



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Dr. Robyn Benson: Hello, everyone. Welcome to the Healthy Traveler's Summit. We are bringing to you once again an amazing speaker. Dr. Marcelle Pick is who we have for you today. So I want to first just start up by welcoming Marcelle. How are you today?

Dr. Marcelle Pick: I'm great. Thank you very much. How are you?

Dr. Robyn Benson: Woohoo. Well, the hormone issue is a big one and you are a great voice to share with especially so many of the flight attendants that I talked to are women who travel in a regular basis, even men, and pilots, and even truck drivers who are sitting for 15 hours a day have hormonal concerns and especially with the high incidence of prostate issues. But just to, for any of you that are joining for the very first time to help the Healthy Traveler's Summit, my name is Robyn Benson. I'm a Doctor of Oriental Medicine in my 23rd year. Founder of Santa Fe Soul Center for Optimal Health where we have 25 amazing practitioners and offer all kinds of solution to any healthcare issue you can imagine.

And, I'm also the co-founder of this healthcare revolution, and that's kind of where this all came from, this Healthy Traveler's Summit. For two full years we have brought some of the best and greatest in health and wellness industry to each and every one of you to learn how to practice self-care like never before and the world is becoming increasingly toxic. So, and I've also been able to share this great two-year online program with Kevin Snow, my co-host. Hi, Kevin.

Kevin Snow: Hi. It's so great to be here. My name again is Kevin Snow. I'm an intuitive counselor at Santa Fe Soul in beautiful Santa Fe, and being part of the Self-Care Revolution has been an incredible journey and now as we're talking about now in this Healthy Traveler's Summit is journeying as being able to travel and travel effectively helps really and really not in this world of we're talking about airports in the earlier interview we had our message come through where it's--all I heard was the word care-port and that's all focused on being able to visit a care-port now instead of an airport. I think this place is a great place for us to land as a care-port and really get some incredible information. We're going to be tuned in to the issue of the hormones and how we can really balance ourselves and very effectively today and I'm very excited about that.

Dr. Robyn Benson: Well, all right. Kevin, I think that this is one of the many great things that's going to come out of this Healthy Traveler's Summit because we have thousands of people around the world that are joining us for this summit and for all of us to speak our truth and see how we can revolutionize

airports to be care-ports, why not, right? I think anything is possible. So, already some great changes are happening in the airport scene and I know that whenever I get the opportunity, I certainly should give my two cents and we're bringing it in some CEOs, pilots, people who are really involved in the travel world are listening. They really too care to hear what each and every one of our experts has to share with you. So, I think it's only going to get better for sure.

So, Marcelle Pick, my goodness, OB GYN, author of the Core Balanced Diet, Is It Me Or My Adrenals?, and Is It Me Or My Hormones?, cofounded Women to Women with a vision to change women's healthcare. The clinic pioneered the combination of alternative and conventional medicine and continues to use functional medicine. She has one heck of a bio, but I'm going to just let bring here Marcelle live with everybody so we can ask you all these questions and that many people have asked me to ask all the experts. So, thank you again for being here. Huh, how are you today and why don't you just share with our audience your background and how you got into medicine in the first place?

Dr. Marcelle Pick: Wow. That's an interesting question. Well, I think a lot of start, I grew up in Australia and I grew up in the outback so it's been a lot of time in the aboriginal caves and in nature. And I knew who had very, very young age that I wanted to do something different to change the healthcare system. So when I came to America, I was very clear about my vision and wanting to go into medicine and particularly women's health. And, as you know we have a crisis in women in healthcare in general. Many other things that we're doing are not working from the food that we're eating to the obesity problems to the hormonal issues that we have. So I've always wanted to look at what was the cause of the problem not really just treating the problem.

And we started Women to Women in 1985 long time ago with a vision to be different and we were harassed and made fun of, and we were the all known like kids on the block, but we made a difference. We were the first people to really be outspoken to say what we eat, how we think, how we live our lives makes the difference. So I've been doing it for a long time and still want to stay committed to doing it that way.

Dr. Robyn Benson: Well, I love your topic. Traveling with ease, feeling great before, during, and after your travels. So, how can you help people put their – the stress? How do we do this stress piece for travel in terms of hormone?

Dr. Marcelle Pick: It's complicated because what we know in medicine is that if the more stress we have, the worst we feel because it causes such hormonal dysregulation and it causes the thyroid to not work properly. It causes the body to not produce glucose, and insulin in the normal way it does. So believe it or not, traveling is the time that we have to pay in more attention to what we're eating and when you go to the airport, it's almost impossible. So, one of the things that I teach people to do is perhaps, even bring some food with them. Ask the hotel ahead of time if they had a

refrigerator. And sometimes when I'm traveling and I'm traveling a lot because I did a PBS show two years ago and I was going literally to a different airport every day for 15 days, and I would stop at Whole Foods or Trader Joe's when I was going from the airport to the hotel.

I mean there's many different ways to do it, it depends on how committed you are, but the bottom line is how you eat affects how you sleep when you get on the other side, how much cortisol produced affects your hormones greatly. So the more you can keep your blood sugar stable by staying away from some of the junk foods and the sugars in particular even though they smell so yummy in the airports, try to stay away from the cinnamon bun places. Those are the places that are really kind of crucial to not getting involved with and even at Starbucks and the higher sugar. If you want to have some coffee, that's fine but when you start adding a sugar, that really causes such dysregulation and you've already got adrenals that are a little bit disrupted anyway then your sleep is disrupted especially if you're going coast to coast or internationally.

So anything you can do that would really help you eat as well as you possibly can with the fruits, the vegetables, and the protein, is going to make it so much better. And I also suggest when you get to wherever you're going, you take a little bit of Epsom salt with you and take a back and some Epsom salt to kind of ground yourself into being wherever you're going. Sometimes I'll take a lavender and drink tea because I love backs. So, I always get a hotel room with a back in it so I kind of acquaint myself to the new destination that I have.

Kevin Snow:

So you're mentioning some of these stress hormones and I think the general conversation about hormones, estrogen, progesterone, that sort of thing, what are the specific stress hormones and how you're talking about eating but some other ways we can really become more aware of it.

Dr. Marcelle Pick:

Great question. You know the interesting thing is that the major hormones are not estrogen, progesterone, and testosterone, that's what we think. We think hormones, "We think well those are the major ones." The major hormones are actually insulin that's produced when we have carbohydrates and sugar and also adrenalin and cortisol. So that's really important to know because those two hormones that produced which are stress hormones by the adrenal glands, and they have a lot more control over our estrogen, progesterone, and testosterone.

And also then we've got this cholesterol which is cholesterol is the mother hormone, it really has a lot to do with our hormones in general and now with so many people on stat medications, those cholesterol levels are too low and that can be a really significant problem because when your cholesterol is too low you're not producing the hormones properly either. So, being aware that the food that we eat actually has impact with insulin, that that impacts our estrogen, progesterone, and testosterone so important and most people don't know that and just kind of think, "Well, who cares what you eat. I just need to figure out what's wrong with my

hormones.” And it's like, “No, no, no, no. You need to understand that what you're eating is affecting your hormones and it will play a big difference especially as you cut back on carbohydrates.”

And then if you also have foods that you're eating, we have this big thing in our country now that gluten, gluten being a big problem. The reality is so many people are gluten reactive that can cause problems with the adrenals that then produce more stress hormones. And when your body is producing stress hormones, you don't produce the sex hormones in the same way. So it's as beautiful blend, as beautiful orchestra that always needs to work together.

Dr. Robyn Benson: So, it sounds like to really address this insulin, adrenalin, cortisol is primary, right? So, if you really want a healthy sex hormones, get those in order?

Dr. Marcelle Pick: Absolutely. No correction to that, and I think that we're just starting to see that more than we never had before. What I see for a very many women in perimenopause. So if you're perimenopausal and traveling a lot, that causes even more trouble because one of the very interesting facts for so many women and this is more the women's issue than male's issue, but if you have a lot of stress, there's a beautiful hormone called pregnenolone. It's a hormone that is really important to kind of energy and sustenance and just kind of our aliveness.

If we have a lot of stress, that hormones code to make cortisol. So you become progesterone deficient. So then that hormone cascade in that orchestra because very, very imbalanced and people start having a lot more symptoms of PMS and then traveling makes it that much harder because you're also wearing and tearing on your body going from coast to coast. A lot of us kind of go to the other coast and we're kind of taking a little while because it takes the more for the body to readapt. So you have in here a diet before you go and also on the plane and those things even though it's seductive to have that cup of coffee with the sugar in it, the more you cannot do that, the more you're going to be able to keep a little bit more stable and have an easier time when you travel.

Dr. Robyn Benson: So maybe again, mention this because I think this helps all the people who fly, women in particular who have this issue with higher cortisol, low progesterone, can you just describe that again like a perimenopausal women that might have lower pregnenolone so, just again repeat that so everyone hears it.

Dr. Marcelle Pick: Just the beauty of it. So we have to check the wire I call it, bad cholesterol and it goes down all these different pathways. You have all these hormones that are made. When we have this amazing hormone pregnenolone that we really need that also helps increase our DHEA which is an important feel good hormone, if we have a lot of stress, that hormone doesn't make progesterone. Instead, it makes more cortisol. So then we have more estrogen than we do progesterone in that balance, it's

not. Some people call it estrogen dominance. It's not like estrogen is the dominant. It's too high. It's actually normal but progesterone becomes very low.

And then we have a lot more symptoms of PMS. People might have dysfunctional uterine bleeding or bleeding that doesn't stop and they have this very irregular cycle much related to this imbalance that's very much connected to the stress that started the whole thing.

Dr. Robyn Benson: So, Marcelle, would you recommend somebody take pregnenolone or what would you?

Dr. Marcelle Pick: No. A lot of times what you can do, sometimes I'll put people on progesterone cream and I'll have them use a small amount of progesterone cream mid cycle until their period starts if they have a lot of stress. If they're having a lot of bleeding and other things like that, what I may do then is if I'm in my office, I'll prescribe progesterone in a higher concentration but sometimes just using progesterone or adaptogenic herbs to the adrenals can be very helpful as well. Astragalus, cordyceps, ashwagandha, rhodiola, any of those that really help the adrenal adapt the fabulous.

But food, by cutting back on carbs and keeping this insulin level stable. I don't think people really understand how unbelievably food choices and changes can change your life. It's a game changer for so many people just changing their diet stabilizes their hormones as well.

Dr. Robyn Benson: Kevin? [inaudible00:13:31.3]

Kevin Snow: Yeah. I am indeed. No, I definitely, I'm in through all of this conversation. I think the food choices really elaborating on certainly we don't want to be stopping at the cinnabon, but what else can we do bring with us really in a simple package form that could support our hormonal cascade?

Dr. Marcelle Pick: Well, it depends on what your enjoyment is. I mean oftentimes I might take some Buffalo Jerky or some Turkey Jerky if I get really into that place which I don't have any choices at all, it's in my purse all the time, or some nuts. The interesting thing on this coast is that many times when I do food sensitivity testing, everybody in there is just allergic to almonds. So I don't recommend almonds like I used to, but cashews are macadamia nuts, or wall nuts, and having that in the back because that doesn't get bad either and you can have that as a great snack. Having some fruit with you can make a difference. If you want gluten free, do some amazing gluten free roll ups or GMO-free corn roll ups or something like that so you can just take those things with you.

And then if you want to have a refrigerator on the other side, if you're going to be as kind of neurotic as I am then I'll get the food when I'm going to from the airport to the hotel. But also, even when you go to some of the places, if you get stuck and you're at McDonalds you can get one of

their salads and you can get their a grilled chicken and you got a chicken salad. I mean always to do it even in the fast food restaurants and many places are now having gluten-free products as well. So it isn't like it used to be and I think you said Robyn, things are changed and I think that's very true, they are. But it's kind of the mindset ahead of time when you're starving, what are your choices. And it helps to make better choices if you can.

Kevin Snow: When we want to reach for the caffeine what are our options?

Dr. Marcelle Pick: It depends on why you're going for the caffeine. And I'm not a big person that says you can't have a cup of coffee in the morning. I think its fine for us. But when you start really relying on it at 3:00 o'clock in the afternoon, you start wondering why that cortisol dip is there and is it lunch that created that because sometimes gluten in particular can do that. But also one of the food reactions like dairy, and there are some strange ones too corn or eggs. I see eggs a lot is a problem for people. Those can make you more tired too and then you're going to be kind of tempted to have that coffee in the afternoon.

So, it's helpful for my perspective to find out what's the problem. What's upstream here instead of kind of beating yourself for caffeine all the time. That's more like a drug reaction, "Okay. I'm tired in the afternoon. I'm going to do that." So it's better to find out why is cortisol down in the afternoon instead an adrenal issue in which case perhaps Siberian Ginseng or plancata astragalus could be helpful mid-afternoon if that's what the problem is, or is it food that you're eating, or your carb is too high because the blood sugar might be dipping down and then it may have been what you just had. So, adding in then that protein at lunch perhaps a little bit more or having a snack or protein might just be all that the person needs to help stabilize that.

And those men, getting out and exercising and moving because so many people when you're flying a lot, it's hard because you're sitting down for a long period of time. So, if you can at least walk or do something like that.

Dr. Robyn Benson: So, can you educate the audience here, some of the people don't really understand the adrenal function and what adrenal fatigue really means. Can you talk about that and how you, when somebody is completely exhausted, like some of these people that I see travel a lot and what do you recommend?

Dr. Marcelle Pick: As a culture, when my book came out, "Is It Me or My Adrenals?" The American Academy of Endocrinology came out with a physician statement that there's no such thing as adrenal fatigue. Well, I thought about that a lot because I was so annoyed because you and I know that that's such a big problem in our practice. What I realize is that it's probably the name that's not so great. We don't have fatigue in any other organ system so that's probably not a great thing to call it, adrenal fatigue. Let's call it adrenal dysfunction. But we have to recognize that the

stress that we all have has huge physiological indications in our body and we--I did, I was curious, because I wanted to see is there any research out there on adrenals. Do we really see that it's in the science that we have adrenal issues? And they have over 800 research articles that show that yes indeed, when we have a lot of stress, it has major impacts physiologically for us.

So, the whole name of the game for me when I wrote the book was, why are we--we've got so many pieces of information out there. We're treating adrenals all the time. Why do people still go back to having that fatigue or that exhaustion that I think a lot of time is because their behavior is not changing. Whatever caused that stress to begin with is still there and they're not changing their lifestyle or the way that they think or the way they behave. Are you familiar with the A study? Have you ever heard of the A study? It was a study that was done at 1998, yeah. So the A study looked at if you had a lot of stress in your childhood, yet it increase your risk later in life of having other health issues. And the answer was a resounding yes for men and women.

So, learning how to respond differently to stress is going to make a huge difference for all of us because then the cortisol is not going to always be going up. Because when you have ongoing stress, your body doesn't know the difference between yesterday and today. And if it doesn't know the difference, you're producing cortisol all the time. And when you do that, ultimately, many people's cortisol levels then go down then they have what we call adrenal fatigue or they're exhausted. And sometimes all you can tell people is not to exercise because the body can't tolerate the amount of exercise that they're getting. So I'll decrease that significantly for them until we heal and get them on some cordyceps, or rhodiola, or ashwagandha, or whatever it is we need to use them as an adaptogenic herb and change their diet. Get them off foods in particular gluten that might be causing problems.

So, it's a huge issue. I see it in my practice every day. And everybody is on their cellphones, their iPads, their computers at night. They don't take downtime. They don't meditate. They've got kids. They've got a job. They've got a relationship. They've got friends. And oh by the way, you need to take care of yourself too. I forgot that part.

Kevin Snow:

It's such an important thing that we're talking about here and we're focusing on stress because when we're talking about travel, we're always under at some kind of time constraint, some kind of time crunch and that seems to be when stress is at its maximum. So, that's, we're putting this on the context of planning ahead, having things that prepare, having things to eat, doing the self-care activities that we can do for ourselves before and during our travel periods ends. I think that this is definitely what we want to, the message we want to get across this overall decreasing stress and then being able to be on top of this so that the stress isn't increasing. So stress and we're talking about the stress and effect on each of these individual systems. So, how about thyroid?

Dr. Marcelle Pick: Uh-huh. What's interesting is when I first started looking at thyroid and looking at the adrenal and what the adrenal functions do, what we now start to understand is it actually increases something called Reverse T3. And what that means is the body might be working really well and converting T4 to T3 so everything is fine. But then the breaks get put on the adrenals because of the amount of stress that we have. So now we know in the literature, that if you have too much stress for too long it absolutely affects thyroid function. What I say on two of my patients all the time, "Look, the body that you have is the only home you will have the rest of your life. You're never going to be moving. This is it. You better take really good care of it. At the times that you can, nurture it, cuddle it. Do what you need to do to really be present to take good care of it." And when you're traveling, that's going to be an important part too.

In fact, it's even more important because it's so stressful it increases oxidated stress so much so it's going to be crucial for people to do that, to take care of themselves, to eat well, and to plan ahead. That's the key that we're talking about because we're so bloody busy that we forget how important it is when you're thinking about traveling is to think ahead.

Dr. Robyn Benson: But, I am so curious to hear how, I'm sure all your patients come to you with sleep issues and especially with travel. So, and I talk to a lot of doctors who just say that they have--so many people come in, they want the prescriptions spilled. So what do you want to say about, share with our audience about sleep? What are your best sleep packs?

Dr. Marcelle Pick: My sleep packs? Sleep hygiene for sure which is...

Dr. Robyn Benson: Sleep hygiene, yes.

Dr. Marcelle Pick: Turn off the computers. Don't have these movies that you're watching that are high violence. Some people are really, it makes the difference to use melatonin when they're traveling because it really helps kind of adjust the body. And also, as much as you can when you're going like I'm going to the West Coast just to be able to kind of stay up as long as I can. So adjust my body as fast as I can. But there's a product that I use oftentimes with people I have a lot of stress and it's[inaudible 00:23:15.9]. It's very effective to get high cortisol all over down and for some people they are just wired when they get to their destination just taking two capsules right before you go to bed can be very effective to bring that cortisol all over down. But also, don't do carbs and keep the blood sugar stable. All the things we've talked about so far just because when you're traveling the body gets ribbed up a little bit more. And for some people if you're not sleeping, it is so hard on their body especially when you're going coast to coast.

Dr. Robyn Benson: And sleep is a big issue. For some people I have them some relaxation tapes with them. Kaiser Permanente have a huge repertoire on their website of things you can download as well, for sleep hygiene and

relaxation CDs and things like that too that make a big difference because sometimes it's just fighting the mind, and fighting the body.

Kevin Snow: That's excellent to hear. I definitely do that for my clients. I have a series of meditations that I recommend that they do the relaxation, the guided imagery, and that sort of thing. And that's definitely something that now with the advent of our technology, iPads, iPhones, computers that we can definitely take a meditation with us and I think that's really...

Dr. Marcelle Pick: That's terrific. Yeah. We can have that on our iPhones. I mean we can have that anywhere we want and then if many of the hotels now have iPods that you can use as an alarm, so you can have it all the time. So true.

Kevin Snow: One of the overactive and the underactive thyroid, what are some of the symptoms of that and how do people know basically where they're at in that thyroid?

Dr. Marcelle Pick: Well, a lot of times people confuse their symptoms of thyroid with adrenals though because sometimes they overlap symptomatology, I mean cold hands, losing your hair, gaining weight really quickly and not being able to sleep. I mean it can be hyper or overactive, or underactive thyroid. And for many times, the best way to kind of know that is to look at the symptoms they're having and then to do a very extensive evaluation of thyroid. I don't ever just do TSH levels. I do TSH for three T3, three T4, reverse T3, total T3, thyroid antibodies to really look at the big picture as to what's really going on. And I may or may not do temperatures in that. It depends on them. But I have a very lengthy questionnaire looking at, is it adrenal, is it thyroid, is it gut, wear all those pieces together because as you know our body is an intricate system that's related to many different things not just related to what's just a thyroid, it's like so seldom the truth.

And then I'll look to see what their selenium intake is and also iodine. How much are they getting in their diet? Can I just change that? Change their adrenals and will that make enough difference to shift the thyroid as well which it does many times.

Kevin Snow: Excellent.

Dr. Robyn Benson: I'm so glad you mentioned selenium. That is a very important menu that we often deficient in and really helps the thyroid work better. I think it's important maybe to talk about selenium but also iodine it can be somewhat controversial, can you really help clarify for everyone who's listening because people still can--I definitely prescribe, I work with iodine with almost all of my clients to have a little bit of iodine. But could you help clarify the controversy if someone has Hashimoto's? Can they take it, not take it? How much? I think it's so important that we elaborate on this.

Dr. Marcelle Pick: When I first started using iodine, I was using too much and I had people have palpitations, I have huge reactions but what I started to understand now is that there's also another complicating issue and that is that thyroid in breast if you remember the periodic table in chemistry, you probably don't but iodine, bromine, and chloride are very close together. If we have a lot of exposure to chlorine and bromine to the things that we're eating because a lot of the foods have that in for a long time, it displaces iodine. And if we're not having a diet that's rich in iodine, what happens then is as we add that in iodine, people have a detox reaction. And for fibrocystic breast changes, I wouldn't recommend iodine all the time for the woman who has a very tender breasts or very great deal of discomfort. It works like magic. Well, you know what the dosing to use, but I was using too much. I was using milligrams whereas now I use micrograms.

And I have great results as long as I'm mindful. When I first started using, I was using 12.5 of IU oral and I had so many reactions to people so I backed it down now, and sometimes I do an iodine urine test as well to see how deficient are they and then I'll use the iodine. And I use it for people for breast help that have a family history of breast cancer as well about 3,000 to 4,000 micrograms a day. The controversy in terms of Hashimoto's is a great question. If somebody is, it has Hashimoto's should they be on iodine, I use it. I don't see any side effects. I find that it helps to really stabilize in balance the thyroid beautifully but I don't use high doses in my practice. It's kind of the controversy out there if you use 12.5 everyday, are you very setting up the system. But if you're looking at all the other pieces to the equation all the time and you're doing questionnaires which I do on my office and medical questionnaire every time I see somebody, I'm pretty careful about keeping everything in balance.

Dr. Robyn Benson: That's great. I just want to personally serve iodine. I started taking about five years ago and I do tomography and some other testing, I had a breast cancer, my family, suspicious area and now this is like what, six years later since I started doing iodine it's significantly better. So I'm not-- it's not even showing that I'm in the red zone anymore. So, there is value in this. And also people fly and flight attendants who are exposed to radiation, it's really important you're taking some iodine.

Dr. Marcelle Pick: And not knowing that more and more around the country that people are becoming more and more iodine deficient. And we're changing now from the iodized salt which is not such a bad thing to some of the Celts salt or some stuff like that. Fine, but then we'll have to remember. So I often times will have people use seaweeds flakes just as a flavoring on a regular basis to get that iodine because that's a very easy to get it your diet on a daily basis too. You can take even take it with you when you travel, it's small.

Kevin Snow: That's great. And that's definitely a food that you can...

Dr. Marcelle Pick: Yeah. Exactly.

Kevin Snow: Right. So, are there other food that we can eat that supports the hormonal function that supports the thyroid specifically. And then the other--the backend to this is, I'm hearing this word adaptogens a lot, so if you could expand on that a little bit, I would love that.

Dr. Marcelle Pick: What I love about some of the herbs that we know about now and what I love about functional medicine is that's what we do is we use things that the body can use to adapt if they have high cortisol or low cortisol like gets the body back and just sync. And a few years ago we went on shipping crew and we were actually, I was there in Ellis, and we went to the jungle and we had a guide and he was telling us that this particular monkey was going for something because it must have a high level of thyroid. And I was thinking, "Oh my God." And he was talking about adaptogenic herbs, that concept. We don't know he said if the thyroid is too high or too low, but whatever that this monkey is going for is going to help stabilize that thyroid. I thought, "Oh my god, that's what we do with adaptogenic herbs." Cortisol levels that are too high, I might use astragalus because if it's too high, it will bring it down. But I also use it for people have it too low.

So the body has this infinite ability to be able to utilize those particular herbs to adapt then to the normal and come back into balance. And we have that in nature all over the place and now we're starting to become more conscious as practitioners of how do we use and utilize herbs in the same way so that we can have the body's infinite ability to heal come back into balance.

Kevin Snow: Excellent.

Dr. Robyn Benson: I see that the adaptogens are so necessary. I mean I just feel like in today's world most everybody as stressed even our children. I see that you are also a pediatric nurse practitioner. Can you just speak a little bit to children and travel and how they can do it better?

Dr. Marcelle Pick: I think that that's where it really comes into play to be prepared. When I was traveling with my kids when they were small, we always kind of made a game of it. And I would always make this treat bags for them. They were healthy bags. They didn't know anything about it and I only have food. All kinds of different variety of foods and different things that they could play with on the planes. So that I was very away ahead of time because kids when they're small makes, they need a lot to occupy them. So we would make a game out of it and then I would have different things that I already have prepared in my backpack for them when we got to the different places and I would do things differently and most of it was around food and also activities. I would have things that they could draw or play with or things that I thought about beforehand because they get tired much faster and if you're tired too, it gets to be--it can be a real drag and talk about cortisol levels going up, your cortisol will start screaming

through the roof. So it's not only their food that you need to be thinking about but it's your food that you'll just remember yourself as well.

Dr. Robyn Benson: It's rare to see children traveling in any way shape or form with healthy food. That's what I rarely see that, right? It seems like parents allow it to be just a yellow brick road to eating crappy food. I see that always, almost always.

Dr. Marcelle Pick: Yeah. I completely agree with you. I mean I see it all the time and then I sit there and I wonder, no wonder they can't sit in their seats, and they wonder they're a little cranky, and they wonder they are just being what the way they are, because if I don't feel so well, their blood sugar is so high. It's like all over the place and they're feeling really nudgy on their seats, so it makes complete sense.

Dr. Robyn Benson: Right. And they end up getting sick too.

Dr. Marcelle Pick: Right. Exactly. And the other thing I recommend is I have a homeopathic kind of kit that I always tell people about using as psyllium and having rescue remedy in there, having some other vitamin Cs in there that are chewable so that if they do get sick, that's an option for yourself on the other side because they use a lot of those things for people to prevent them from getting sick.

Kevin Snow: And one of the conversations is also around mushrooms and the benefit of mushrooms, and do you have any advice for us on how we can get more mushrooms in our diet?

Dr. Marcelle Pick: Well, it's interesting when I first started the practice many years ago, there was a Chinese herbalist that we worked with down the road and she actually grew mushrooms and would have us drink some of the juice from the mushrooms. Oh my god, some of the things that I've done over the years are pretty amazing. But, I don't go to that extreme anymore. So, there are many different kinds of mushrooms that have amazing effects and they now in many places. The herbalist have tinctures that are very, very helpful to help the immune system. So that's another thing I've put in the homeopathic kit as well as the other things that are really effective to help support the immune system when somebody get sick. So yes, I'm a big supporter of mushrooms. I used them a long time ago and still use it in my practice, because many companies now that have tinctures that are a little bit easier now than having to get the mushrooms when you go.

Dr. Robyn Benson: So what are your water solutions, what do you do for keeping yourself hydrated?

Dr. Marcelle Pick: Well, my goodness. That's a great question. Well, fortunately, many of the seminars that I go to, they have pretty healthy water and when I travel I'll bring a huge jug of water to myself but you have to buy it because you can't bring your own water anymore. So, I will have bottled water and I'll try to do the best I can when I get, one of my friends actually brings a filter

with her for the hotel and I have another friend who actually brings a George Foreman grill and she has frozen chicken in her bag. I mean she has a whole suitcase just for food. I don't think we have to be that extreme about it, but it depends on what your tolerances for it. So you just do the best you can. And if you're comfortable bringing your filter with you and you do your water and you have a metal bottle when you're there and you pack at your bag, great. And then sometimes I don't do that. I just drink bottled water when I'm there. I mean the hydration is the part that is so important. But unfortunately, our water, the quality of our water is not great. So, it's the dance of that.

Dr. Robyn Benson: Yeah. I think it's one of the toughest decisions because if you don't want to drink from plastic bottles, you want to drink from the taps in airports. So, I do like the idea of bring a filtered water bottle. We also like the structured water device. We interviewed with it. Because we had a whole speaker dedicated just to the hydration issue because that affects our electrical systems, right? I mean we also have this, the idea of putting minerals in your water and how important it is for your health. So we recommend something called Oxylent which is fantastic. So then you put in your water, and get the health food store that gets those minerals in your system which can help with your moods and just like everything. Before we leave the hormone topic which we could probably talk about for hours, because it's a challenging one for people that really understand that cortisol, the progesterone to really understand what are the sex hormones that are not, what are the sex hormones but it's a big topic but at least cortisol, I think if that's one word it's really known. But how can we increase our oxytocin levels?

Dr. Marcelle Pick: The biggest way to increase oxytocin is to have fun. I mean sex increases oxytocin, being in your backyards, going out of my backyards and no showing for the weekend. That increase oxytocin. But the biggest way is to also touch, touch and cuddling and nurturing a mother holding her baby that increases oxytocin that's why oftentimes for mothers, they have their milk reflex, it's kind of kicks in. So doing really please yourself increase oxytocin greatly and also increase DHEA and DHEA as I said before is one of the few good hormones that really supports adrenal function. And I think as a culture, we've forgotten this. I mean so often in my practice, I say, "What do you for fun?" And the answer is, "Fun? I don't have it." Like, "Oh my god, seriously? You don't have any fun? What's wrong with you?" But it's finding those moments in the day that are joyful that you appreciate that all those things can also affect adrenal function and that's the piece that's going to be so important to turn things around in the world because the world right now is pretty heavy and pretty crazy.

Dr. Robyn Benson: And it's sure is. And everything that you're sharing with us in this entire interview is helping people to have more fun because you're not having to catch up on your sleep or your--it's your second or third day and so many, like again, many people that they we interviewed that they don't even start to feel any good when they travel until their second or third day and it doesn't have to be that way with preparation which you've mentioned

more than once if we can prepare a week or two before we even travel, that will set you up for a lot more oxytocin and a lot more fun.

Dr. Marcelle Pick: Absolutely. And also I can do fun things in there. Just one little fun thing is fine. When I go out to the West Coast sometimes I go dancing because I love to do that. So just finding things that you really enjoy that make you happy it's my form of meditation so I do that as often as I can. And finding for yourself what makes you happy or some things you want to read on the plane besides doing work that you really enjoy as there are some movies you wanted to watch for the long time, that's really inspiring, can you watch that on the plane? Can you learn a little bit more about affirmations? I mean all these things make a difference as a culture we think of it doesn't but it really, really does.

Kevin Snow: And I think it's so important that a lot of people get sick when they go on vacation and I think that they're thinking that in a little different way, one of the things that we've heard from a lot of our speakers is that you're getting that cleansing happening when you're getting that rest and relaxation. Is there something we can do to support our immune systems before we leave, there's another preparatory way to build up our immunity?

Dr. Robyn Benson: Is that a question?

Kevin Snow: Yes.

Dr. Marcelle Pick: Okay. That's a question. There's many different avenues to do that. I'm a good advocate of vitamin C. If I have somebody get sick, I use thousands and thousands of milligrams for two days vitamin C. Any of the antioxidants that you can use. The mushroom extract is really fantastic to help the immune system as well. Folic acid using N-acetyl cysteine which is a nutrient that helps with detoxification. Those are all fabulous ways to do that. It depends on how many supplements some of my patients want to take. They might want to do some kind of cleanse. I'm not a big fan of fasting because I think it really mobilizes a lot of toxins from the fat, but I'm a big fan of using juicing or uses those kinds of things with protein in addition in the body. And that can be incredibly helpful with lots of antioxidants and the blue berries in particular or kale and [inaudible 00:41:15.6] and spinach. Those are great things to be using.

So, I use many of those things beforehand. And again, I'll have them take them in a little kit that I call homeopathic kit when they travel. So if they do get sick, they've got some options for themselves besides using an antibiotic or a steroid or whatever, what happens when they get there.

Dr. Robyn Benson: Okay. I want to talk a little bit about men and male hormones. Seems like again all the people I have interviewed over the last two or three years, men are really concerned about prostate health and it's like one out of two are having some type of prostate issues. It's that high whether it's cancer, or there's inflammation. So and especially, with a lot of these pilots and

people who were driving on a regular basis they're in this fields that are not conducive to hormonal growth or health for that matter. So, what are your recommendations?

Dr. Marcelle Pick: For men?

Dr. Robyn Benson: For men.

Dr. Marcelle Pick: The reality is one of the things that we know and if you look at breast cancer in women what we're always saying it's an estrogen issue. That is the most ridiculous thing I've ever heard. Yes, estrogen is a piece of the puzzle but it's not the whole picture. How we metabolize our estrogen is a big very important piece of the picture but that's also a truth for men. Because if they have pathological pathways of detoxification, what happens is their estrogen levels go up and then they start to have more prostate problems and the reality is many, many, many men have prostate problems as they get older it gets worse.

So, it's paying attention to their sex hormone-binding globulin levels. It's paying attention to their estrogen levels. It's paying attention to their testosterone levels and their diet. A lot of these guys who have these big guts, and these big bellies. It's often times because they have also got higher estrogen but it's also because of what we call estrogen disruptors and estrogen disruptors come from the plastics and the plastic containers we put in the microwave oven then the foods that we're eating and the imbalance of the carbohydrates we process insulin to be a problem too. So for men, it's very, very important to pay attention to their diet and also pay attention to their testosterone levels because as they start to go down, they have much more of a problem with erectile dysfunction or premature ejaculation.

Those are all pieces that can be adjusted if we're paying attention to diet, exercise, how much exposure we have to the plastics and other things that actually really disrupt hormones. And unfortunately, we're seeing it more and more, the sperm counts are going down in men primarily because of that exposure to the estrogen disruptors that are in the body. The body kind of sees that as an estrogen of some sorts but not really and it actually disrupts that whole pathway of estrogen. So, and also knowing if you are that one person that's not metabolizing your hormones properly as a woman, it's important to know that and also as a man. So sometimes I might even do genetic testing for them to figure out is that a susceptible issue that we may have a problem with down the road, and should I do something now so I can intervene before they have troubles down the road.

Dr. Robyn Benson: Yeah. And we're definitely seeing a lot more men with male boobs too. That's amazing how much I see that in middle aged men with this estrogen dominance issue and just we're all subject everybody, plastics is it's everywhere. You can't avoid it. So, that's why it's so important that you keep all of your hormones balanced as much as possible. So what do you

think of travel in health, I mean hormones are absolutely essential, that's why we are so important that we wanted to invite Dr. Pick to be on the show with us because you have such a wealth of information for so many years and it's definitely the solution. So it's good to find someone like Dr. Marcelle close to you so you can find out.

So those of you they are listening and traveling on a regular basis, you definitely want to hormone profile, done. And what are you doing? What is your--I mean do you do blood, are you doing saliva? Because that's also a big question.

Dr. Marcelle Pick: I do saliva testing for adrenals, and I do saliva testing for women with their hormones if they're perimenopausal. At menopause, I use a fair amount of bio identical hormones so I'll use blood then because it gives me consistent results. Usually in the morning after I do not have hormones that day. And then, whatever I use, I'll use it consistently for them so I can kind of get that as my barometer. In medicine what we say is, "Look, you can never test someone's hormones." It's not possible. They go up and down so much. That's true, but if you're consistent about day 21 at this time in periods, and for men if you're consistent about morning or night, you're going to get a good idea of the overall profile of what's going on for them.

And I will do many hormones. I'll do estriol, estrone for women. I'll do DHEA, I'll do testosterone free and total. I'll do sex hormone-binding globulin. And I look at the ratio of how they metabolize those hormones 2, 4 and 16 as well to see did they have an estrogen metabolism issue because if they do I want to try and correct that. And for men, I'll do a multitude of hormones as well including insulin levels, testosterone, I mean I don't see many of my practice but I'm not recommending their partner have it done and total testosterone, free testosterone. I might do growth hormone on them and those things. And sex hormone-binding globulin for sure for men because if I need to use something to recommend to decrease that sex hormone-binding globulin so they have more free testosterone, I'll do that as well.

Kevin Snow: That has been an incredible thoughtful interview, I think what would be, I mean to sum it all up to give us a couple of bullet points. What are your main three, top three travel tips for our listeners tonight.

Dr. Marcelle Pick: So, with travel it would be very mindful that what you eat actually has huge impact on your health. You can do nothing else just change how you're eating on your trip, it will make a big difference. Preparation is another piece to the puzzle being prepared ahead of time and also being aware that the amount of stress that you have has more impact that you can possibly imagine on your hormones and how you're going to feel when you'll arrive on the other side. So taking time to... even on the plane if you have a lot of work to do to relax on the plane a little bit, to do something for yourself that's a little bit more down oriented. To get some music like you suggested as well is fantastic. So you can listen to some

quieting music that you enjoy that will help too and decrease the cortisol levels too.

Dr. Robyn Benson: So another question we've asked a lot of our speakers Dr. Marcelle is if there's one thing you could change about the travel industry what would it be? Because we know a lot of these people this industry's leaders in the travel industry are listening to this, so what would you say? What would be your number one thing?

Dr. Marcelle Pick: Food. I mean if we change the food and the options for people would make a big difference because a lot of times you're at the airport and you're hungry and there really is nothing to eat. You've got pizza choices or you've got Starbucks or you've got these fast food places and you don't have really healthy choices. So I'd love to see food change. And also maybe some massage tables in the different airports and places to have some quiet music and also really good water would be amazing as well.

Dr. Robyn Benson: Yeah, I think that's really important. And just the toxicity too, the jet fuel. It's amazing. I was just on the plane like every weekend I'm on the plane right now but sitting on the back of planes, you're adjusting all that. We got to keep our--keep ticking antioxidant. So the self-care message to the food and so much of what you brought attention to is getting those healthy adaptogen herbs and those detox herbs so you keep your vehicle this incredible body you have an excellent shape.

Dr. Marcelle Pick: Exactly.

Dr. Robyn Benson: Yes, yes, yes. Well. Well thank you so much. Great information from you and I love the work that you're doing and you continue to do. Will we see another book out sometime you think or you?

Dr. Marcelle Pick: Yeah. I'm working on that right now. I'm just thinking about what that's going to be, probably next year.

Dr. Robyn Benson: And so for all of us who love watching and being part of the women to women international, women to women, yes, so what's up with that? Give us a snapshot into Dr. Pick and we're you're going?

Dr. Marcelle Pick: Yeah, well, all of the things I just don't launch the website, February 14th I'm going to expand upon. It's going to launch in much bigger form June 15th and it's the partnership component is 50 Layers of Relationships and then we're going to have a male component that's going to be Better Men Better Lover. So, we're going to be really looking at what makes a healthy relationship, what are some of the nutrients men might be able to use to help with erectile dysfunction as well as increasing testosterone and what's the language behind that. That would be on the male side and the female side will have things for libido as well as information about what causes relationships to go south and how do we pull that together. And then of course all the stuff that we do on women to women. We're trying

to be online as a functional practice as much as we can with some of the newest information. We're going to be sending out newsletters every two weeks and really kind of staying on top of it and I'll probably do a PBS show next week here as well, so.

Dr. Robyn Benson: Woohoo. Yeah, I'm glad you brought up this issue because while what do we end this topic here because travel tends especially vacation type of travel, a lot of us are business travelers, but it's also a time where people tend to be more intimate and you don't want to have erectile dysfunction happening with this because these are rare occasions or lack of libido. So, in terms of that healthy traveler's message to have consistent, sustainable sexual desire, what do you recommend for men and women?

Dr. Marcelle Pick: That is a lot of good question.

Dr. Robyn Benson: Oh, yeah, I know, love it.

Dr. Marcelle Pick: Well, the place that you start is nutrition believe it or now. I mean it really does make a difference and also if we have some extra weight as a man to get rid of that because that increases testosterone. And to be active, to have a great communication with your partner and for some people that might be using things like adaptogenic herbs again for women like maca or some of the other black cohosh and things like that to help stabilize hormones and for our men that may be arginine but to have a heart condition you have to be mindful of that but arginine is very helpful to increase nitric oxide but increases also kind of the balance that increasing testosterone. All those things can make a difference.

Dr. Robyn Benson: I don't think they have this so I just want to--because we have some incredible sponsors of the Healthy Traveler's Summit, one is the founders of Neo40. One of our sponsors and you know this product. This is Dr. Nathan. This is awesome, isn't it? We're so excited that he's going to be sharing that incredible science that they've done on this product over the last five years but to keep the nitric oxide levels high and arginine. So anyway, this is something we highly you recommend. So inviting internet because we're right there, and women too, keep your nitric oxide levels high. I mean I travel so much this is a very important piece. I want my cells to be healthy and my brain to be high functioning, all that good stuff. Awesome. Well thanks again for being here with us. You look like the picture of health. You like quite vital yourself and I'm glad my travels join your travels sometimes. So hopefully more of those together.

Dr. Marcelle Pick: I'm ready.

Dr. Robyn Benson: Wohoo! Okay. Well, thank you everyone for joining us with Dr. Marcelle Pick today with lots of incredible information for diet, how to balance your hormones, is a solution to your health challenges with travel. So have a good night everyone and we look forward to the continuation of the Healthy Travelers Summit.

Kevin Snow:

Thank you.