

Radical Remedy - Season 2 Teaser Transcript

0:00:01 - Chloe

Hey guys, it's Dr Chloe and you're listening to the Radical Remedy podcast. So today I'm here with a couple of very exciting announcements, and first things first, the podcast is officially back in action. Season two will drop any day now. So please, please, please, make sure that you are subscribed to the podcast, please consider sharing with any of your friends and if you haven't left us a rating or a comment yet, please consider doing so. It truly means the world to me. I do consider myself quite a good doctor, but I don't know very much when it comes to marketing, so I'm really counting on you guys to help me spread the word so that we can continue to grow the podcast and get fantastic guests, so we can continue to learn and grow together. So again, I'm thrilled you're going to have so many good episodes coming up, some about sleep, some about special needs, parenting, mindset, and integrative health. It's just. It's really, really exciting. That also leads me to my second big announcement, which is that I have been working on a secret project for the past couple of years and it's finally just about ready to launch. So I'm launching a new company called Noxi Herbs, and it is a women's line that is actually modular.

So I came up with this system a couple of years ago when I was looking at a study about women's health and how our hormones fluctuate not only throughout the course of a month but throughout the seasons of our lives. Right, and Chinese herbs and Chinese medicine does such an incredible job of honoring that. So, as a doctor of Chinese medicine, if I was working with you on fertility or PCOS or really any hormone-based challenge, I would give you a different formula for the first half of the month and a different one for the second half of the month, or I might tailor the formula specifically to you. You might have a different formula even every week of the month. It totally depends on what you have going on. But Western medicine doesn't have anything like that, and nor do any of the supplement companies out there. So if you know anything about me, I am a stubborn ass motherfucker, and so I came up with this modular system. Let me tell you it has been so complicated. I've been banging my head against the wall trying to make sure that every detail is perfect, because it is really so much more dynamic of a system than anything that I've ever seen before, and I keep having to remind myself that it's so much harder because nobody's ever done it before. So, that being said, we are weeks away from launching and I'm going to be dropping a lot more information about women's health and getting some more guests who are going to talk about women's health. Because, really, as a mom, as a almost 41-year-old, as a single mom of a child with special needs, as a solo entrepreneur, I know how stressful life is.

I also know how isolating it is as a woman and as a mom, and it's really so exciting for me to get to step into the space and be able to support women more, because I hear from you guys day in and day out about the struggles that you're having as well. So it might not look the same as mine, but I think a lot of it feels the same, because we're all feeling unseen and unappreciated and isolated, and maybe that's just the people who are reaching out to me, but I feel like that's a pretty underlying theme when it comes to women and I really believe in the power of herbal medicine in order to start supporting our bodies and our minds and our souls, so that we can show up as the best, most embodied versions of ourselves and our souls, so that we can show up as the best, most embodied versions of ourselves. I'm also, again, as a 41-year-old, really passionate about making sure that my menopause journey in a couple of years is as easy as possible, and all the research that I've seen shows that the better you do in perimenopause in terms of balancing your hormones, the less you're going to have to manage some of those horrific symptoms that we see in menopause down the line. I'm really excited and I'm hoping you guys will check that out. Also. Once it launches, I will let you know and, again, we'll have much more information on it as it comes out. But that's what's been going on over here.

It's also been a bit of a tricky year with Remy and a very difficult year for Radical Roots, but we are excited to be in summer break and working through it, and Remy is getting stem cells next week, so I will keep you guys all posted on that. Also, I think I'm going to have the doctor on the podcast as well so we can get him to answer all the questions, and I will definitely keep you updated on how he responds to it, because I'm personally very curious. My philosophy with Rem is always if there's something safe and effective that could potentially really move the needle for him, or even slightly move the needle for him. We give it a try and we see what happens. So I rarely have any expectations for what's going to happen, particularly with stem cells, but I do obviously believe that it's something that's really powerful and could potentially really support him and his development. Again, I will keep you guys posted.

Please let me know if there are any guests or topics that you would like me to dive into. I'm always eager to hear more from you guys, so reach out. You can reach me at chloeatradicalrootsherbs.com or any of the other emails that you can find on the website. I have 700 email addresses on my phone, so I am here and always happy to hear from you. All right, I'm going to stop rambling and wish you a wonderful day, and I cannot wait for you guys to hear the new episodes coming out soon. All right, take care. Thank you all. So so so much for your support.