

Ep 155 V1 Dr Vonda Wright

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SPEAKERS

Jen Marples, Dr. Vonda Wright

Jen Marples 00:10

Hello and welcome to the Jen Marples Show. I'm your host Jen Marples, founder of the Jen Marples agency mentor to women worldwide and your number one champion cheerleader dedicated to helping you embrace and rock midlife. The Jen Marple show has one goal to empower you so you can go out and power the world. So each week I'll bring you conversations with incredible women who will inspire us, educate us and motivate us to live our best lives. I also pop on solo to share my best advice tips and tools to help you unapologetically go for your midlife dreams, embrace your age and become unstoppable. If you are looking for a change ready to uplevel your life and business or pivot into something new, then this is the show for you. And know this you're not too fucking old to step into the midlife spotlight and claim all that you desire. It's your time to shine and I am so glad you're here. Hello everyone. Today I have a fabulous guest and her name is Dr. Vonda, right. So if you're not already following her on the interwebs and on Instagram in particular, you're going to definitely be running to do that once we wrap up this interview. Today we are talking about longevity, muscle mass or bone health. Dr. Vana likes to say like if we are frail like we've got nothing so this is the gonna be the anti frailty podcast you need to listen to. But before I bring her I'm just gonna read a bit of her shiny credentials to you. So Dr. Wright is a practicing double board certified orthopedic sports surgeon. She is an author, a speaker, a researcher and an innovator whose work stands at the intersection of longevity, women's health and performance. She is widely recognized for her leadership, and she is a frequent media and conference experts. And her innovative science based approach is changing the lives of millions of mid life women, she practices in Florida, and she is the founder and CEO of precision longevity. So everything she's doing basically ladies is to help us be strong to help us not break down to help us be strong and mid life. And I saw that post you wrote Dr. rag just about how even you weren't able to like lift up a patient and how we really just need to be really focused on strength, bone health, muscle mass, and we're gonna get into all of that. So with all of that though, welcome to the show. And I'm just so happy that you're here.

Dr. Vonda Wright 02:48

Thanks for finally meet you.

Jen Marples 02:50

I know we were just talking everyone before we got on that there's a lot of women in the men Oh verse and this midlife world and Dr. Wright is one of them when we realized we hadn't met each other yet. So this is really like the reason I do the podcast is just to meet fabulous women. And just to talk I bring on the most amazing guests listeners, as you know, so we can get powered up to go out and do all the things that we've got to do. I want to ask you my first question, which is why you're so passionate about helping midlife women. My

Dr. Vonda Wright 03:21

bio includes my orthopedic history. But if you really want to know the real scoop and go way back, we were talking about Chicago earlier, when I came out of college in Chicago, there was a desperate shortage of nurses like there is now and so right after college, I went directly into grad school and got another bachelor's and have another Master's in cancer nursing. And this was in the very early 90s. I immediately when I got done with that education went and started taking care of women who were in the greatest battle of their lives. By and large, they were all midlife women. And at the time, cancer care was mostly administered in the hospital, they would come in one week for a month for six months. And so you can only envision the kinds of relate the clinical relationships you build when you're that close for six months. So I'm standing beside them in the fight of their life, and I'm only 23 years old. So I'm still formulating who I am and what I want to be and what who I want to serve. Jen, you cannot imagine the lifetime of influence it had on me to see women in the throes of the biggest battle of their life, trying to get back to who they are. Right. And this is a theme I'm gonna I'll tell you a little bit as we start talking about frailty how it comes full circle, but here women like you and me, taking care of everybody else, and now needing somebody to take care of them. So at 23 it made this huge influence on me and then fast forward a couple decades when I was already through my orthopedic training, I was doing sports and taking care of big teams. I came across the data which is now calm, and that women make 80% of all the health care decisions for themselves and everyone they touch, not only our own children, but our neighbors, children, the people we work with. And I thought, oh my god, the women that I take care of do not understand the power we hold for good. So I started this little bitty nonprofit called Women's Health conversations and we started throwing live events for women. And I bring in all kinds of people like you very mediagenic very full of knowledge and lots of doctors. And we would educate, empower, sometimes entertain women, so that they came into the power that we exercise every day, which is, by and large, that of a caretaker. You know, you didn't ask me to get excited, but see what happens to me when I think about where my knowledge that women were powerful came from, and then understanding in my own adulthood, that we do it, but we don't get it, we do it. But we don't know how powerful we are. That's why I'm so passionate. I think we're such good for this world. We do so much for everyone. And sometimes we don't know what we're capable of. And so I just like to tell people how powerful they are and equip them to do it.

Jen Marples 06:27

I love that and you are bringing up a couple of different things from me my listeners know that my mother had a heart attack was Super Bowl Sunday. Wow. And it's to your point of my dad had been sick all last year had taken on all sorts of the care my sister was helping but just she's very stoic and that you know, just typical, like, just keep, you know, putting yourself last putting yourself last and I was kind of noticing the stress at the holiday time. And, and sure enough, and thankfully, she's fine. They cleared on our arteries. And she's good. She was her wake up call. But that was just you know, but one small

example of, okay, this happens when we don't take care of ourselves. She's 78. She's now thinking, Okay, let me read double down on exercise and eating right. So we're going to talk today about we're not we don't want to wait till we are in our 70s. To do that. We want to we want to triple down on all of that now. So thankfully, you're doing all that you're doing. And I'm glad you're passionate about women. So mice, you're on the right podcast. But I really want to dig in with you today. On this whole you mentioned like being frail. Yeah, just tell us what does longevity really mean? Or I guess put it another way, like why should we really care about longevity right now in our 40s and 50s. And beyond. Listen

Dr. Vonda Wright 07:42

to this, Jen. I was listening to some podcasts, I can't even remember who it was. And the person commented, and it's like a light went off. For men in the in the research, I do the musculoskeletal longevity research. And in society in general, the men whom I love, I love man, I'm married to a man I love these people. However, these people are talking about their health in terms of longevity. Women have been fed the lie that our future is all about anti aging going backwards. You rarely until you're now talking about it. I'm talking about it every single day about the longevity of a woman. So part of the conversation for me is reframing what we're talking about if I see one more anti aging thing, those marketers are so out of touch with what strong, powerful midlife women are about. Because I'm not afraid of aging. I openly state my age and probably because I can do whatever I want to do when I want to do it because I work at it. Right? So that's the framework, we're going to shift the conversation to longevity. But in doing that, longevity can mean a couple of things. And I'll tell you the way I'm interested in it. There are longevity science, who believes aging is a disease and that we should be living to 150 or indefinitely or without any death at all. Well, that's one way to look at longevity, just sheer number of years. But here's data that hour since the turn of the century, the 1900s when men live to 40. And frankly, we don't know how long women live because they didn't keep any data on that. I know so men live to 40. Through workplace safety vaccinations, modern medicine, the life expectancy of men is around 79 and decreasing. It was 76.4 last year, and women it's around 79 to 80 on average. Now we know lots of people we've lived longer and less but so 80 ish, let's say life expectancy is 80 ish. That is not our health expectancy. That is not how long we're healthy. data show that our health expectancy our health span. Meaning when the ravages of chronic disease rear their ugly heads whether we've had the diagnosis before, it really gets serious at about 62. So let's do the math 60 To 8060 to 80. What happens in this 20 years, if we rely on our youth to carry us into our old age, what happens is we go from vitality, down some slippery slope to frailty, which I will define for you. But I don't believe that has to be that way. I believe that with interventions that changes at the very genetic level, we can be healthy, vital, active, joyful, and frankly, Jen, we have the most amazing example of the way I want to die, which is Queen Elizabeth on a Tuesday at 97. She met with the Prime Minister of her country. And on Thursday, she simply went to sleep and didn't wake up. I don't know if I get to choose, that's a good way to do it and not die for 20 years, or go to the doctor three times a week for 20 years, right? So when I talk about longevity, I'm talking about living old enough to do what we want to do. But I really talking about living well enough to do everything we want to do and that my friend takes work. And maybe that's a four letter word.

Jen Marples 11:26

Yeah, that just made me think of something else I just read. Now you talk about this of our life expectancy is more than the man's, but then our health declines and decreases. And there's that quality

of life. And I'm just a firm believer, like, the glass is half full. So we do everything. And I'm 54 I look in the mirror and unlike or whatever, like I'm gonna go do a handstand and yoga, like, there's nothing stopping me from anything, because that's just my attitude, started 20 businesses, you know, whatever. Because, you know, we can, like you said, like, we can do whatever we want. But I think it's good for everyone to hear kind of that, that little bit of that shock and awe factor, if we don't take care of ourselves now and put in the time now. It's really about this quality of life. And I think we can all safely say like, we don't want to be like our parents generation of the, it's not if you're going to be taking pills, it's how many pills are in the cabinet, I look at all my dad's things. And I'm like, Dad, you could eat less carbs, and maybe, you know, eat some more protein, all this stuff, right? But that's just what's been sold to us, right as a society that you're going to be old, decrepit, have at pill bottles, and something you had said to I watched one of your Instagram lives, I think or one of your videos saying that. Also, it's very expensive. For us to be old. If we're unwell. Can you talk a little bit about that,

Dr. Vonda Wright 12:47

you'll use up your life savings. I mean, healthcare is incredibly expensive, unless you choose the right Medicare Part, whatever part B, it doesn't cover prescriptions. So I mean, imagine just taking three pills a month, how much of your savings versus I think what you're referring to I had priced out, on average, although the price can be much higher than this, it cost, I don't know, \$6,000 a month to live in a nursing home. It's absorbent, right? Who has that kind of money. And if you have money flowing everywhere, you're probably not gonna end up in a nursing home, you're gonna end up in your own house with nurses. But so it's expensive to get to be aged, without your health, not only financially, but it's expensive from an emotional from a family standpoint from so what do we do about it? I don't want to be Debbie Downer.

Jen Marples 13:40

I know. I just I think I'm glad we went down. But we're all going to be up. But I just think there's like that little bit of that shock factor. Because it's kind of like that, you know, telling my son don't drive fast, because you'll get into an accident. Well, his frontal lobe isn't fully formed. It's kind of like telling us we feel great now like, oh, but it's really important to know where we can be if we don't do all the things you're gonna tell us to do. So what is sort of your top recommendation is for women in midlife right now, to become strong. Yes.

Dr. Vonda Wright 14:14

And I'm going to tell you that before I go right there, I want to say what is our goal? What is the goal of what I'm about to say to you? It is longevity, health, longevity, and power, power is strength over time. If I want to be strong enough to not fall down in my own kitchen and break my hip, and therefore 50% will not live by themselves again and a third will die right? If I want to be strong enough to go take a walk by myself, go to the grocery store, go get my hair done, visit my kids when I want. What does that take? That takes power, a lot of muscle fibers firing out once repeatedly and that takes lifting heavy if you have no time. I have four or five things that are a lifestyle that become not hard when you just watch how I live, right? If you're starting out and you only have one hour, and you're like this woman is telling me to do too many things, how many? One thing is to go lift heavy, we must lift weights, we must put down the mamby pamby pink weights and lift, as as heavy as our bones will let us because in doing that, and I'll define heavy in a minute, in doing that, we will stimulate muscle protein synthesis, we're

going to make more muscle, we're going to rejuvenate our muscle stem cells, we're going to build better bone, right? muscle contraction, causes transcription, which means the making of a protein that goes to our brain and makes us more resilient, there's almost nothing that muscle will not contribute to. So if you have one hour, you go start lifting weights. And if you've never done it before, now's the time to put off buying the new thing that you want, maybe the shoes with the red soles or the hot bag. I'm as guilty as everybody else. But maybe we postpone that or postpone our \$7.18 a day drink at Starbucks also guilty and invest in some training, right, you're learning a new skill, hire a trainer to teach you so you don't get hurt. And then you're going to lift. If you have two things to do, then you're going to lift three or four days a week, and you're going to walk at a low heart rate every day. And twice a week, you're going to sprint. Now that word sprint scares people, but what it just means is your maximum effort. So let me give you examples in real numbers of those two things. When I say lift heavy, it means that in four basic compound motions, meaning push with your arms, pull with your arms, benchpress pull ups, pull with your legs, push with your legs, squats, deadlifts, there are hundreds of varieties of the things I want you to do for reps, four sets, not 20 reps of the lightest thing you can possibly do that has its place for mobility. But if we're trying to build muscle and be strong, we must lift heavy. So let's give you an example for my arms. biceps curls is not a compound lift. But if I were biceps curling, I could biceps curl 15 pounds until tomorrow morning. But I can only biceps curl 25 pounds four times before I'm hauling my whole back into it right. But in working to exhaustion like this, we're helping to build muscle, you must feed the muscle building process by eating enough protein, which I think is one gram per ideal pound a day. And we can talk about how to get that much in. So that's my muscle example. My sprinting example because that word scares people, your maximum effort example is when I'm doing base training, meaning lower heart rate training where I'm building metabolic efficiency. My treadmill incline is at four and you can do this with anything walking outside bike, treadmill stairclimber, it's about your heart rate. But for me incline of four and speed of four. And I'm just going along for 45 minutes breaking a little sweat towards the end. When I'm sprinting, I punch it up to 11 I go as fast as my little legs can carry me and I try not to fly off the end of the treadmill because I'm an I'm a short person I'm only fight for that sprinting to me I don't look like Richardson, this amazing woman, a sprinter or Usain Bolt. I look like Vonda right trying to go as fast as she can. But in doing that, that is critical for muscle stem cell rejuvenation. And here's the bonus round for me. And for the women I work with lifting heavy based training and sprinting totally re composed my body because I like everybody else. Despite being an athlete my whole life. I gained the 30 pounds when estrogen walked out the door. And I hadn't changed anything and I was pissed off. So I had to find a different way to work. And so it was lifting heavy based training and sprinting. It didn't just go away. I built a pounds of muscle I lost 12% body fat and overall lost weight. But it wasn't by dieting, and it wasn't by starvation. It was by building muscle eating enough protein and exercising and base training. All of those things I've just said, are a lifestyle that we should start. As soon as people get off listening to this podcast because it doesn't start. It can start when we're 70 Ah, there's no time when your body wouldn't respond to it. But ideally, Jen, I would like I told you, I have a 35 year old, I call them my bonus children, bonus son, my husband, son. I'd like these behaviors to start for women between 35 and 45. Because I call that the critical decade to get your proverbial Shi T together, because you still have enough estrogen. You still have all that wonderful hormone to get all these habits in place to get your metabolism responding to weightlifting, because I'm going to tell you the truth. It is harder when estrogen walks out the door. It was harder, it's my menopause day. It's February 22. On my 51st birthday, just because I know that I had my last period on my 50th birthday, it becomes very hard. So I suggest now young women, millennial women,

Jen Marples 20:56

you brought up a couple of different things I was thinking of. So one is I know that I talked to so many women and I think we were all especially you know, our age group, midlife. Gen X. We were solidly in the aerobics Diet Coke era. Yeah, working out more starving ourselves and all of that. So I feel like a lot of women are going to be like, Oh my God, I've got to live because we were told if we lift heavy, then that makes us big and bulky. Never will be unless you want to be and that we're supposed to eat more versus less. And most people probably aren't eating enough. I know, when I was evaluating my own stuff, and I get busy working, I'm the worst. I'll be like, Oh, my God, I have a need or I got one protein shake today. It's it's hard to get it. It's hard to get it all in. So it's really a mindset shift for us. So it's not the what we did in our 20s and 30s. Have you stopped, I don't know eating chocolate and you ran five miles a day you dropped by what you just look great. Because you could. Yeah, and so now what you're saying is it really takes time and effort and planning to feel good now is also to then help us live these amazing, strong, healthy, older lives.

Dr. Vonda Wright 22:10

I think we should put as much time to this as say you and I are devoting to our children's college tours, which we were just talking about, right? You've had that plan forever, you know, all the stops, you know how you're getting to each stop, I wrote a book called guide to thrive, which was basically how to write a business plan for your health, because we plan everything except our health. And that's the kind of planning and execution that it takes to get us where we're going. I

Jen Marples 22:38

know for me, for everyone listening, I have a hack. And I've told people about this, I have my exercises planned out in his own color code on my Outlook calendar, and so on. I've done this for years, I've been on the phone with clients, and I got a hard stop at 915. I'm walking into a class, I think we it's really shifting and putting ourselves first. And so we got to put ourselves first. And that means putting our health first and making that a priority. So I'm so glad we're having this conversation. You mentioned the protein. You said planning the like a gram of protein per like what you want to weigh. Yeah,

Dr. Vonda Wright 23:15

you know, BMI is not that great of a way to tell how much you should weigh, but it gives us an idea. So that's why I say Ideal Weight ideally. So a gram per pound. If we're lifting like we're talking about you need to feed that. And it also goes to the traditional way, and you just mentioned that Gen Xers like us were taught to lose weight is we just starved ourselves. Well, here's what happens when you do that. The weight you lose is half muscle and half fat, right? So I please superstar models don't be mad at me. I'm just giving the example of I was sent for some reason I had a business relationship with Mercedes. And they sent me to New York Fashion Week, I don't know 15 years ago, and I was so out of my element. That's not me. But I saw lots and lots and lots of thin people whom we emulate on the covers of magazines. But there is a phenomenon well described in the literature, medical literature, that in common culture is called skinny fat. You can be skinny, but when you look at a body composition, you're more than 50% fat and okay, fine, you look great and stuff. But what's the downside of that? You don't have enough muscles to do the activities you need to do or to age in the way we need to you don't have that base. You are not building better bone Jen. I've had 28 year olds with osteoporosis at this

point. When I talk about eat enough protein to support what you're doing. It's not to try to make people's lives hard. You just need to feed the mother So you're trying to build. So how do you get in that much, I tried to get 130 grams of protein a day between 131 20 and 130. Well, the easiest way is to get a free app, I use my macros my macros plus, and I just started plugging in what I was eating, oh, a cup of egg whites, oh, half of avocado, a whole a cup of beans. Or, Oh, I'm eating a chicken breasts the size of my hand, well, you quickly start memorizing grams of protein and you don't have to do it anymore. In the morning, I eat a cup of egg whites cooked in an omelet with some feta cheese and lots of spinach. And that's 25 grams, around 10 o'clock I supplement with protein I like I'm drinking Mind Body greens right now. I have no affiliation with them. But it tastes good. 2025 more grams of protein at lunch, I eat my 40 grand chicken breasts that's about the size of my head, and it starts to add up. But you have to do it consistently. Or else what we do is we eat our own muscle for fuel, we just break down. If we're doing lots of cardio, not a lot of lifting, and we're not feeling ourselves, we just start breaking down. You may made

Jen Marples 26:12

me think of something kind of going back to our earlier chat just about how women will planning the college tour you'll you'll get the baseball coach, you'll do all you'll do all that will do all these things for our kids. But then we'll balk at spending the money on say your trainer or wanting to buy organic chicken or even putting just putting the time into the calendar to do things. And it's really truly so important that we do that. Because when you said like you're eating your own muscle, I'm just like, if we constantly are putting ourselves last and we're not eating right, and we're not doing the exercise we need to be doing and not making that top of mind. It's just not going to get done. So it's really just this is like a rallying cry everyone to make this a priority and make it easy, right? So there's probably ways to, to kind of hack this and make it easy if it's a meal prep, or whatever it is. We've kind of all heard all that. But to really make this a priority. I want to ask you this question. So I don't forget, because you had mentioned something as I was digging into all your videos of the impact on lifting heavy on our mind. So like on anxiety and depression and how there's this correlation, because everything hits right now at this middle life, right. So it's hard charging with work and the kids and the this and the aging parents and dealing with their own bodies. And I know and also from personal experience that my anxiety sort of shot up. So I'm curious to know, can lifting weights help us with anxiety and depression?

Dr. Vonda Wright 27:44

Many, many studies show that exercise, whether it's lifting weights or whether it's more cardio in nature have a profound effect on the brain. In fact, two things that I'm very interested in is a protein called gallon. gallon is a protein that is made when you can track skeletal muscle it goes to your brain and works. And I always mispronounce this on a part called the I'm just going to call it the Cyrillus Cyrillus. Longest it's somebody's going to correct this in your notes. But what it does is helps your brain become more resilient. That's number one. Number two, everybody already knows that when you break a sweat, you work hard. That endorphins you produce gives you a buzz like one Prozac. All day, it acts like the same mental boost as a Prozac. But there is lots of data that exercise stimulates the production of something called Brain neurogenic growth factor. We're building better brains, we're building more neurons in there. Lots of proteins are stimulated to be made when we're simply contracting skeletal muscle. There is no downside to it. Plus, it makes you feel better. It gives you that boost of Oh, such a badass I just lifted whatever whatever. When

Jen Marples 29:07

you said it makes you feel like a badass I had gone I'm trying to you know get out of my my zone. We're all in our zones that we do we have to push ourselves to. I do a lot of yoga, adding weights when I'm adding sculpt classes and I'm going to the kids have put together sort of a home gym. I have the weights. I have no excuse. I have a teen son who's like making gains. Yes. We're doing deadlifts today, Honey, where are we doing? We got all the protein shakes. We got all this stuff. But I remember there's just one trainer around here and she's really great. She's midlife. She's like yells at the top of her lungs, you've got to lift heavy she's like the sculpt class is great but you got to come to my gym that I manage and like lift heavy. So I did this class with her and I felt different after that class than I felt going to some my other yoga classes because this was I was lifting heavy to failure. Dying couldn't see straight slightly was hate Seeing her, but I left and I felt even more than elevated feeling that I normally get to set a regular exercise class or take, you know, just going on a walk. And see, I guess it's that badass. But that's why I was asking you about the brain because I feel like there was some correlation to just maybe it's also doing different things and like using different circuits in your brain because it's not everything's just rote. Like if you just keep doing the same exercises, going to the same yoga class, it's gonna get boring, it's not going to feel like you've done anything exciting.

Dr. Vonda Wright 30:31

And talk about sculpting. I don't know what kind of protocol if you will, routine that sculpting class has, but for me in the women I work with nothing makes us look leaner and more sculpted than lifting heavy faster than it's ever happened for me before. And, you know, I think we're all trying to avoid the chicken arm thing. And it's not possible for that to stay around. If you're lifting heavy, you're building so much muscle. So I just think it's underrated. We don't have to be afraid of it.

Jen Marples 31:02

I think we have our marching orders, ladies, we've got to lift heavy and we've got to increase our protein. I have a question for you. Because as I was again, digging around and getting into I love all the technical stuff and we could talk for five hours probably. But you mentioned something on one of your videos. It was called musculoskeletal syndrome of menopause. I wanted to ask you about that because we all know I've had other doctors on we've talked about sort of symptoms of menopause, but I've never heard and treatments but I've never heard of this sort of overall discomfort and pain related to being in menopause. Can you explain that?

Dr. Vonda Wright 31:42

I sure can. So the term the nomenclature musculoskeletal syndrome of menopause. You may not have heard that because I made it up and now I'm publicizing it but here's what it is. Estrogen works on everything. We know it works on our brain Lisa Moscow nice work we know it works on our hearts. We know it works on every organ in our body. Why wouldn't it work on our musculoskeletal system and lo and behold, the six ways estrogen walking out the door affects our musculoskeletal system in 80% of all midlife women is number one. Total Body aches. This was a huge problem for me before I started on estrogen and cut out sugar. My whole body heard you don't know why you haven't been hurt. Sometimes you're diagnosed with fibromyalgia and it's not that at all. It's really your Peri menopausal and nobody knows what to call it. So total body aches is called Ultra arthralgia. The reason we get that

is because estrogen is a huge anti inflammatory. So without that powerful anti inflammatory, we just become hot and read inside and it feels like pain. So arthralgia number one number two, we lose our bone density, estrogen is critical for the maintenance of the balance of bone buildings. So here's what I want people to understand. in midlife, we can still build bone. But because estrogen has walked out the door, the cell that breaks down bone, the osteo class to the OSI osteo class is uninhibited. Normally estrogen dampers it down. So the building cell the blast and the class are about similar. Well, the class gets out of control when there's no estrogen to damp it down. So we break down more bone. That's what's happening. So in between perimenopause and menopause, we will lose two to 3% a year so that without even knowing it, you've lost 10 to 20% of your bone density. And many women do not lay down enough bone as young women anyway, so we're starting behind so number one, arthralgia. Number two loss of bone density. Number three, without estrogen we have an increased speed of muscle loss. There is a phenomenon with just simple aging called sarcopenia. We just start to lose muscle without estrogen that ramps up. So that's number three. Number four is our cartilage, which is the lining of our joints is unprotected cartilage is a matrix like a sponge, and estrogen protects that matrix. Men before 50 Have more arthritis than women. After 50 When estrogen leaves women have more arthritis than men, because our cartilage can't hold us anymore. So talk about leading to disability and future surgery and lots of pain. And then the final category two categories that I put under musculoskeletal syndrome of menopause. Not only do we come get inflamed and we have arthralgia, we get inflamed all over the place. And people show up with things like frozen shoulder, which is a huge topic all over the place. Now you did nothing, you did not bang into the dresser. But your shoulder is so painful, it won't move. And you can't hook your bra like overnight. That is the inflammation that goes along with this. And then finally, we have redistribution of our fat from our periphery to surrounding our organs, which is the belly fat everybody hates. So those six things are the musculoskeletal syndrome of menopause. And 80% of women will experience these problems, and 25% of us will be devastated by it. And they are one of the leading causes of frailty. And so we got to get in front of it. And we got to start as soon as we find out about it.

Jen Marples 35:53

We've talked about hormone therapy on the show. I mean, I'm on a patch, and it's been life changing. I was on it that often because I thought it was it made me feel funky. I was probably on it too soon. It was like right after I'd gone off the pill and never had a period. Again, everyone's heard me talk about this. But that was it was life changing. I felt like some of those aches and pains you talked about went away, I had horrible brain fog I couldn't focus on like, I don't even know if I can work again at 20,000 sticky notes. And I felt like I was going crazy. So there's those benefits. I'm just also thinking about the women who maybe can't take hormones or they don't want to. I'm assuming if they do everything we sort of talked about at least try to mitigate everything that that's going to offer some relief, is there anything else that they could be doing? Well, I don't

Dr. Vonda Wright 36:38

want women who cannot or decide not to take estrogen to think that they're out of the club. The fact of the matter is that everything we've talked about lifting weights, jump, we haven't talked about this jumping up and down to impact your bones, protein diet, getting enough sleep, maintaining amazing friendships are all the lifestyle ways that we can profoundly impact our health. Because here's the thing. Estrogen is a magic patch. But it's not a magic pill, it doesn't take care of everything. It's not the only

thing you have to do. If you take that you still aren't going to grow more muscle, you're still not going to lose the fat you hate. But what it will do, if you can, it will maintain your brain, your bones, your muscle. So I take estrogen as my elixir of longevity. But if you cannot or do not want to your elixir of longevity is the hard work that I just talked about, because you can do it and many women do. Okay, great.

Jen Marples 37:42

Oh, well what are the men have to deal with? By the way? Doctor, right? Like what do they have to deal with? My husband washes his face with bar soap like, come on, like what?

Dr. Vonda Wright 37:53

Well, men have 29 medications for erectile dysfunction. I don't know. They seem to be pretty well covered, frankly.

Jen Marples 38:02

I know I know. prostates i Yeah, that's that's a whole other podcast episode of How Women's Health hasn't been looked at like men's health. I mean, we'll we'll save it. You guys have all heard it. We'll save that for another time. So I know I have you just for a little bit more time. So I want to ask you just kind of flip and ask a couple of different questions. What do you think the best thing is about being in midlife? We've talked about like our challenges and the hormones and all of this, but I know what my answers are as I'm curious to hear what you think the best thing is about being in midlife.

Dr. Vonda Wright 38:35

Oh my gosh, I love this time of life. Right. And I did a little calculation. I just had a birthday in February. And I've decided I had my first adulthood right i I'm 57 I want to live to at least 97. My first 40 years were marriage and children and getting my degrees and grinding away at work. It was lots of hard adulting. And now I get here. And I get to enjoy the fruits of my hard work. I get to be I have three words I love about this. I I love being ageless, like I talk about my age all the time. But frankly, I don't care. Because I'm going to always work to get to do what I want to do when I want to do it. So ageless means nothing authentic. Jen, I get to be whoever I want to be, which is me. And any time I had just posted something today that Sara Blakely had put up about not dimming your light because other people are intimidated by your light and I'm going to tell you for sure. I have always been a high capacity person. I could always do 20 things at once. I could always show up in a surgical mask with heels and lipstick, but I'm going to tell you that the response from other people to that shininess made me not I want to be shiny and not want to tell people about my capacity. At this age. I get to be authentically me and unabashedly, just do what I want. And I'm capable of doing that's new for me. And then I love that we are all like making people scratch their heads like we're indefinable. Like, aren't you supposed to be some way? Because isn't that the way women get? And we're like, yeah, no, not for me. Maybe for that person, not for it, maybe for many, but so authentic, ageless, indefinable. I just love it. And you know, I have, I was never in a sorority, and I've had a tight group of really close girlfriends, but I have more meaningful female relationships now than I ever have in my whole life. Because I just don't find maybe I don't find me and girls now. Or maybe I'm just so intolerant. I wouldn't spend two and a half minutes in that arena. But it's beautiful. You're

Jen Marples 41:02

not the first and last person to say that. And I have said those exact words. These past couple years, I have made the most incredible friendships and that the most amazing women. And I think it's all to everything you just said, it's like not giving a shit. Finally standing up, because all of us, I'm highcapacity, like you people said, You're doing too much. And like, what's too much I can add? That's my capacity. I'm glad you said that. My personal capacity is a lot. And I realized, like, how do you do it all? Like, I just do it? If I love it, you know, do it. You know, we've all had people try to dim our lights, if it's if it's a workplace situation, parents, friends, people, we're going to try that. And that's what I work with women on now. And they're just like, trying to get them out there and promote their businesses and all that people are gonna recoil but also people are going to be drawn to you. Which brings me to your only meeting amazing women because that's that vibration. You're vibrating at?

Dr. Vonda Wright 41:54

Yeah, good. Thought I had thought of that. But you're right.

Jen Marples 41:57

That's who you're attracting. Because people know like, Oh, you've got a forcefield around you like you're not going to deal with the BS. Because if you only expect to meet amazing women, that's all you're gonna meet. Yeah, if someone comes in, they're going to kind of quickly go away. So I just wanted to say

Dr. Vonda Wright 42:14

good coaching. I love that. Thank you.

Jen Marples 42:16

But it's like I've said this before. It's like if you if you like red cars all the sudden now you're gonna see a red car. So if you're just like, Oh my God, there's so many freakin amazing women. Oh, boom, they're just all around here. Yeah, I'm so thankful and it's what you attract. So every guest finishes this sentence. Okay, as we wrap up, so I'm not too fucking old too.

Dr. Vonda Wright 42:39

I'm not too fucking old to go do multiple Spartan Races every

Jen Marples 42:43

year. Ooh, are you a Spartan runner.

Dr. Vonda Wright 42:46

I'm a Spartan Stadium runner, which means that Spartan holds their races that kinda I do in legendary arenas like Fenway, or in the Buccaneers, or in the bears in Soldier Field. And you get to go do obstacles and run 3.2 miles and be a badass midlife woman. I know talk about feeling good when you're done. Yeah. Why? This?

Jen Marples 43:18

I just got like a chill, because there's nothing we can do. There's nothing we can't do. They want to learn how to ski you want to do Spartan Races you want to do like moguls like salsa dancing,

horseback riding, you know handstands in yoga kick those 18 year old acids we get the dough at all. There's nothing stopping us but us so I'm so glad we're ending on this note because oh, I just the reason I started doing all this years ago was because some woman said in the yoga bathroom like I'm just gonna give up and maybe she was like 60 and it just I something came out of me. I couldn't control myself and I just said what?

Dr. Vonda Wright 43:52

can't give up? Why would you?

Jen Marples 43:56

No way. No, there's no giving up. There's only going forward and conquering everything we want to conquer. Oh my god, it has been so amazing talking to you. This has been so great. So where can everybody find you buy your books, get more information and get into your world doctor right?

Dr. Vonda Wright 44:11

So if you're not there already, I primarily communicate through Instagram I can only be so many places. But a lot of amazing people are in that journey with me. So Dr. Vonda right, Dr. Vonda, right. If you want to learn how to do all these things that I've just talked about, I hold retreats, small retreats for groups of women. We do biomarker testing we teach you to lift heavy we build amazing community and I'm having one in May called the midlife mastery retreats. So I know and so there's a website, midlife mastery, retreat.com go. I love it. I know you should come you'll have fun. Oh

Jen Marples 44:54

my gosh, I'm gonna have to get 20 retreats and they're gonna link all of that in the show notes for you guys. So come hang out with both of us on Instagram because it's fun. Women supporting women, women wanting to thrive live till minimum 97 If not beyond, and we're going to do it in style we're going to have we're going to do whatever the F we want. Let's just Let's just face it. Let's end it there. What has been such a treat chatting with you today really appreciate you being on the show. Thanks for having me.