin.

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Dr. Nigma Talib

So I have like a lot of tools in my toolbox. So people are feeling great.

00:41:20:18 - 00:41:24:09

Dr. Jaclyn Smeaton

I bet it's like you could go. I just move right in and never leave as a patient.

00:41:24:10 - 00:41:46:18

Dr. Nigma Talib

Yeah, but, you know, they fly in and they're with me for three hours. So, you know, we'll start off with, you know, a IV to hydrate and to also support the immune system because they've just come off a plane. After that, we'll do a colonic hydrotherapy session to clean out the colon as the large intestine is like five feet.

00:41:46:20 - 00:42:13:09

Dr. Nigma Talib

So I see it's a lot of info for me what's coming out as well. You know, if they're not eating, chewing properly or they have, you can see things that have been sitting in there for months and you can just tell by the consistency of the stool what's coming

out is causing a back up. Most people are constipated, most, most, most people, and it's interesting to see that Intel.

00:42:13:09 - 00:42:21:18

Dr. Nigma Talib

And then they might go through the hyperbaric chamber and then after get a time lift. So they just leave feeling like a new person.

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Dr. Jaclyn Smeaton

That's amazing. I think one thing that I think about is that so many patients who come in, there's not just one root cause that you're working through, and I love that you have all these different therapies I know available, different tools, but I just think about the people who have problems with detoxification. They have problems with gut health, they have problems with stress.

00:42:44:01 - 00:42:47:07

Dr. Jaclyn Smeaton

They maybe have metabolic dysfunction. They have insulin resistance.

00:42:47:07 - 00:42:48:16

Dr. Nigma Talib

And yes.

00:42:48:18 - 00:43:12:14

Dr. Jaclyn Smeaton

Let's talk more about that. I'd love to get your point of view on insulin resistance and metabolic dysfunction on skin health. But then I think ultimately, it would be great for you to talk us through because most of us are more complex than just one issue. We don't show up with just one thing. How do you piece that apart as far as what thing you have to work on first, and how do you consequently move through that healing process?

00:43:12:19 - 00:43:33:00

Dr. Nigma Talib

Really, it's an excellent case history that you take of the patient. If you're a good doctor, you're going to take a you're not going to spend seven minutes with a patient. You're going to take their full history, what they're eating, when they feel

crappy, you know, you're going to look at their full labs, you're going to run really good labs on your patients.

00:43:33:02 - 00:43:52:16

Dr. Nigma Talib

And then you're going to put together a step by step. I like the clean, correct protect plan. So you clean out the bad guys. So whether you have overgrowth of bacteria, Candida clean those out, then you want to correct the deficiencies. So guess what. Vitamin or so we say. Call it a pro hormone that everybody's deficient in.

00:43:52:18 - 00:43:53:20

Dr. Nigma Talib

What is that.

00:43:53:22 - 00:43:54:19

Dr. Jaclyn Smeaton

Like vitamin D.

00:43:54:22 - 00:44:20:20

Dr. Nigma Talib

Exactly. Yeah. So most you correct the deficiencies and then you protect. And so you use things that are going to protect the gut microbiome, whether that being glutamine or peptides or, you know, it could be anything that is going to be supportive to that patient. And that's why I have all these different treatments in house, because it speeds up the process with a patient feels that immediate gratification.

00:44:20:22 - 00:44:42:10

Dr. Nigma Talib

It's kind of manipulative in a way, because they feel so good that they want to continue and they they continue their diet because some people we just need a starting point. We just need to see hope that you can feel better, and then that's going to want to make them egg them on to get them to eat better, to incorporate better lifestyle changes.

00:44:42:13 - 00:45:04:10

Dr. Nigma Talib

But if you like, come in and you're just given a huge plan and you already feel crappy, it's hard to start from a very low place. So that's why I have all these tools in

my toolbox, because I know that they work, and I know that people feel better from them immediately. And then from there they can continue that program at home.

00:45:04:12 - 00:45:15:06

Dr. Nigma Talib

And so there's this whole clear, correct protective plan that I use on all my patients. And it's obviously individualized for for their needs.

00:45:15:07 - 00:45:22:21

Dr. Jaclyn Smeaton

I think that is the best form of manipulation I've heard, which is I do the thing that helps them feel the best right away. So they want to keep coming back to.

00:45:22:21 - 00:45:45:09

Dr. Nigma Talib

Do more well and that they can do it on their own, right? Like I, I also don't want people to rely on these things as the only solution, because you can do these things at home. You know, obviously colonics are great when done correctly and that's why I as a natural doctor, I do them myself on my patients.

00:45:45:11 - 00:46:06:20

Dr. Nigma Talib

I don't really trust sending my patients out just anywhere for it. And also I see the information from the treatment. I can see what's coming out. And I get that's Intel for me to add to my algorithm of what I'm dealing with for that patient. I'm like, wow, that patient was completely banged up. What happens? I mean, let's look at this.

00:46:06:20 - 00:46:30:19

Dr. Nigma Talib

Like, how do hormones come out of your body? You pee them out, you poop them out and you sweat them out. So if you're not pooping out the hormones, what's happening is they're recycling and they're going to the liver for the third or the fourth time. And the liver's basically turning that hormone into something more toxic. Right. So you're getting like, I call it dirty hormones.

00:46:30:21 - 00:46:56:06

Dr. Nigma Talib

I talk about that in my book. Is when your dirty hormones go dirty, that's when they send the wrong signals. And so we, by cleaning out the gut microbiome and even, like one colonic, I don't like to make that a habit for patients. But I do it as they need it. And as I replenish what's happening in there.

00:46:56:08 - 00:47:23:20

Dr. Nigma Talib

Most 99.9% of patients, it resets their gut. And I do it in a way where I give them better eating habits, you know, digestive support. And everyone feels great. So it's it's a great way to start getting patients to feel better and to stick on it, you know, because my thing is, I want to see patients that are really going to go and give it their all.

00:47:23:20 - 00:47:41:14

Dr. Nigma Talib

I don't want to see patients that are not going to add to the conversation, because a patient is just as important as part of that conversation as me, and I will go to the ends of the earth for a patient to get them well, but I need them to be part of that conversation. And that's where I feel like medicine needs to change.

00:47:41:14 - 00:48:01:18

Dr. Nigma Talib

Instead of saying, I'm going to go to the doctor, the doctor is going to give me a drug and make me feel better, and then I go home. That's not how it works. Your body does a lot for you, so you owe your body that conversation and that time and that discipline, right? You know nothing. Rome wasn't built in a day.

00:48:02:00 - 00:48:08:01

Dr. Nigma Talib

And so when you can get somebody feeling better immediately, it's it's everything, you know.

00:48:08:01 - 00:48:31:07

Dr. Jaclyn Smeaton

So it's an important when I think about this with GLP ones like I think GLP ones can be very natural if it helps someone who's been trying to lose weight and not seeing things budge, and they start to get a little bit of traction on it. Of course they can be abused, but like to get the ball rolling and to feel like you're being successful with this behavior change and you're seeing an impact.

00:48:31:12 - 00:48:35:04

Dr. Jaclyn Smeaton

Yeah, that is so motivating. That's a great application of a tool like that.

00:48:35:10 - 00:49:00:22

Dr. Nigma Talib

Really good. And you know, I like to microdose patients on groups because the dose out there is way too big. Even somebody who's got serious hemoglobin A1, C elevation, I still don't think that you should shock the gut with this slow motility. The sorry, the the slow, the lower gastric gastric emptying because it affects the gut motility.

00:49:01:00 - 00:49:23:18

Dr. Nigma Talib

Once you mess up gut motility, it's really hard to get back. So, GLP is cause a lot of issues and end up doing a lot of clinics on those patients. Because they're all banged up and all feeling, you know, nauseous and, you know, not eating properly and then they're not eating properly. And the muscle wasting and the muscle wasting is causing I mean, it becomes like a whole domino effect.

00:49:23:18 - 00:49:34:02

Dr. Nigma Talib

So I feel like microdosing patients and really looking at how their blood sugar reacts when they eat, you know, is super important.

00:49:34:04 - 00:49:41:04

Dr. Jaclyn Smeaton

Well I want to ask for women who are listening who've maybe tried all of the topical therapies and treatments.

00:49:41:08 - 00:49:41:18

Dr. Nigma Talib

Yes.

00:49:41:18 - 00:49:54:16

Dr. Jaclyn Smeaton

And now they're like okay my skin's not where I really want it to be. And now they're just hearing about this kind of inside out approach to skin health. What is the most important thing that you really want them to understand.

00:49:54:18 - 00:49:58:12

Dr. Nigma Talib

In terms of topical treatments or.

00:49:58:14 - 00:50:10:10

Dr. Jaclyn Smeaton

Not, just in terms of this inside out approach? Yeah, a lot of people haven't been exposed to this before. Or maybe they don't think if there's even a connection there, what is the critical thing for them to really take away today?

00:50:10:12 - 00:50:47:21

Dr. Nigma Talib

Yeah, it's an inside job. You know, this is the the skin is showing on the outside is think of your car and your body as your car and the dashboard is your skin. Right. I think you signal something is wrong. So if you are breaking out or you're getting rashes or you're getting rosacea, or you're getting eczema, or you're getting psoriasis or any of those conditions are a reflection of what's happening on the inside, either a deficiency, overconsumption of something, a food intolerance and overgrowth of bacteria.

00:50:47:23 - 00:51:13:21

Dr. Nigma Talib

You know, it's all coming from the inside. And if you don't fix the inside and you continue putting Band-Aids on top of the area, that's the problem. The Band-Aids could be a steroid cream. The Band-Aids could be, you know, you know, any of those, you know, creams at all these dermatologists handout. Those are Band-Aid approaches. The issue is going to pop up somewhere else in your body, so you're never going to.

00:51:13:21 - 00:51:34:16

Dr. Nigma Talib

It's going to be like, you know, popping up on your body somewhere else. So getting to the root cause is worth the investment you're worth. The investment is going to help you in the long run. You know, it's in a way Pennywise pound foolish of what I

see people do is they don't want to spend the money to fix the root cause or they don't want to, you know, eat better.

00:51:34:16 - 00:51:57:23

Dr. Nigma Talib

They don't want to do that. It's a it's a it's an investment and it takes work. Think of anything in life that's been good, right? It takes work. You know, you've developed this amazing podcast. It takes work. If it was too easy to do, you know, I wish things were easy and things can get easier. If, you know, if you become.

00:51:58:01 - 00:52:20:03

Dr. Nigma Talib

It becomes a habit, right? Anything that become becomes a habit is easier to do. But you know, just because something is hard doesn't mean it's impossible. And get a practitioner that you can talk to, see if that's your path. Doctor, please. You know, we are the the the pioneers in functional medicine. We are where functional medicine came from.

00:52:20:06 - 00:52:42:22

Dr. Nigma Talib

So I want people to remember that that, you know, go and see an acrobatic doctor in your area or speak to a friend who's seen a functional medicine practitioner. If you can't find a naturopathic doctor, in your area and find out like how that person's helped them because it's always good to hear from someone else, I'll kind of do it on your own.

00:52:43:00 - 00:53:13:08

Dr. Nigma Talib

It's hard to do it on your own. Even. I have a naturopathy doctor I work with for myself. Because I do, too, right? Because it it doesn't make sense for you. I mean, listen, I know what I need to do sometimes, and I'm not about if. It's not like, I know I need to do that. And it's nice to have an antibiotic doctor to help you with that, because I have a friend that's a natural body doctor and she's on top of me, so I love that.

00:53:13:10 - 00:53:29:18

Dr. Jaclyn Smeaton

That's a great suggestion. I think about how much noise is out there in the world, like the social media and all the things you hear. And I remember it from my own

practice, where, I mean, patients would come in with bags. I'd say, bring in any supplements. We're taking. Yeah. And they'd have bags and bags and I'd be like, okay, you're taking this vitamin E, what is this for?

00:53:29:18 - 00:53:40:23

Dr. Jaclyn Smeaton

And they're like, I'm not really sure, but I remember I was talking to someone, they told me it'd be good for me. And so I started that. And, you know, everything gets layered on and nothing makes sense. No one's thinking about it holistically. So I love that suggestion.

00:53:41:00 - 00:53:58:05

Dr. Nigma Talib

And anything you get from a doctor, get them to send you your A plan. So every patient that comes to see me, I send them a case summary. After every visit, every patient gets a great summary because you're sitting in front of the doctor and tell them you don't remember what you were saying, or you wanted to add something.

00:53:58:11 - 00:54:22:14

Dr. Nigma Talib

So I'll always send them a case summary and say, is there anything I missed? Please email me back and I'll send them all the supplements they're taking and why they're taking them, so that the why is important. Because if you don't know why you're doing something, there's no point in doing it. And not taking a supplement for the heck of it because somebody told you to get it is not a good thing.

00:54:22:16 - 00:54:23:01

Dr. Jaclyn Smeaton

Not a good.

00:54:23:01 - 00:54:28:20

Dr. Nigma Talib

Reason. Mindful about what you're taking and why you're taking it and how long you're taking it for.

00:54:28:22 - 00:54:43:15

Dr. Jaclyn Smeaton

Definitely. Well, Doctor Talib, it's been awesome to have you on the podcast. I really appreciate you spend the time with me today if people want to learn more. Yeah,

absolutely. If people want to learn more about you, what are their best ways to get in touch with you and to learn more?

00:54:43:17 - 00:55:02:10

Dr. Nigma Talib

Yeah. So I'm on Instagram. It's, doctor Nigma. Talib. Dr. Nigma Talib I have a lot of information that I do on my, my Instagram and my my website, healthy Doc Dot-Com.

00:55:02:12 - 00:55:22:06

Dr. Jaclyn Smeaton

Wonderful. Well, again, thank you so much for joining me and listeners. Thank you guys for sitting in today as well. I want to remind you, if you like more conversations like this about root cause medicine and of course, hormones and the DUTCH test. We do release a new podcast episode every Tuesday, so make sure you click subscribe or you're listening today so you can catch us every week.

00:55:22:12 - 00:55:28:20

Dr. Jaclyn Smeaton

And also follow us at DUTCH Test on all the socials. Thank you so much and we'll see you next week.

00:55:28:22 - 00:55:41:15

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