Know Your Body, Heal Your Health: A New Paradigm of Women's Wellness with Dr. Sam Graber - Episode 398

In this Episode:

- Learn why your health journey is unique—and how ancestral patterns and personal agency play a powerful role in your healing.
- Discover how midlife is a biological awakening, not a decline, and how to navigate hormonal shifts with clarity and confidence.
- Get the real story on midlife hormones—beyond estrogen and progesterone—and how oxytocin and connection can transform your well-being.
- Understand why balancing blood sugar and stress hormones is essential for nervous system regulation and hormone harmony.
- Find out how to reclaim metabolic clarity by aligning your nutrition, labs, and lifestyle with your cycle and natural rhythms.
- Explore Dr. Sam's new community, designed to help women build strength, eat intentionally, and reconnect with their bodies to thrive.

Notable Quotes:

"I really like to help someone help themselves to just really get what's going on with them."

"No one's coming to help you, you've got to do it yourself."

"What's your normal? That's the most important normal."

"Our business doesn't want us depleting ourselves for it."

Pearls of Wisdom:

1. You are more powerful than you've ever been led to believe.
2. Eat your way to health.
3. Trust yourself.

Resources:

Dr. Sam Graber is a Strategic Health Partner for purpose-driven women who are ready to reclaim their energy, sharpen their focus, and feel fully at home in their bodies again. A former chiropractor turned metabolic health expert, Dr. Sam brings over 30 years of experience in holistic health, mindset coaching, and behavior change. She now guides female founders, creatives, and leaders through the pivotal transition of menopause—without the fluff, fads, or one-size-fits-men advice the wellness industry keeps recycling. Through her signature approach grounded in nutritional ketosis, metabolic clarity, and cyclical living, Dr. Sam helps women rebuild resilience from the inside out—so they can lead with strength, clarity, and vitality for decades to come. She's also the founder of the ROXO Health Hub, a membership-based lifestyle community built for women who are done outsourcing their wellbeing and are ready to become the expert on their own body.

Websites: https://drsamgraber.com/
YouTube: https://www.youtube.com/@drsamgraber
LinkedIn: https://www.linkedin.com/in/dr-samantha-graber/

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