



Episode 11 | Mindful Motherhood with Dr. Katie Wood

Struggling with infertility and don't know why? Not getting the answers you want from your OB/GYN? Or maybe you're not quite ready for children, but want to know how you can prepare your body for fertility down the road? On this episode of Woman Problems, Period. we had the opportunity to dive into these great topics with Dr. Katie Wood, PharmD, INHC.

Topics Covered:

- (0:00) Intro to episode & Katie's Bio
- (1:17) OvaryActing: My PMS Problem Packs
- (1:51) Woman Problem you're most passionate about
- (6:26) Katie's Story & Services
- (18:13) Functional Fertility Recommendations
- (25:08) Birth Control
- (30:18) Having a Pharmacy Background
- (35:19) Words of Encouragement for Women
- (37:53) Wrap-up & Contact Info

Katie's Bio: Dr. Katie Wood is a mother, Pharmacist, and Integrative Fertility Coach. She is the founder and CEO of Pharm to Wellness LLC and the brands Happy Nourished Motherhood and The Feminine Formula. Katie helps women over 30 to nourish their mind & body for optimal fertility health so they can consciously and confidently conceive with ease. Katie comes with a decade of experience as a retail pharmacist and in the alternative medicine space, this background in conventional medicine is what first piqued her awareness that people need more intimate coaching toward health and vitality. After experiencing a lack of support and education throughout her fertility and pregnancy journey, she became determined to advocate for women's health. Katie is passionate about supporting and empowering women on their fertility and pregnancy transition into motherhood using her calm, gentle guidance and taking a holistic approach focusing on nutrition, lifestyle, and mind-body connection.

LAUNCH of OvaryActing: My PMS Problem Packs JULY 1st on myfunctionalpharmacist.com

On this episode, we're also celebrating our announcement of OvaryActing: My PMS Problem Packs coming JULY 1st to our website to order. For those of you who missed our announcement on the last episode, we are launching a line of professional-grade supplements that we've thoroughly researched and placed into convenient dose packs to help make your time of the month less of a problem. If you're interested in ordering, head to myfunctionalpharmacist.com starting July 1st. Time to make your time of the month less of a problem!

DISCLAIMER: Of course, before you hit play, please remember this podcast is for informational or educational purposes only and does not substitute professional medical advice or consultations with healthcare professionals. Please free to email info@myfunctionalpharmacist.com or DM us @myfunctionalpharmacist if you have any topics you'd like to us to dive into or specific questions. We'd love to hear from you!

So let's get started and talk about our woman problems, period.

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Guest: Katie Wood, PharmD, INHC

MFP Shop: <https://myfunctionalpharmacist.myshop...>

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Transcript: Please note that there might be some errors due to transcription software.

Kristi F. Teague, PharmD, MBA ([00:00](#)):

Hey everyone. Welcome to Woman Problems, Period. Today we have a great conversation with Dr. Katie Wood talking about fertility. Katie Wood is a mother, pharmacist and integrative fertility coach. She's the founder and CEO of PharmtoWellness LLC and the brands Happy Nourished Motherhood and the Feminine Formula. Katie helps women over 30 to nourish their mind and body for optimal fertility health so they can consciously and confidently conceive with ease. Katie comes with a decade of experience as a retail pharmacist and in the alternative medicine space. This background in conventional medicine is what first piqued her awareness that people need more intimate coaching towards health and vitality. After experiencing a lack of support and education through her fertility and pregnancy journey, she became determined to advocate for women's health. Katie is passionate about supporting and empowering women on their fertility and pregnancy transition into motherhood, using her calm, gentle guidance, and taking holistic approach, focusing on nutrition, lifestyle, and mind body connection.

Kristi F. Teague, PharmD, MBA ([01:12](#)):

We are so excited to have Katie on the show today, but before we dive into that conversation, just wanted to announce that overreacting, my PMS problem packs will be officially available or purchase on our website starting July 1st. We are so excited to share this with you and hope it helps make your time of the month less of a problem. Be sure to head over to my functional pharmacist.com for more information.

Kristi F. Teague, PharmD, MBA ([01:42](#)):

All right, well now it's time to jump into our great conversation with Dr. Katie Wood. Hope y'all enjoy. All right, well welcome to Woman Problems, Period. Today we've got Dr. Katie Wood with us here to talk about fertility. You know, we're just so happy to have another pharmacist on here who's pursuing an entrepreneurial non-traditional career path. So exciting when we get the chance to connect with other like-minded pharmacists. So thanks for being on today, Katie.

Katie Wood, PharmD, INHC ([02:18](#)):

Hi guys. Thank you so much for having me. It's really an honor and I just love the title of your podcast and what it stands for. So I'm really excited to be here.

Kristi F. Teague, PharmD, MBA ([02:28](#)):

Great. That is a perfect segway. So, since this podcast is called Woman Problems, Period. Katie, what woman problem are you most passionate about and why?

Katie Wood, PharmD, INHC ([02:39](#)):

That's a really good one because I think that there's many, but I think that there is really like an underlying theme and it's that women are really disconnected from their bodies. And I think that this stems from a lot of different things for me personally. I was on birth control for 13 years before my husband and I decided we would start trying to have a child and really I had absolutely no idea like what my natural body rhythm looked like. I mean, there's so many things that you can look at, signs and symptoms when you're trying to have a baby or even if you're not trying to have a child. There's just so many things that are, you know, birth control, just as an example, kind of masks and we can't see those things come up. And, and then obviously we're in just such a fast paced lifestyle. And I remember when I used to work retail and I drove, I had a 45 minute commute, 12 hour days. And if things come up, if my body's telling me something, it's just like, stop it. Like I don't have time to deal with you right now, whatever this problem may be, a headache or a cramp or whatever. So I just think at the end of the day we're really disconnected from our bodies and that can create a lot of chaos for other things to kind of appear.

Kristi F. Teague, PharmD, MBA ([04:09](#)):

Wow, that was great. Definitely something that we teach during our consults, just helping people Yeah. Become more aware of their bodies, their symptoms, and how they can treat those differently. It's, yeah, just reeducating them. Mm-Hmm.

Candice Burtner, PharmD ([04:26](#)):

<Affirmative>. So that's good. Yeah, I can definitely relate to that story, Katie, of just not really knowing much of anything, you know, about our bodies. I remember in my twenties, I think have, you know, after

you get pregnant or start that process of fertility and all the things, someone asking me like, well, do you know like how to track your cycle or do you know, you know, and I was just like, what are you talking about? No, I, I don't know. You know, they had explained to me, okay, when is it most likely for you to get pregnant? Like, here's when you should try, you know, <laugh> all the phases of our cycle. So definitely I felt that disconnect and see it for sure at this point.

Katie Wood, PharmD, INHC ([05:10](#)):

Yeah, exactly. And I think growing up we're kind of, we have this like feeling that, oh, we could get pregnant on any day of our cycle. Right. I feel like society and maybe like older generations made us think that, but in reality, like it's only a five to six day window in our cycle that you could truly get pregnant.

Candice Burtner, PharmD ([05:32](#)):

Yes. And it's such a big mm-hmm such a big thing to know, you know, I mean just for women and girls in their teens and twenties like it, I feel like that should be common knowledge for sure. You know, and that's, that's one of the things we were kind of all about is what, what should be common knowledge for women that isn't, you know. Exactly. They're late and life so mm-hmm. <Affirmative>

Kristi F. Teague, PharmD, MBA ([05:56](#)):

A few friends of mine were just talking about this who are trying to get pregnant and were saying, you know, their whole life they've been told Don't get pregnant. Don't get pregnant. And then suddenly on a dime they're supposed to be these fertility goddesses, <laugh>. And so they're feeling a little frustrated, you know, just from that perspective of being a woman. So, mm-hmm. <Affirmative>. Yeah. This is super relevant. Hopefully some of our listeners can really get a lot out of what you're gonna share today. I'm excited to dive on in.

Katie Wood, PharmD, INHC ([06:25](#)):

Me too.

Candice Burtner, PharmD ([06:26](#)):

Yeah. So love that you are the wellness pharmacist on social media. Do you wanna share a little bit more about your business and your podcast and your services and things that you provide?

Katie Wood, PharmD, INHC ([06:41](#)):

Sure. Yeah. So when I started coaching back in 2021, I was really focused on 1-1 coaching, which I still do offer that. But now that I've kind of grown and just really expanded my business and see how much effort that it really places on me to have one-on-one coaching you know, because ideally I can only hold so many clients in a month, I have really shifted into more group coaching, like a group coaching atmosphere. So that's really my biggest program right now. It's called the Confident Conception Accelerator. And I think when you can put people in a group, it really can you know, exponentiate your results because you are surrounded by women who are going through the same thing. They may ask questions that you may not have thought about yourself. And I think it just gives a really nice sense of community and connection because I know when I was on my fertility journey and it wasn't happening when I thought it should have it felt really lonely and isolating. Like I didn't talk to anyone about it. So I think the community aspect is really beautiful and you know, I typically work with women over 30 because I'm sure we've all heard, like heard like once you hit 35 it's like your eggs just <laugh>

Katie Wood, PharmD, INHC ([08:16](#)):

Implode on themselves or something like that. So I typically work with women who are over 30 and at the end of the day, my job is to help them feel confident and empowered with knowledge on their fertility journey. So it can be a joyful and easeful journey and they can have a conscious conception. So that's my hope for every client that decides to invest their time, money, and energy with me. And I have four pillars at the end of the day that really kind of embody the program. So nutrition is one. So food is medicine. I feel like we all have this awareness. Nutrition is so vital in terms of our hormonal health, egg health, egg quality, especially if you are you know, 35 or older. I think it's important for any age, but as we age or egg quality can decline. So really making sure that you're supporting that with the right food choices and then lifestyle.

Katie Wood, PharmD, INHC ([09:22](#)):

So that's quite an umbrella word. I feel like a lot of things go into overall lifestyle, but making sure that you're getting quality sleep, making sure that you're not stressed to the max that like you're gonna have adrenal fatigue or something like that. And just making sure that you are really working on your mindset because on your fertility journey, if you're someone for example, like myself went through pharmacy school, you can really achieve the goals that you set for yourself. You can make sure that you get that a plus on that test, but when you try to start having a baby and it's not happening right away, like you really make that a about yourself, you make yourself feel like there's something wrong with you. Something's broken, so many different things. So really working on that mindset piece. And then fertility tracking.

Katie Wood, PharmD, INHC ([10:17](#)):

So like we talked about when you were asked, do you know how to track your cycle, I commonly ask that for women who are connecting with me and their typical answer is they use an app, which an app, you know, is an estimation at best. It's an algorithm it doesn't know your body. So really being able to tune in to your body's natural signs, but then also of course using the gadgets that are out there as well that can really help you hone in on your six day window. And then the fourth pillar is energetic alignment. And that term is really new to a lot of people, but a lot of what that encompasses is like cultivating that mind body connection that we talked about your mindset, but also your energetic body. So making sure that your chakras are balanced and you know, we'll look at like the Chinese meridians and all of those things. I don't know if you guys are familiar with like Eden Energy Medicine, but just making sure that your overall body feels safe, your nervous system is calm and feels safe because those are really, really important things to be able to bring in a healthy conception.

Candice Burtner, PharmD ([11:43](#)):

Yeah, that is wonderful. That's so good. I know, I'm already thinking people that I wanna refer to. Your confident conception acceleration, is that what what was it called again? I'm sorry? Accelerator.

Katie Wood, PharmD, INHC ([11:54](#)):

Accelerator. Yeah.

Candice Burtner, PharmD ([11:55](#)):

Accelerator. Ok. <Laugh>. That's awesome. And creating that community is so important. I know there, I, I think there are so many phases of womanhood that can feel isolating, you know? Mm-Hmm. <Affirmative> and that being a huge one, especially targeting above 30 because that you're so right.

They start to feel pressure. Right. Or we start to feel this pressure of like, oh happen now, you know, and it just can get so stressful. I'm sure. And, you know, becomes such a rollercoaster mm-hmm. <Affirmative> and the compounds on itself for sure. Yeah.

Kristi F. Teague, PharmD, MBA ([12:36](#)):

Yeah. Especially as women are having children later and later in life due to mm-hmm.

Kristi F. Teague, PharmD, MBA ([12:41](#)):

<Affirmative> being more <laugh> concerned about their career and things like that. And other factors that, you know, I know I'm about to turn 30 this year, so, you know, it's definitely something that I'm starting to feel the pressure <laugh> of that, of that timeline. Which is tough. So I know we talked a lot about, you know, accountability and groups and we love that at My Functional Pharmacist, that's actually one of our pillars as well. Mm-Hmm. <Affirmative>. So is that what led you to really pursue fertility coaching, just feeling, you know, isolated in your own experience and not having the resources to reach out? Or was there something else that really prompted you to go in that direction?

Katie Wood, PharmD, INHC ([13:22](#)):

Yeah, so to make a long story short, you know, my husband and I, it took us 10 months to conceive and you know, we, my ob had told me that I could stop my birth control and start trying in the same month, which I do not recommend that to anybody <laugh> for a lot of different reasons, but I won't get into that right now. So we did, and you know, we took her advice and it wasn't happening. And like I had mentioned earlier, like it was really overwhelming to me, very frustrating. I felt like something was wrong with my body. I even thought to myself, because you know, I wasn't that type growing up that always knew I wanted a family. So I thought to myself like, well, I didn't always want kids, so this is what I get, I guess, you know, like karma or something.

Candice Burtner, PharmD ([14:10](#)):

<Laugh>. It does

Katie Wood, PharmD, INHC ([14:10](#)):

Not, you know, our, our mind can tell us very silly things sometimes. So a few months into it, I asked for some help. I told her that I was struggling getting pregnant and the common answer is, you know, you're healthy. Just keep trying and that is what it is. And when I look back at that, you know, appointment, it's like, how did she know I was healthy? You know, there were no labs that were taken, there was real, no dissection of my lifestyle, my life, my nutrition just the fact that my, my cycles came back regular, you know, they were like every 30 days or so she thought I was healthy. So of course being a pharmacist, I'm sure you guys could appreciate this, I just did so much research on my own because I wanted to do everything I could. And eventually that research led me to finding acupuncture.

Katie Wood, PharmD, INHC ([15:06](#)):

So I actually worked with an acupuncturist about seven months into our journey and, you know, looking at my body and my health through like a Chinese lens was really eyeopening to me. I, so I think that that really helped cultivate that like mind body connection and just, I also had this realization on another podcast with a woman, I think at the end of the day, for me that was huge was having that non-judgmental support. It felt so aligned, he was so supportive. Just giving me the best recommendations I had full trust and faith in him and anything he told me I did, you know, freely. Like I remember him

commenting like, you really like you're great. Like you're just taking these recommendations. And I'm like, heck yes I am. So you know, I was working with him for a few months, reached back out to a new midwife, kind of got the same answer, like, you're healthy, just keep trying.

Katie Wood, PharmD, INHC ([16:13](#)):

You know, what you could do is schedule an appointment with a fertility specialist at that one year mark so you get it on the books because they book out. So that was basically the advice you gave me. And then I did eventually get pregnant a couple months later. Kind of fast forward through my pregnancy. I experienced the same lack of guidance, you know, the nutritional guidance that I was given at my, you know, prenatal appointment was like slim to none. It was all about the things I should avoid. And really this one always gets me, if I want to eat deli meat, I just need a microwave at first, <laugh>. So like that was the nutritional advice I was given. So I won't get into much more because we'll just be here all day. But I think taking a step back, being the patient and not being the pharmacist behind the counter, I just notice like an underlying theme.

Katie Wood, PharmD, INHC ([17:11](#)):

Like there's just no guidance. You know, what is it? A 10 minute doctor's appointment. And there's so many things that we can do as women and as partners as well to optimize our chances of conceiving to optimize our pregnancy outcomes and also the outcome of our children. And I did not experience any of that on my journey. So yeah, that's when I, I knew that I've always kind of known that I wanted to do something more impactful than retail pharmacy. There's just not enough time in the day to do all the things and you know, fertility just really struck that cord for me as a place that needs someone to kind of fill that gap.

Kristi F. Teague, PharmD, MBA ([17:59](#)):

Yeah, I love that you used your own story to create something that can impact others. That's beautiful. And I feel like that's a lot of functional medicine providers, you know, their testimony as well just

Katie Wood, PharmD, INHC ([18:12](#)):

Yeah.

Kristi F. Teague, PharmD, MBA ([18:13](#)):

You know, they couldn't find the answers and they had to start digging themselves. So I guess for those that are out there who don't really know a lot about how, you know, to pursue functional medicine or integrative or whatever you wanna call it and they're trying to conceive and they're having some difficulties, obviously this is just education, but are there any go-to foods, supplements that you recommend to support fertility? You kind of mentioned lifestyle earlier, I know that's a big umbrella, but any other lifestyle changes that you would kind of throw in there just to help support them?

Katie Wood, PharmD, INHC ([18:51](#)):

Yeah, that's a great question and I just wanna preface it by saying I go by the 80 20 rule. So like 80% of the time try to strive for these things, 20%, you know, whatever, you know, whatever it may be. It is, you know, don't try to be so stringent and restrictive that you end up driving yourself crazy because that can be a whole other kind of issue in of itself. So just allowing yourself that freedom. But ideally, you know, focusing on nutrient dense foods. So pasture raised meats, wild-caught fish. I know one change we made, I'm trying to think, I think it was when I was pregnant that's really, really simple is switching

from like the conventional grocery stores eggs to buying pasture raised eggs. Like the quality of the egg is so much more potent that that couple dollars more or whatever it is because right, the price of eggs lately has gone up or something.

Katie Wood, PharmD, INHC ([19:55](#)):

But it's just worth it. So really focusing on the pieces of your diet that's going to have the most impact. Of course enjoying all the colors of the rainbow when it comes to vegetables and fruit. Ideally I do recommend people buy things that are on the dirty dozen as organic. Some tips I have for that is if that's kind of out of your price range, a lot of times you can buy organic fruits and veggies frozen and they're already cut up and prepped for you and a lot of times they do retain a lot of their nutritional value. So you could do that using farmers markets. So that's just a point I wanted to make. And then I love avocados. Avocados are just like these little magical green goodness. Like they have healthy fats, they have folate, magnesium, B vitamins, like they have so much goodness in them.

Katie Wood, PharmD, INHC ([20:54](#)):

And if you kind of look at an avocado, like the seed, you could almost mistaken that for like a, a womb, right? The womb of a woman, like a lot of fruits and vegetables can actually there's a word for it, I can't think of it, but like, walnuts represent like the brain and things like that. So I love avocados. And really focusing on high-quality fat. So grass-fed butter, ghee, tallow, olive oil, those are all things that I would just focus on in the diet. And then lifestyle changes, you know, making sure that you're having seven to eight hours of sleep a night. So sometimes that might, you just have to kind of create a space for that. So creating like a healthy bedtime routine. Something that I started doing in the new year is I'm off social media by 9:00 PM you know, maybe my husband and I watch a show or something, but I'm off that screen that's like inches away from my face and the blue light from your screen and all of that.

Katie Wood, PharmD, INHC ([21:55](#)):

You could journal, you could read, you could get a warm tea doing a hot bath, just creating like some really good sleep hygiene there. Stress, this is a big one and it's such a broad topic and there's so much that goes into it, but really limiting your stress at the end of the day. And endocrine disruptors, this is also huge. So this is something I've been really learning about myself since 2016. I've put a lot of years of research and it takes time. So as you learn about the endocrine disruptors, trying not to overwhelm yourself and just switching out a few things at a time. And I try to say like, what are, what are things that are gonna be most impactful? So products that you put on your skin what you wash your clothes in because that can actually have a double effect. It's going to go in the air in your house that you breathe, especially like the dryer sheets, like don't use those. And then, you know, you're, you're wearing your clothes all day long and our skin is our biggest organ. So just making small incremental changes throughout that. And did I answer all your questions <laugh>?

Kristi F. Teague, PharmD, MBA ([23:11](#)):

Yeah, that was wonderful. I know I threw a lot at you, but I think my favorite was talking about eggs because we're trying to help our eggs right. You know. Okay. <Laugh>. Yeah,

Katie Wood, PharmD, INHC ([23:20](#)):

Exactly.

Kristi F. Teague, PharmD, MBA ([23:21](#)):

Yeah. And I love the avocado comparison. I think Dr. Acts, that's who it is, has a whole book on how different foods represent the body and how they can help them. So yeah, like walnuts look like a brain and because they have choline yeah, avocados, fertility cause they look like a womb. There's so much behind that and it's like, wow, I guess everything really is intentional. And anyways, that's a whole nother spiritual tangent that Candace and I love to dig into. But for sake of time I think we can keep moving on, but I think that was all great. I hope everybody's jotting down some notes for that because that was just wonderful and I love that you focus so much on nutrition and, and just lifestyle, just, you know, trying to create space for things that we already do and we can just fine tune mm-hmm.

Katie Wood, PharmD, INHC ([24:14](#)):

<Affirmative>.

Kristi F. Teague, PharmD, MBA ([24:15](#)):

And yeah, having grace for yourself that you don't have to do it all the time. Mm-Hmm. <Affirmative>. Cause that's, that might stress you out at the end of the day. So we obviously don't want that. So

Candice Burtner, PharmD ([24:26](#)):

It's always tough finding for patients to find this balance between I wanna do all the right things, but I don't wanna stress about it. Mm-Hmm. <affirmative>, there's, so we find that we use those words a lot as well, like create the space. Yes. you know, try to relax in it 80 20. Yeah. We love that rule.

Kristi F. Teague, PharmD, MBA ([24:47](#)):

As a perfectionist I will say that's very difficult. So just hearing about the 80 20 rule however many years ago it was just gave me that space to breathe and know okay, mm-hmm <affirmative>, I won't get it right all the time and that's okay. But that doesn't mean that I shouldn't still try. Right, right. Mm-Hmm. <Affirmative>, it's not all or nothing. So.

Candice Burtner, PharmD ([25:08](#)):

So I have a question for you Katie, and if this is too much or too, too deep of a question, you can, you can or go ahead or skim it, but what would you say to the teenagers out there who are spacing, getting on birth control? And I only said, I don't know that we're gonna have a lot of teens listening, but I did find out that one of my daughter's friends listens to us on podcast and I was so excited about that. So, you know, we don't, moms don't, I mean we're, I think we're starting to, but it's not talked about a lot maybe because they don't care yet as much, but I think a lot of that generation is starting to care a little bit more. Yeah. What would you say to some of the one, the, the teens who may be facing starting on birth control or that option and what do they need to know about it?

Katie Wood, PharmD, INHC ([26:07](#)):

Yeah, so I think that that's a really good question and could be geared towards like the parents as well if they're involved in making that decision with their children. I know for me I started at 15 and my parents were not involved. I did that on my own. But so it's a little tricky to answer. So some people go on it for contraceptive means. And then I've also heard a lot of people that were started on it because of menstrual irregularities or they had PCOS. So I guess I kind of have two different answers. So if you're going on it for contraceptive means there are other ways that you can prevent pregnancy, especially it's like the using like the fertility awareness method, although if you are sexually active and you're younger,

cause I know that a lot of teens are starting younger these days and that's just over your mental capacity to be able to do.

Katie Wood, PharmD, INHC ([27:20](#)):

Obviously preventing a pregnancy at say age 14 is probably more of a benefit than the potential risks. Right. And then just kind of weighing out the pros and cons of the birth control that you're taking. So for example, like the pill you know, those can have an effect on your gut health. They can affect nutrient absorption in the gut and it can actually make you deficient in a lot of nutrients that are vital for fertility. So definitely if you've been on birth control since you were younger, I would recommend that you do give your time or your body some time and space to kind of heal and reregulate itself. Say if you get married in your twenties and you wanna have kids or something like that. So just you kind of have to weigh out the pros and cons.

Katie Wood, PharmD, INHC ([28:15](#)):

And then like with an IUD, there's always the risk of like pelvic inflammation. Like I think in the warnings it even says that it could potentially affect your fertility depending on if something goes awry. But if you are going on birth control for some like menstrual irregularity or maybe you have PCOS, I hate to say it, but it's not going to fix your problems like at all. It's just going to mask them until you stop taking the birth control for the most part. So what I would recommend to a parent of any teen is trying to find like a functional medicine doctor or practitioner like you guys and really try to get to the root cause of the problem before just basically slapping a bandaid on it. That and that bandaid can also cause its own issues in and of itself. I feel like there was one other thing I wanted to say, but we'll see if it comes to me. Yeah, it's not, but, so those are the biggest things I would say

Candice Burtner, PharmD ([29:31](#)):

They're two big things. You're right. And I forget that there's two pillars of that because you're absolutely right. There's the conception part and then there's just the

Kristi F. Teague, PharmD, MBA ([29:41](#)):

Irregularity.

Katie Wood, PharmD, INHC ([29:42](#)):

Oh, I remembered what it was. So something that I learned is when we do get our periods, it takes a few years for our periods to regulate. So we might look at a 13 year old girl who has irregular periods and think that there's something wrong, but really her body is still kind of getting regulated. It's still kind of paving those pathways in her body. So we might be too quick to jump and start someone on birth control at the end of the day as well.

Kristi F. Teague, PharmD, MBA ([30:18](#)):

What a great point. Don't be too eager to jump to a medication. Wow, I love that. And that's three pharmacists agreeing on that <laugh>. Which leads me to my next question. Like how do you think being a pharmacist really gives you a unique perspective for all of this fertility coaching? Do you feel like it's helped you? You know, and in what ways?

Katie Wood, PharmD, INHC ([30:42](#)):

I definitely think it gives me a very unique stance because I have my education, I have my background and my experience in retail pharmacy and you know, that allows me to be able to review studies and review someone's labs and really be able to, a lot of times, honestly, I'll review someone's labs and their doctor told them one thing and I'm looking at 'em and I'm like like I had a recent woman sign into my program and she was told her labs were normal. I took one quick look at them and I'm like, honey, like you have like PCOS going on right now. Like your testosterone is raised even though it's not like off the charts, like it's higher than we want it to be. Your F s H level, it's higher than your lh. So I don't even know how she was told that her labs were normal, but it gives me that education and background to be able to confidently look at the labs be able to give recommendations.

Katie Wood, PharmD, INHC ([31:45](#)):

And I think my time in retail, I haven't actually had to do it, but I do offer communicating with people's providers. Like if you go to your provider and, and you want them to order these labs and they refuse to do it, like I'll get on the phone with them <laugh> and I'll, I'll have a conversation. Mm-Hmm. So really just having that experience and then, you know, kind of weaving in the integrative medicine that I have kind of come to learn from my own studies and research and I have my integrative health coaching, like integrative nutrition, health coaching certificate and I'm just really able to kind of marry both sides. So I think it, I'm able to support my clients in the best way possible.

Kristi F. Teague, PharmD, MBA ([32:35](#)):

Yeah, I think that's great and definitely something that we try to model here. Building upon our traditional training so that we can give a more robust answer and guidance and yeah. And jump on a call with the provider if need be to kind of explain the rationale of why we wanna dig a little deeper. So yeah, I love that. And I think that's really empowering for other pharmacists out there, healthcare workers who feel stuck in whatever, you know, role they're currently in and maybe they're interested in doing something in functional medicine or integrative or just an entrepreneurial venture. So I know that's always tough. Mm-Hmm. <Affirmative> especially pharmacists usually have, you know, type a personality, let me follow this roadmap. And an entrepreneurial life doesn't necessarily have a roadmap. So any advice out there for those that are thinking about taking the step of faith?

Katie Wood, PharmD, INHC ([33:30](#)):

Mm-Hmm. <affirmative>, I think my biggest piece of advice is really knowing and understanding your why. So instead of maybe just thinking like, oh, I'll focus on gut health, but like, why? Like why gut health? Like if you're thinking to yourself, what makes you lit up? What are you passionate about? But then just go back to the underlying why. So for me, I experienced it myself and I was able to come out on the other side with a healthy child, a healthy, beautiful pregnancy and birth. And my why is knowing that I can help create that possibility for someone who's been told that IVF is their only option, but in reality that's not true. And then ideally teaching the parents healthy lifestyle changes that they can then pass on to their children and like it's just that ripple effect. So that's my why.

Katie Wood, PharmD, INHC ([34:34](#)):

So just really understanding what your why is. because like you said, when you're an entrepreneur, there is no roadmap. And I was so used to and comforted by that pharmacy, like, this is what you do, like this is what you do in retail pharmacy. I, you know, I was doing it for 13 years, including like my intern years and it was quite a shift, like going from, it's like, okay, what boxes do I check off? Like what, you

know, step-by-step paths do I follow? And so when you do hit those road bumps as an entrepreneur, if you have a really, really strong why, that's going to help you to keep going.

Kristi F. Teague, PharmD, MBA ([35:18](#)):

Absolutely.

Candice Burtner, PharmD ([35:19](#)):

That's good. That's good. Well, I know we're probably in our time limit and I know we're needing to wrap up. Do you have any additional words or encouragement for women out there that maybe, you know, in your window, in their thirties wanting to conceive? What, what words of encouragement or advice do you have? Any, any last, last words?

Katie Wood, PharmD, INHC ([35:48](#)):

Yeah, so I think, you know, my hope for all women, no matter what age or stage you're in, is to be able to find your voice and have that confidence to advocate for yourself. So if you have a doctor that's just not listening to you, that's dismissing you, gaslighting you, you don't have to work with them. Like you can fire them, you can find another provider. So I feel like that in of itself is a really empowering feeling and finding someone like Christie, Candace or myself that you feel aligned with, you feel supported with and just knowing that you have that as an option, you have that as a choice. Yeah. And just feeling confident and being able to speak up for your needs because only you know your body inside and out, like, you know your body best at the end of the day.

Kristi F. Teague, PharmD, MBA ([36:46](#)):

Wow. What a great thing to end on. I love that. I know we could stay here all day and talk, but really appreciate you coming on today, Katie, and getting to connect and meet you. Look forward to seeing you at our upcoming conference. That'll be so fun. Me too. To see everyone in person. But before we wrap up, can you just remind everybody how we can get in touch with you on social media and website and all of that?

Katie Wood, PharmD, INHC ([37:13](#)):

Sure. So the easiest place is if you go to my website, which is happy nourished motherhood.com, you're gonna find all my social media links in there. I have a link for like free resources, which will include my podcast rising into Mindful Motherhood, my YouTube channel. I have a few freebies on there and there's a, you know, tons of buttons on the website to schedule a free consultation. So yeah, happy nourish motherhood.com is the best place to find all the best resources and ways to connect with me.

Kristi F. Teague, PharmD, MBA ([37:47](#)):

That's great. Well thank you so much.

Katie Wood, PharmD, INHC ([37:50](#)):

Thank you guys. It was such a pleasure.

Kristi F. Teague, PharmD, MBA ([37:53](#)):

Wasn't she so sweet and knowledgeable? Gosh, I'm so glad that we got to connect and it was great getting to know her even better at the Healers and Healthcare Conference back in May. Just so thankful

to be surrounded by other functional pharmacists who practice with this type of approach. So if you're interested in following along with Katie, we have all of her contact information in the description and in our show notes, which will be coming to our website as well. So stay tuned for that. But for now, her social media is the Wellness Pharmacist, so @the_wellness_pharmacist, and you can catch her on her podcast called Rising Into Mindful Motherhood. She's also got a great website, Facebook group, Instagram, TikTok, LinkedIn, YouTube, Etsy shop, like all of the things. And in fact, on her feminine formula, Etsy shop, if you use the code HORMONE10, you can get 10% off. She's got some really cute stuff on there, so be sure to check it out.

Kristi F. Teague, PharmD, MBA ([38:59](#)):

Alright, well thank you for hanging out with us today. As always, if you're interested in following along for more content, be sure to subscribe to our podcast, give us a review, and check out our social media for updates along the way. Until then, we hope you found this motivating as you seek to optimize your own health and take care of your Woman Problems, Period.