Everything Women Over 40 Need to Know About Hormones, Intimacy & Menopause | Kim Bilyk | Ep. 159 Transcript

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Introduction and Guest Background

Even in your 40s, why women still have pain with sex is because of sexual trauma. They're still holding it maybe even if it happened in their earlier years, maybe with something recent, even trauma with pregnancies.

I think because we're in this space, we think everyone's having these conversations, but they're not. And unfortunately, If you could erase one myth about women's sexual wellness that has caused the most damage over the last 50 years, what would that be?

Women don't deserve pleasure. A healthy point of view podcast, your top rated show, bringing experts from all over to talk about health, wellness, beauty and mindset.

Today's guest, we have Kim Billich. Kim Billik is a perimenopause expert, Women's Hormone Health Coach, founder of Queen of Turn On, and author of Womb Wisdom Journal.

Today, she empowers women over 40 to thrive through hormone health and holistic wellness. This blend is actually for yoni steaming. You'd put half of this bag in a bowl.

If you have steamy water, you put the herbs in and then you go and you sit over the bowl, You put a blanket around you so the heat and the steam stays in.

It helps with so many things. You're talking about the yoni egg? You want to pull that out? So the Yoni Egg, there's three different sizes to them. This is the biggest one.

And this is medium. and then this the small one Would you recommend a husband buying those eggs for his wife? I would say yes, he could buy them, but I think also knowing your wife's personality.

But I do have one other thing we haven't talked about, which… Welcome to another episode of a Healthy Point of View podcast, your top rated show, bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

I'm your host, Sam Tahata, today's guest, we're gonna be talking about women's health. But what are we gonna talking women health? We're going to be talkin' about sexual health We'll be talkin' your intimacy.

We gonna talk different tools that can be utilized that you're probably not used to. We're gonna get into some of these details. Today's guest is the queen of turn-on.

We have Kim Billich. All right. Kim, all right, Kim pleasure. Thank you so much for having me. Absolutely, absolutely. It's a pleasure to have you here and we're going to be talking about pleasure as well.

And we are going be talk about a lot of pleasure, there's gonna be a lotta juiciness in this conversation and I'm excited to it. That's it, the Queen of Turn-On.

How the heck did you get that name? How did I get that name? You know, one thing I always say is when I work with women, so what do I do? I worked with Women 40 and Beyond to reconnect with their energy, their confidence, and their pleasure and turn on for life.

And this is through a variety of holistic practices from your labs to your hormones to nervous system regulation and of course your sexual health. And when I work with women, I always say like I'm turned on and right away people

think sexually and I like, no, turn on because this my purpose.

Like I am lit up. This is my passion. So when think of turn-on, yes ofcourse in the bedroom I want all my ladies to have a lot of pleasure and be really turned- on.

But I also want you to turn on your health, turn your energy, your relationships. In perimenopause, there's a lot going on. Divorce rates are actually very high in peri-menopausal.

Can we have a conversation with what's going with our bodies, with her partner? Turn that relationship up. Turn on our confidence. Absolutely. No, I love that.

And you know, obviously, we've known each other through the industry, you actually come into liquid video for a lot of the office. So you don't exactly what we're all about.

It's very alternative versus what work is used to in the allopathic world. So, but Kim, before we get into the meat and potatoes of everything, I want the viewers and listeners to get to know you a little bit better because when someone does something through purpose and through passion, right, that they're very passionate about, there's usually a story that follows along with it, a life story.

So I wants you to go way back. We want to understand your upbringing from when you were like about five years old to what got you where you're at today doing what you do.

Ooh, okay. And I'm gonna be very open then about all of this. So first I just wanna say like health and a sports background has always been a part of me.

Since nine years old, I played soccer up until I started my masters at 24. so yes, am very excited about the World Cup being on right now. and then as I like moved through, I'd say high school.

And then going into university, my undergrad was phys ed and sports performance. Then I went on to do my master's. So it's always been that holistic path.

One thing I do wanna say is the women on my dad's side of the family are heavier women. I saw that and I was just like, I love my family and like I don't wanna look like that.

and say that in the most respectful way and also know the health complications that come with that. And so I think it's always been the back of my head, like, you get to live a healthy life.

What do you got to do? And I've always studied and found different ways. I do have my master's in occupational therapy. One beautiful thing about occupational is when you look at the occupational models, We look at the whole person, we look the actual individual, We Look at their living environment, their support system, and we Look At their spirituality.

And I share this because this is so much how I work with my coaching clients and how i look At the woman that I am working with now. and then what got me into women's health.

So I'm also a yoga therapist. And in 2017, I did my first bikini competition. My sister-in-law calls me up from Canada. I'm from Canadian originally. Okay.

And she's like, Kim, come do this show with me. but I like to challenge myself.

Hormone Health and Perimenopause Basics

So I texted her the next day I said, okay, let's do this. And a little ignorance on my part, I trusted my male coach. I hired a coach, and I just followed what he gave me.

and ended up losing my period for nine months. And I always say the dieting and the training that comes with that was the icing on the cake. But you know what the real root cause of it was?

Stress. I've learned that for me, my body reacts to stress. Even when I get stressed out now, I don't lose my period, but it'll get lighter. Wow. It'll have a lighter flow.

And at that time, I was working full time as occupational therapist, studying yoga therapy, teaching yoga, training for the show, which is like 25 hours a week, you know, doing all that prep.

I feel like I'm doing something else. There's something also in my place. So there was a lot going on. And in that, time I also an ambassador for Carbon 38. They're based in L. A., women's own company.

As ambassador, they had events for us every month. It was very vocal about what I going through and I hearing these things. I feel so alone. I don't feel heard from my doctor.

They're only giving me the pill and in some cases, surgery is the only option. And I was like, I want to be a change for this. So that's when I started learning about women's health and like actually the four phases of our menstrual cycle at 31 years old.

This is stuff we should learn in sex ed when we're in grade five. So it's just snowballed from there. I'm a nerd, I like to study. Or I went to India to steady yoga, which then brought me a little bit more into the Tao and Tantric healing practices, Which then further led to me finding a mentor here in the US and learning both what we're gonna talk about today, the Yoni Seeming and the different practices around Taoism that help with our sexual health.

And it's just it continues. It continues, I always like to look at the latest research to see what's going on. And I do blend Eastern and Western medicine.

I think Western medicines good for diagnostics, you break a leg, go to the doctor for those type of things. But I feel there is a lot of missing pieces of getting to root cause of what is going I should say that I did end up healing myself because the doctor wanted to give me the pill when I had lost my period for nine months.

Through herbs, diet, stress management, I didn't go see an acupuncturist. I healed myself and I Did compete four more times and did not lose my. Oh, wow.

That's amazing. Yeah, and that's something that, you know, being able to put yourself through that type of healing, now you have the ability to actually bring that to others, through your mentorship and coaching and everything else that you do.

So, Kim, when we start talking about women's health, right? There's a series of things that women go through throughout their life. First one, they get their period.

Then throughout high school, a lot of women are being put on birth control pills. which is already disrupting their natural hormones to then when they have to get off the birth control and they're trying to become fertile again, you know, and potentially going through pregnancy, then you have the postpartum.

You know you, have all of this shift in hormones throughout your life. What age group are you primarily working with with women that are going through these different shifts in hormones and everything else?

Yeah. At this time, I work with perimenopause and postmenopausal. I say 40 and beyond. Okay. Yeah. Are there things that you like to focus on, or should I say, are there are things based off of your experience working with women in that age group that would make specific recommendations for younger women, right?

College age, etc. To focus so they don't end up like a lot of the women that have to work out. Yes. I think you probably have heard this a few times, but focusing on eating healthy, and I get it when we're 20, we are still going to eat Subway and McDonald's and drink a lot, still having your high protein diet, one gram for whatever pound that

you weigh, doing weight training.

You know, in our 20s, we tend to run more, I think, compared to when we get a little bit older, but focusing on that weight training so that we could build strong bones for when get older so we can protect ourselves.

As an occupational therapist, So many women break their hip, break the wrists. Us women are more susceptible to that post menopause because of our estrogen dropping.

And they say like one in three people that break a hip after, you know, after I can't remember it past their seventies, within one year they die. and I've seen it.

I count how many times and it's not necessarily because the fracture, but because all the other complications that end up happening after that. So let's think of when we're in our twenties of that eight year old body.

You know, do you still want to be walking? Do you? Still want? To be strong? The other thing, too, is I know birth control is given out like candy, and I'm always careful, you know?

Because I am not a doctor, but I think ask questions, right? Menstrual cramps are very common, but there's more things that you could be looking at than just being given the pill.

What's the root cause of why those cramp are happening? Why are those heavy bleeds happening through diet, endocrine disruptors, what you're putting on your body?

You could address that. Some of the things we're talking about today that we are going to talk about a little bit later could actually help with even things like fibroids and endometriosis.

Okay. Yeah, which those are big issues that women are dealing with. I've had friends that have dealt with the endometriosis as you know, things like that, have created a lot of scar tissue, pelvic floor issues.

So I'm excited to talk about that because I think a lotta women, are out here suffering and number one, they might be too shy to even speak up about it.

And then number two, They feel like they've tried everything and nothing works in our traditional system. So Kim, the Menopause Society says nearly 84% of women six years after menopausal show signs of GSM, yet only a minority seek treatment.

Why are so many women suffering in silence over something that's that terrible? I think there is shame. connected to it. And I've had a conversation with a woman actually this week and she was like, these things are going on and I was so afraid to even share it with my friends because I thought I Was the only one and then you have that one conversation and oh my god, I'm not the one I think there is like that shame conversation component to It.

I also think that maybe are in cases that woman has gone to the doctor for other things. prior. Maybe it's the brain fog, the weight gain, feeling off and just being had it.

Oh, here's a birth control pill or an antidepressant. And the woman just doesn't want to go through that anymore. So they're just pushing it aside. I think also just been told these things are normal.

Like these things, you know, UTIs are more common, as we get older. Oh, that's just normal. Here's an antibiotic. So they're not really seeking out for health.

And I think especially with the sexual side, like pain with sex, vaginal dryness, so much shame around that. But these things are, especially with your expertise, these states are treatable, right?

They're treatble and they are way more common than you really think they're. So if you're hearing this right now, I can promise you that you are not the only one.

And just finding that person that feel comfortable having that conversation with, and maybe it's not a doctor, but there are other health experts, even pelvic PTs, that could support you with this and you should not be suffering.

You know, one of the things you mentioned just a minute ago, you talked about vaginal dryness and a few other symptoms. Research shows that 40 to 60% of women experience vaginitis, painful intimacy, or irritation during menopause.

So why do so many believe it's simply just something that they have to actually live with? I think it just what society tells us, and lack of education too.

I said earlier about me not even knowing the four phases of our menstrual cycle. I learned that. So when these conversations aren't happening, a woman just kind of feels like, oh, okay, this is the normal thing.

There's a blessing with social media now, because you do hear some of these conversation, so it strikes some curiosity.

Pelvic Floor Health and Kegels

But I really think that is a big reason why. Do you think women after 40 or women that have gone through menopause, it's kind of like mandatory that they're going to have to use lubricant during sexual intercourse?

it's necessarily mandatory. I think there's a large number that will. And I Think if you're on estradiol, that could actually help with that. Not every woman needs estrdiol.

But I feel like some of these practices that we're talking about today could definitely help and also diet. You and I had this conversation when we first met and it always comes back to foundations.

And nutrition is one of the foundations. So how hydrated are you? What are eating? So that actually helps our vaginal microbiome as well. It's not a one thing.

There's multiple factors. You definitely would have to give your body the raw material it needs to be able to produce the natural lubrication for sexual intercourse.

when you don't have those raw materials that your body needs, vitamins, minerals, amino acids, your bodies gonna suffer in so many ways, which I know you working with so may women, you have seen it, not just with sexual intercourse issues, but even a lot of other things that the women are dealing with.

Yeah, it could just be a regular pelvic pain day to day even, or just the dryness being irritated. Like you're just wearing like a more fitted pair of pants and you just like, I'm just uncomfortable.

And it's not always even just internal vaginal dryiness. It could be external as well, vulva dry-ness too, which if with clothing and especially I think being somewhere here warm in like Florida, It just gets uncomfortable.

And then layer a UTI on top of that too. Then it's just not pleasant. Absolutely. So what is it that you would recommend for women of the age group, now that we're on that topic, of things that they can do to prevent this from happening or treating it if it is happening?

So one thing, going back to foundations, is getting lab work done. So just kind of seeing what's going on. Like I said, estrogen could definitely be a factor.

Just seeing, what is going, looking at diet, and I'm going to work in this direction because I always say, go back the foundations. Looking at what you're eating, look at how hydrated you are.

Also, just looking at the strength component and breath work practices with that too. So are you doing weight lifting? And I know pelvic floor or pelvic work is a little bit different, but at end of the day, you still need to strengthen

the muscles around the pelvic floors.

There's different breathwork practice. A lot of people hear of Kegels. Kiegels are great, sometimes not done correctly. And that's why we'll talk about the yoni eggs.

That's I like the Yoni Eggs because you get this tactile feedback. So there's those practices. Yes, I said earlier, you might need some estradiol. And then there is something I prescribe to some of my clients and I use personally is the vaginal steaming.

There's different herbs, just like the tea we drink. herbs, you sit over a pot, the steam goes up into the valve of the vaginal canal. And it could help with so many of things from UTIs, yeast infections, pain, dryness, all the things.

So, so, when you're talking about kegels, right? That's building the pelvic floor. So yeah, Kegels is for strengthening the pelvic floor. Okay. So, you know, like when I go in my younger days, when i was in, my 20s, and people would talk about Kiegels, kiegles were kind of utilized more of like, You're going to make it tighter during sexual intercourse.

Now, what are women in the 40s plus doing Kiegel's for? So this is one thing I think, and where it is important especially if you are having a lot of chronic pelvic pain, especially with sex or just day to day, to see a professional because it's not always tightness.

There is that misconception that, or sorry, that you need to be doing Kegels like to strengthen the pelvic floor. Sometimes this pain is happening actually because of weakness.

So, The actual typical kegel of contracting as you inhale is not always what you want to do the reverse and actually learn how to relax. It's like we're reversing your breath work with it and and it's working on lengthening the muscle.

I can speak from personal experience. Well, I was hit by a car two years ago and that was my case. I had to learn how to lengthen my pelvic floor muscles to help with the pain I was having.

So it really depends on what is going on with you in particular. It's not always like, just do a Kegel. Yeah, I've even heard of, there's a pelvic floor massage therapist that will actually go inside to help release some of that tension that you have in there as well.

I had it done. Or people that have scar tissue, post-endometriosis as Well. And I have had friends that I heard about their experience of after endometreosis where You know, they have painful sexual intercourse where they just they can't even have sex with their partner because it's that bad And when I'm talking to people that have gone through that, a lot of them are actually scared to even bring it up in conversation, until they understand that they can really help other people understand, that this is something that women go through.

So, you were talking about some of the tools you have, and I know you brought some here, which I think would be great for you to kinda show what these look like.

You're talking the Yoni Egg? You wanna pull that out? Um, so the yoni egg, there's three different sizes to them. Um and so this is the biggest one. And these are for women only, right?

I mean, we got men and women. I guess, you know, um, I don't know. Like I can't say I know of men that have tried it. Probably could. Uh, this. Is the medium and then this, is this small one?

And so when you look at them in different colors, Yeah, so all the crystals have their own healing properties. So I only brought the three, but there are different ones.

There is like an amethyst, there is the jade, the green crystal that is very commonly. I brought these three just so we have a variety on size. And when you look at them, you probably think this is easiest one to use because it's smaller, right?

And it is easier to insert. But I would assume depending on the person's anatomy, right? That small one might slip out of them. True. It won't. No. But, I think this one's easier to insert, but it's harder to actually manipulate to, actually, when you're contracting your vaginal wall, it is harder grab and pull.

And you are probably wondering what this little string is here. This is actually just dental floss. So you would insert the egg in, and it, its not just going and inserting the eggs in.

Like to do I do this myself and this is how I will guide women to it just place the egg on your belly button warm the Egg up and do some breath work practice first before before inserting it and then you could also put Coconut oil on it if you want before you insert it into yourself No, I want to touch up on that.

Why coconut oil? I Coconut oil? Coconut does have antibacterial properties to it. You could use a lube. I like using coconut oil. The reason why I asked that is I know it to be a natural lubricant that it's not going to damage your pH level and everything else.

So I just wanted to confirm that with you. Yeah. And that's why, I generally will recommend that, but you could you use lubes too. That's completely fine.

So doing the breath work practice and just really connecting to your body. I guess one thing I have I didn't touch on so much is even in your 40s, why some women still have pain with sex is because of sexual trauma.

You know, they're still holding it maybe even if it happened in their earlier years, maybe it was something recent, even trauma with pregnancies. So there is still, you know just if they ripped during birth, So that is something I definitely should have touched on and that could be another factor.

And I'm sharing that because when you do this practice, you really want your body to be relaxed and ready to receive. Okay. So, and with that, then it's also then relating to when you later have sex with your partner, is just being open to receive and just not rushing it.

And if you need to communicate with them, I need more foreplay. I know it easier just to like breathe a couple more times and then insert this, than communicate to a partner I might need, more for play.

But it just creating that awareness of what you So this goes in and then it's not gonna get stuck. And then you use the floss and you could pull. So as you do the breath work in, you bring it up into the vaginal canal and the you can use this as like resistance to do different breathwork practices.

Like, yeah. This is kinda like, I don't know how. Do they all have the thing for the string? Yeah, they have all the hole, yep. Okay. Then so this one is the harder one to insert.

but easier to manipulate once it's inside you because it is bigger. It's also heavier. So one thing, don't go buy these on Amazon. You don' want some crappy material inside of you.

Yoni Eggs and Crystal Tools

That's very important because there's toxic materials that can really damage you in multiple different ways. Yeah, so you know, you want to make sure it' like pure real crystals.

Obviously, sanitize them, clean them after you use them. And What was a I was oh the weight you don't want to keep these in you for long. So like two hours tops because it is weight and it could actually like, you know, just irritate the inside of the vaginal canal so like don t sleep with these walk around with them all day.

So earlier you were talking about the small one, that it's harder to kind of, I forgot the word you used. I said manipulate once it in. Manipulate. You like to move, yeah.

So once its in, what is the individual who's inserted it, What are they doing? Are they, they're doing the Kegel

exercise? Yeah, you're a doing a Kegal to, so if you'll go inhale, pull up.

And you just have the string hanging out. So I'll just use, so inhale, pull up, inhale pull-up and you could do like a three breathwork practice and then you can even engage the pelvic floor and pull down a little bit just to kind of work on the strengthening side of working on your pelvic-floor muscles.

And how often would somebody do something like that? You could do this every day, especially if you do have pelvic floor weakness. And then you could also do, like I was saying, the reverse of working on the lengthening.

So instead of as you inhale, pulling up, you're going to exhale and pull up. It takes a little bit. When you say lengthen, I want to understand what that means.

As you exhale, it's kind of hard to describe. As you inhale, you're engaging, pulling up, and then exhale. You're actually gonna, or sorry, let me rephrase this.

Usually as you exhale, But on the opposite, as you inhale, you're going to go lengthen the pelvic floor. So think of like your the opening of the vaginal canal, lengthening towards your toes.

That's what I mean by the muscle length. Not lengthened in time. Yeah, the actual muscle. It's a physical of lengthens. And really, that's where you've got to connect with your body.

vaginal opening, lengthening towards your toes. Does that make more sense that way? Yeah. So there's a level of a few things that I'm noticing based off of you giving the direction of what you're doing.

There's breath work involved, right? There is a little of meditation tapping into a certain level mindset. And then there is the actual physical component of doing the Kegels.

This seems like this is something that you might need a coach for if you've never done it before especially at the beginning Yeah to kind of coach you through and so I don't need to be With the woman like in person like you and I are right now I could coach him and this what I do will do just over or over the camera.

And if they're not comfortable of me actually looking at them, you turn the cameras off. So then you still have, and they could be lying down on their bed and you know, they are just like, I'm like that voice in their head, just kind of guiding them through.

One thing I do want to say, benefit to the man too, as a woman just learns how to contract and like work with her own pelvic floor, it helps with our orgasms and it makes sex a lot more enjoyable.

Why is that? Goes back to what we were saying earlier, you know, the rappers talk about, women being tight and that's what you want. You really don't want that.

you Want your woman to be supple and flexible and the muscle to contract and release just like we do our hamstring curls and stuff. And so with sex, then you're not going to be cramped up.

You're going be open, you know, flowing with the movement and you'll learn how to contract your pelvic floor at the right time. I like that, that's pretty cool.

All right, so who needs this? At what point in time, what age group, who can benefit from this, because a lot of the things we talk about is prevention.

Prevention from things getting into a worse state. So is this something that someone young would start doing it to prevent themselves from having a pelvic floor issue?

I think before pregnancy, because it's going to help you, especially on the reverse kegel and the reversed breath work, I'll say that I was talking about how you lengthen that could actually help as you give birth to, like just learning

how to relax as like to as your pushing out.

And then it's just creating that awareness and connection to your own pelvic floor before you even give birth. And you have this practice then, whoops, then I could benefit you after birth as well, because a lot of women end up with pelvic-floor issues afterbirth.

It's not a bad thing just to have in your back pocket, even me being 41 now, as you move into your late 40s, because I see it a lot as an occupational therapist.

I've seen it so many times women start having leakage. And that too, I feel like there's obviously shame for reasons like when you say leakage, like discharge.

Not discharge, just leakage, urine leakage. Whether they're running, coughing, laughing, doing a squat in the gym, there's just a little bit of leakage and it's the pelvis, the weakness.

So if you could get ahead of that, and of course I see it a lot more as women get older. When I was working a lots as an occupational therapist, my women in their 70s and 80s, I would say probably 80% of them are telling me, They have leakage and they have to wear little liners.

So if you can get ahead of that, just like we go to the gym, we could get head of and do this. And it doesn't always have be inserting the egg. I think inserting egg is just a beautiful self-love and meditative practice.

Okay. What's the youngest and what's oldest that you've seen utilizing the eggs? Youngest, I will say, I'm gonna say with what I've worked with probably like 30, 31. And the oldest, 65? 65, all right.

65. I mean, those are reasonable age groups. And really, a nine-year-old could use it. A nine year old woman can use that. I want to interview her on the podcast when you do.

Let me find one, right? She's well experienced and well versed in this stuff if she is doing it, so, you know, we talk about the different colors and those aren't actual crystals, real stones.

Yeah. Which I'm familiar of that because I meant to, frequency medicine. So those have different frequencies. Yeah, so this is Black Epsomene. This is a great one for if you're working on any trauma work and releasing traumas from a spiritual component, energetic, they say like this will act, especially say if he did have a sexual trauma, it help absorb some of that energy out into the stone.

And then after you do your yoni egg practice, you could go bury it in the earth. Or if live in an apartment, just put it into your plant soil for overnight and just let that be released.

Oh, really? Yeah, so there is like that component with this. I brought this one intentionally the rose quartz. This is a beautiful self-love crystal. So there again, if you're just wanting to connect with yourself, If you are doing any kind of healing, I think this is really nice one to work with.

And then this the red jasper. This works with your root chakra and working with the energy in the pelvic floor as well, connecting to your feminine. So just really connecting your sexual energy.

And even this too, if you are working a little bit of trauma work, this one could be beneficial. Which one's your favorite to work with with clients? Generally speaking, I will start with these two.

And that's why I kind of brought them. Because I feel like a lot of times there is some type of trauma component to it. Even if you're in your mid 40s and you have a hormone imbalance that is impacting your sleep and your brain fog, when I dig a little deeper, there could be some other little component in there.

Who doesn't want to connect to themselves? And I hear it so often, you know, in perimenopause, I feel like my body's betraying me. I. Feel so disconnected from myself, like I don't know what's going on.

And when I heard that, let's bring you back to home, Let's Bring You Back to Your Body. and this is I think the red rose course is a perfect crystal to use for that.

So that's what you just talked about of someone kinda the way they feel, right? And when we look at some of the stats that are out there in statistics, the International Society for the Study of Women's Sexual Health says that menopause symptoms can impact body image, relationship, emotional wellbeing, and daily life.

Why does society still minimize this as being an issue? I still think it's because there's a lack of research. Finally, we're getting more research out there.

We get to have more of these conversations that you and I are having. I think because we are in this space we think everyone's having these conversation, but they're not.

Vaginal Steaming and Herbal Protocols

There's still a lot of women that are not educated. And unfortunately, don't even want to say this, I feel like our Western medicine doctors aren't up to date on everything.

I just saw on the news today actually with the estrogen patches, there's a shortage. Finally, they took the black label off. There's shortage and I heard, I don't know how accurate it is, but the prediction is they're gonna be short on these estrogen product patches for the next one to two years.

That's crazy. So I feel like there just still this lack of knowledge, the support that us women deserve and the education around it. I agree with that.

There definitely has to be more education. I think we're headed in the right direction in removing that black box warning. So and there's other things that, you know, that that are important as well to besides our bigger systems that our controlling the way that we treat health, which leads me to talking about You know, a lot of these women have partners in life.

Their husbands, their significant other if they're not married. When it comes to those type of partners like husbands and their boyfriends, what are some of the biggest mistakes that these individuals do when dealing with a partner who's dealing a with lot with these issues?

The biggest mistake like the men generally do? I think, I mean, this part is from both ends, the lack of communication of just really what's potentially going on with her and then for the men to internalize it and think it's something about them.

Cause from what I hear sometimes, don't get me wrong. Sometimes the woman is checked out and she's like, this relationship is done. And I, you know, he's just wanting this and I'm done with that.

But I do hear a lot of times women just saying, I don' have a sex drive all of a sudden. don't know why. I love my man, but I just don t want to have sex with him anymore.

Or I do have this dryness and sex is no longer comfortable, which is another reason why I don' t have to sex or just not having the energy. Recently, I had this conversation with this woman and she's like, early, early perimenopause, 43, but her iron was super low, her ferritin levels, actually.

And she goes, Kim, I could barely get out of bed. She's like, no energy to get to bed, she's, like I love my man so much. I wanted to rip his clothes off.

He really couldn't bring myself to it. Even though I vocalized it to him and I know he understood, he could feel the pain still on his end. So I feel like there's a lot of those type of situations happening and so if there are any men listening I think instead of right away thinking oh what am I doing wrong and internalizing it just maybe get curious and ask questions but it doesn't necessarily have to be from the sexual side to feel like babe I notice you don't have

as much energy or you know I'm like, what else could, thinking of other things that you could just have a conversation around instead of just going to the sexual side, or if she's complaining about her joints hurting more, that's a thing, like the brain fog, just different things like that.

Yeah, a lot of the symptoms that women will have when they have hormonal imbalances, right? Yeah. Um, you know, how do they feel energy wise, brain fog, I mentioned, um, sleep disturbance, hot flashes, things of that nature.

Kind of like dig a little bit deeper, because you as the husband or the significant other, the boyfriend or whomever, You know, you could be that person who sheds the light to the issue that she might not be thinking about, right?

And can lead her towards someone like yourself, Kim, someone who has that experience that they can reach out to and ask more questions and see, hey, I'm experiencing this stuff, but this seems to be accepted as normal.

Is it normal? Yeah. And you know what, I actually have had husbands reach out to me. Oh, really? Yeah, most of them I'll say like have known me for some degree at some Degree.

and they have reached out and They're just like I'm reaching out as a concerned husband. Like I've noticed this with my wife. Would you be open to supporting her?

And so I'm like, 100%. And then, you know, I think of one case in particular, maybe the wife wasn't open. But I was like yeah, that's what I am here to do.

So I encourage men to have these conversations and sometimes even if you find the support for her and be like I found this, are you open? You know how many of those men are buying the full collection of the the eggs none have bought the whole collection Of eggs yet.

Yeah, no So, you know what that you're a joke into putting a joking to the side here Would you recommend a husband? buying those eggs for his wife Or is that too much of an insult or something?

You know, because people can get offended from that stuff. I mean, there was a whole thing with just the Peloton bike, right? Where Peloton made a commercial saying, hey, buy the peloton for your wife for Christmas.

And it blew up. It was an advertising crisis that Pelaton had to go through because they're like, why would the husband give his wife a pelotone bike for Christmases?

you're basically telling your way she's fat. So can this come and really end up stabbing the guy in the back by buying these things for his wife? I would say, yes, he could buy him.

But I think it also knowing your wife's personality, like, does she have an open mind? Is she open? Because I. Think some women would look at this and this is like this.

Is a little woo woo. but I do have one other thing we haven't talked about, which. Well, we got another surprise here. So this a crystal wand. It's not shaped like a dildo, but some of them are actually shaped.

Like Crystal Dildos looks like little crowbar. I like this one because you could actually do your own pelvic or internal massage with this. So it does help with pain if you do have any tightness, vaginal tightess.

And why I say that a man could potentially buy one like and then like I said, some of them actually look like a smaller dildo is you can incorporate it into sex and foreplay.

OK, so maybe this wouldn't look as like, what are you doing? But it could also at the in the end, it can help with pelvic pain. It helps release tension.

There is an energetic component that I love that. I could share a little bit about that it. Could help if there is any

emotional trauma. That's a green stone or this was ever adventuring.

Which is good for if you're manifesting helps with, you know, if your looking at new beginnings. So if on a beginning of a healing journey you could always use this one too.

I just brought different crystals just so it's not all black. And I have a black at Simeon for this as well. The sleeve that you pulled it out of, is that a protective sleeve?

Yeah, this is what they come in. This is how I store them. The design, I know there's some of those leaves that will actually protect the frequencies to maintain in the cell.

I don't know if that you don' necessarily know. This actually does. But this is what they come in. The nice little pouch. So I just storm in here. Okay.

So that one, what are we, that won't compare to the eggs. What are the, What's the big difference between those? This one is going to be more for releasing tension, tension pain and from the energetic component.

the opening to the vagina, the vaginal opening. And this is your cervix. Just like when you do foot reflexology, you know how there's different points to work with different organs and releasing tension.

Some of those meridians actually run through the. Vaginal canal. Oh, actually, they run down the shaft of the penis as well. So for the woman, if this.

Is the reopening of. The cervics. This is connected to your kidneys. Kidneys connected to fear, especially if a woman that has pain with penetrative sex because of trauma, this could be a nice gentle way to kind of like work around that.

Then we have liver, which is connected anger. And we our spleen, worry, stress, our lungs, grief, and then our heart chakra is at the cervix. I don't know if you've ever heard of cervical orgasms.

That's like really open. It's full-blown. Just, you know, it's, like, I feel like you're on cloud nine. Is that, that's not the same as, at the clitoris?

The orgasm's that happen? No, actually the cervix internally. Oh, internally? Yeah, the cervical. The cervic. No, the g-spot is actually a little bit lower.

Circus is at the top. So if you go all the way through the… I got some learning to do here, Kim. I guess I don't know what the heck I'm talking about.

Well, I didn't bring my anatomy book. The head of the clitoris is external. OK, so let's talk about those different orgasms just so myself and the listeners and viewers can understand the different type of orgasm that there are out there and how some of these things can help with those organs.

Yeah. So you're asking about the clitoris. I feel like most women have clittoral orgasm. And so that's the I'm like, I wish I had a diagram, but that more external, like the head of the Clitorus is poking out up at the top, just at top of below the pubic bone, again.

Like trying to think how to describe it. Right. But The roots, if you wanna say the clitoris, actually go internal. But that's why oral sex or a lot of women like being on top, because you get like that friction and stimulation of the Clitorus.

Then internally, the G-spot would be, I think the best way to get to the g- spot is think of like, If you're saying come to me, like this, and then you could catch, it feels like kind of a walnut.

And then as I was saying the cervix is at the top of so if you go all the way into the vaginal canal the service is

sitting at The top Right, right And that's your cervical organ is typically done from like deep penetration And when a woman's really relaxed, not deep that she's in pain, but incorporating a fine breath work really helps with that.

And then when the woman is just fully relaxed and feeling very safe in your presence. Then, of course, there's body orgasms too, just through breathwork.

There's a breath we're called cosmic breath. And basically, it's like thinking of taking an inhale, feeling the breath coming up the front side of your body right to the crown of our head.

And as you exhale, the breathe comes down the backside of you body, down your tailbone, and it is circulating. Do you think most women can experience all of those different types of orgasms?

I think they can. If they are really connected to themselves, if they're feeling safe. Also, I mean, they do say our biggest uh, organ for an orgasm in their brain.

So can you turn everything else off that to do to-do list, the kids, everything. Can you that all off and just be really present with what is going on?

Like I could say personally, I haven't pulled up the vaginal steam yet. I had like a 30 minute body orgasms, just breathing and sitting on a pot of steam.

a 30 minute body orgasm? I was just sitting there, yeah. 30 minutes is a long time. I there for about 40 minutes, but I wasn't in that state for that long.

But I just in this breath work of the cosmic breath and it's just like so much energy and like my whole body is just tingling and expanding. And yeah, so you can have those type of orgasms by yourself with a partner when you are fully just present with your breath in your body.

I know we're talking about women, but can men have this body? The body orgasm. Yeah. So the cosmic breath that I was talking. You could do it as a couple.

Um, you know, if you're in that, yeah, yum yum. facing each other, and you're both breathing in and exhaling at the same time. So all of a sudden that energy is circulating like this.

Around you. Some men can have this, so what does this say? That's more in the tantric world. In the Tantric? With the breath work practice. Because tantra right away, a lot of people think kama sutra, which is different sex positions, but really it comes back to starting with your breathwork, then there's the different sensations and textures and smells and using all your senses.

But it goes back the the breathe work. Yeah. All right. We got a lot that we're unpacking here. Kim, if you could erase one myth about women's sexual wellness that has caused the most damage over the last 50 years, what would that be?

Women don't deserve pleasure. I think there's still like that, you know, women are just meant, and maybe not in all cases nowadays, because I feel it's a little bit more of a conversation, but that women were kind of just to reproduce and have children and not experience pleasure.

Wow. That's powerful. If there's some women that are watching this podcast that they could change one habit tomorrow that can really help them enhance their hormonal or sexual health, what is that one habits that you would say, hey, you need to start here?

Coming back to the breath work, like I've said a couple times, and you could do it within two minutes. Just put your hand on your womb. And actually, that's one of the practices I have in the book here in The Womb Wisdom Journal is just put you hand in your room, check in with yourself and say, what do I need today?

I called your WOMB tuition. She will speak to you. Maybe a sensation and maybe a download. You may get a vision and just take that moment to connect with yourself.

Maybe do three, four rounds of the cosmic breath or just, you know, box breathing, inhale for four, hold for for exhale for, for hold, And just do that little bit of connection.

You do the day in and day out, and you're just going to start feeling more and more connected. And then maybe in that moment, when you are stuck in traffic, you come back to that breath work or you in the bedroom and your mind starting to go over there, You come to your body in breathwork and it just becomes like this.

When you. Come off out of alignment, just come. Back to center. Yeah, that book that you have here.

Trauma, Pleasure, and Orgasm Education

So when I first walked into the studio and I saw the book, I said, oh wow, what's the books here? So can you let people know exactly what you put together here.

Yeah, so it's called the Womb Wisdom Journal. I created it now probably about five years ago. And what I was hearing in that time when was running workshops is I feel so disconnected from my cycle, my menstrual cycle.

So at that I time I talking to a lot of women that are cycling still. And with that, I was just like, when we understand how our hormones are shifting, because our cycle is just not our period, our periods are menstrual phase, the week after is our follicular phase.

Ovulation, a lot of people know what ovulation is, that's when you're fertile. And then we have, I say like this PMS when we're in our luteal phase and our hormones are shifting through that time.

So our energy is different, our workouts might be different. Our food cravings might different business. You might notice like you want to do more things during one time compared to another.

And so I created this journal for women to really connect with their body. So that breathwear practice that I said, just putting your hand in your room.

That's what I suggest to do daily. And then that's one of the questions every day is like, What do I need today? What Do I Need Today? So there's four reflection questions every single day.

And then there's reflection question for each phase. So there is only about eight pages of reading and then you go down a three month journey of you connecting to your own body.

Some of the breakthroughs I hear from women is like, oh my God, I'm like this on day 17. Now I know to adjust this and do this. It's really powerful. I can only imagine and being able to actually write it down and having some kind of structure helps you make that progress that you need with your health for women in particular.

So I wanna have a little fun here before we go into some of the other cool tools you brought in because we're gonna have live demonstration example of how this stuff works and talk about the benefits of it.

But first, I want to use these conversation cards so people can get to know you a little bit better, Kim. So this is the diary of a CEO. Stephen Berlitt came out with you so you can grab that.

You'll take the sleeve off and then just grab two cards from the middle and you'll read the card out loud and Okay, we're a little mixed up, but I'll just.

Yeah, you can shuffle and do whatever you want. Here's one and here's the other. Okay. Oh, I got a blank one. What does that mean? QR code. There you go.

You won a prize. Two more cards. So the first one, You have one last piece of work to do. You know what, a friend who's a coach actually asked me this not too long ago in a different way.

And her question was, if you could help a thousand women with one thing before you died, what would it be? And I said it would be so all my, are those thousand perimenopausal women experience pleasure?

all through perimenopause. And I think that's what it would be. Of course, pleasure in the bedroom, but pleasure and life. Pleasure is so much more, just having that spark back.

It comes back to what I said earlier. I really believe us women deserve that. When a woman is connected to her pleasure, connected her turn on, She's a bad ass in all areas of her life.

And it and it ripples into the universe from what she's doing in work, how she is working with her kids, her partner, maybe doing humanitarian work. Whatever it would be, what's she doing for herself.

It's just I love seeing that glow. So that is that'd be my work about that. Then the other one is. What have you done recently for someone else? I feel like that's a loaded question.

I'm like, what have I done? I try to pick up a situation. You know, it really comes to mind is I had a dear friend pass away recently. He was a private client.

It's male. And I knew he had a stroke. And so I went, I flew back to see him for 24 hours. Not only did I feel like I had to just go see them to say goodbye, but just having the knowledge that I have in the Western medical world.

I wanted to make sure that his last days on this earth, he was as comfortable as he could be. So with the support that I knew he had in L. A., it was a blessing.

The doctor came in while I was there, so I'm able to have those conversations and make up, make. Sure, everything was set up for him. And at this point he has passed.

But I know and I. Was told that it. It was like the most peaceful thing. Yeah, I think that's what sits with me. Like I just do that. That's amazing that you were able to do that.

Yeah, that's something that not too many people can always say that even family members that are close to other people, there's a lot of obstacles that get in people's way where they're unable to something like that, so Kim, what other tools do you have in that magic box over there?

So I got one more tool. Some herbs. And you probably look at them and you're like, oh, are we gonna have some tea? Well, you could drink them. You really could tie me time.

I don't I. Don't know how this blend would actually taste as as a tea, but this. Blend is actually for vaginal steaming, also known as yoni steeming. And what is yonis?

What is Yoni mean to begin with? Yoni is the sacred Sanskrit word to our room space. Hmm. OK. Yeah. Just connecting back to the womb, really an anatomical word.

Words, if you want to say the uterus, the vulva, vagina, like that whole yeah, because we use the word yoni multiple times. Yonni one yonny egg. You only see.

So you only I was jumping to a conclusion saying that it just means vagina. You know, but maybe it means something else. Part of it. It's more coming back to the womb space.

Okay. But it is, the vagina is part of us. Right, right. So this blend, there's different blends that you could have depending on what a woman is working with.

So vaginal steaming, just like the tea we drink has healing properties. You take these, this herb, so you'd put half of this bag in a bowl, never use plastic.

If you want to use glass or ceramic, it's so, you have steamy water, You put the herbs in and then you go and you sit over the, the bowl or the pot and you put a blanket around you or you wear a long skirt or a dress.

Basically you wanna create like a tent so the heat and the steam stays in. And then the medicine of the herbs actually goes up into the vulva, into vagina, and to the uterus.

It helps with so many things from fibroids and endometriosis, cysts. it could help with women that are having a difficult time Conceiving, so it could help on your fertility journey, it can help postpartum.

It could with different infections from BV, UTIs, we were talking about UTAs earlier. What else could it help with? Vaginal dryness, It can with menstrual cramps, pelvic pain, and it helps with your sex life.

And it just comes back to that beautiful self-care practice of really just connecting with yourself. So I've used this personally. How often do people?

It depends. So there is different protocols depending on what your goal is. One thing, if you are pregnant, you do not steam because what it does, it opens up the uterus.

You do no want to steam. If you're bleeding on your period, and you don't want a steam, because your flow is going down and the steam's going up. if You have any open wounds, Like, so say if you have like a herpes break out or something you don't want to see then.

If you have an IUD, you can steam, but no more than 10 minutes. Okay. Because there again, it could open up the cervix and you don't want the Iud to fall out.

So no, more. Than 10. Minutes. It could actually even help with hot flashes. If. You use cooling herbs, no. More than ten minutes, so it really depends on the protocol.

Yes. Endometriosis. Cooling herbs. What kind of herbs are those? Mint. experiment you could use lavender, lemon balm. Yeah, some more like the cooling herbs.

I was saying about the endometriosis. That is what we would call a more extensive protocol. So with that, you'd actually want to get probably a stool because you want a steam 40 minutes.

And that is a very extensive of protocol, but I do know of a woman personally that was told she will not be able to pregnant because of her endometriosis and she was on a strict protocol And with that, you know, of course, it comes back to foundations of what you're eating and working some through some of her inner healing and journaling and whatnot.

But she conceived. Well, he conceived and I know I mentioned earlier to you, I helped my own mother. And I think that is the absolute best testimonial I could have.

I celebrate all the women I help, but my mom was on estrogen and she was 68. And her internally, she was thinning, the vaginal lining was spinning so much, they thought it could eventually become cancerous.

So when she's down here from Canada, I was like, come to my room. And I gave her, set her up to do this. I said, will you go back to Canada? And will actually do that?

She's like yeah, fast forward a year. She went to the doctor and he goes, i've heard of this, but I don't know what it is. He goes whatever you're doing, keep doing it because you are no longer irritated.

And she's no longer in pain. That's gotta be a great feeling. As that's what I'm saying. Like that, that by far, like I, I

really am that cheerleader to my patients and clients.

I feel like sometimes they're like Kim, calm down. It was, it was just like, you know, got five more minutes of sleep, but I was like it's a win. Well that just shows how passionate you are with what you do.

And I I. Really am. But like when my mom told me like she was let like what the doctor said, was I almost in tears. Was like this is amazing. So this, or this bag of herbs here, what does it smell like?

Well here you can smell it. I think it smells very fresh. This one in particular, it does, you'll smell the lavender for sure in that. That has some lavender, has, What else is in there?

There's some Mexican oregano, lemon balms in now one. There is some Tulsi. Blangela flower. It has a lot of different like spicy smells like like spices a little bit of the spice, probably the Mexican oregano that you're smelling.

And this also has. A little. Bit of red raspberry leaf, too. I know. So this is just a nice generic blend that I have on my website that kind of any woman.

It could help with, you know, yeah, it'd be good for any woman. And then, like I said, of course, if you're working on something like if. You have fibroids or if your you getting chronic UTIs, then you want a certain type of protocol and blend, which I can do for you.

I'm also I am a Reiki master, so I actually reiki all my all. My blends just to throw in a little extra healing for all the wounds. Awesome. So, Kim, you brought the Yoni steamer?

So I personally don't use a steamers. I only use like a bowl, but yeah, I have everything here. You brought it here? I've got the steaming water. Are we ready to make this happen?

We're ready. All right, awesome. So normally you would actually boil or steam your water on top of the stove. And so I just got my hot water here for right now.

I don't know how much it's still steaming. You don' want to bring it to a full boil. you want bring to steam because remember you're going to get over top of this bowl.

And then I'm going put half a bag of these herbs into this ball.

Final Advice and Where to Find Kim

Now just a little tip what I like to do actually to more of the medicine out of herbs. i will just let the herbs sit in a pot. during the day and then steam at night, so actually just to start infusing the water for about eight hours.

Oh, you let it infuse for eight? Eight hours, and you could do that with your tea as well, just a side note. How long would you, well I could start smelling it over.

You really start smell it, right? How would would let infused if you didn't let for the eight hour? For the hours like, say for example, if it's you just came home and you're like I want to do a steam just put it in and then put on about low to medium and just wait until you start seeing a Steam put your hand over and if you like this you know it's too hot definitely turn it off and let it kind of cool off a bit because remember you are going to get over this bowl and your vulva skin is a little more sensitive than like the skin on your hand.

So you're gonna have that. And as you said, you can already smell the herbs, right? One of the things I want to put a little emphasis on, if anyone's trying this at home, is the importance of it not being too hot, because any of your sexual organs, that if you cause any kind of burn, I mean that could be something serious to one of you sexual reproductive organs.

100%. That's why I say, do a test with your hands first, make sure you are not burning your The other thing, I know

I said it earlier and I really want to stress this too, do not use plastic.

Because think, it's steaming warm water, some of this plastic could then end up in the water and then it is going up into the vulva vaginal canal and we know what plastics do to our hormones, our fertility and all those things.

So you want stay away from that. I know I see them on Etsy and Amazon, so really be careful. Be careful with that. I did talk about it a little bit earlier, but the reason why I personally don't have the stool, it is more comfortable, I don t have a stool because I only steamed for 10 minutes.

And the reasons being is because, and this has helped me so much, is I have very mild case of lichen sclerosis, which is basically like psoriasis of the vulva skin.

Years ago, yet when I lived in LA, I had biopsies to make sure it was nothing else. And the doctors are kind of like, oh, here's an ointment. And I, when I started steaming 10 minutes, like about nine minutes for me is the perfect amount.

I really don't really get any irritation anymore, but I do know if I go more than like a 15 minute, I get that irritation. And earlier I did say too, there was that time I was like, did 40 minutes.

That was before I start getting like that, irritation, But now I'm just happy with a nice 10 minute steam. Now, I know before we had conversations about trauma.

Does this have any effect on anyone who's had any kind of sexual trauma? You know what? This is one practice I wouldn't say it has a direct effect. I think if anything, it comes back to some of the things I've said today, but just having another self-love practice coming back.

To you. So what I do when I sit on this is I Put my hand on my womb. I put one hand in my heart and I'll just breathe I do that cosmic breath I was talking about earlier and something might come up and if there is something related to your trauma then after you can journal like that's one thing I Do often recommend is just journaling after and what one time so I will do this right before I get my period because I was hit by a car two years ago as a pedestrian and I've never had menstrual cramps and after getting hit because i had so much pelvic trauma physically I Was getting cramp and this was one of my routines and now I just sometimes feel the cram's wanting to creep on so I do this before my Period and i don't get cramped right so it's like one, of the practices i do the other time i love to do it is with the full mood and So I do this and then like, what am I releasing?

And then I journal after. So that's just my personal practices with this. So, you know, with the trauma, there's physical trauma and then there is also emotional and also sexual trauma.

All of those probably have different ways to be treated, correct? Yes, and with some of the sexual traumas from the emotional perspective, You could use the wand that I was showing and doing the release points.

And also the yoni egg too, especially working with a black obsidian, like to help you do the breath work, do some meditation. pulling out whatever energy is still kind of connected, or I don't like using the word stuck, but still within you and releasing that with that black of some meaning.

All right, so what are the next steps here? So from here, let's pretend it was on the stove, we put it into the pot, and then simply you're just gonna wear a long skirt, I put a blanket around me, then you just come over and I go into like what would be, I kind of go open.

Like if you're kind in a bit of a child's pose, I'll sit like this for a while and do some breath work. And if my knees get sore, i adjust and I actually come down like.

So does that position like, you know, obviously yoga, there's different names for the different, does this have an actual name? This one, this doesn't have a name for it.

Can we give it a. I don't even know. I'm gonna call it the goddess seat. The goddess, there you go. Let's call that the godess seat and like if anything like said, this would be more of like going into a child's pose.

If you do want a little bit of support, so like how I set my mom up is beside the bed or the sofa and then you could kind of just lean up onto the better.

So it's more comfortable because you will be there for minimum what? 10 minutes. 10 Minutes maximum. I mean, you can do 40 minutes like this, but it might be uncomfortable.

And so those longer, more intense protocols, I do recommend getting the stool. I know it's a little bit investment, But if it is going to help you with your fibroids or endometriosis and potentially prevent you from having a surgery, i don't know.

i think i would invest $200 in a stool I agree. Absolutely. All right, so then once you're done doing this procedure after the 10 minutes, what do we do here?

Is there a cleanup phase or do any women experience any of the stuff that you were talking about earlier, leakage, discharge, any throughout this process?

Not that I've ever been told and I feel like women are generally pretty open with sharing patients. Because you did say that it opens up Yeah, well, you'll feel like you sometimes almost feel a little pop.

I'm saying pop, but you just feel this release and opening in the cervix. But I've never experienced any type of discharge and I have not been shared that, so I can't quite give you an answer.

There isn't much of a cleanup. So you would just kind of get off, make sure you don't spill the water, and then you could discard it and you can give it back to nature.

If you have a backyard, Cool. All right. Awesome. Oh, that's amazing. Anything else that we should add or that We've missed. I don't think so. Alright, Kim.

That was some interesting stuff there that obviously can help a lot of women out. So Kim, you know, If there's someone that's viewing or listening to this podcast who really resonates with today's message, I mean, we covered a lot, what's that one last thing that you can truly leave them off with?

I know I kinda said this in some way earlier, but it's really just taking that moment to come back to yourself, even if it is five minutes of breath work, and just really connecting with yourself and your body.

I get it, when we're in our 40s, there is a lotta happening. hormones are like a roller coaster. You're potentially raising children, maybe you're empty, becoming an empty nester, you have your partner, You have aging parents, which I don't think gets talked about enough.

you are maybe in the prime of your career or building your business. And that's a lot to have on your plate. So just taking that moment for you, even if it's just a little Breath work, going for a little walk, getting in your workout, strengthen those bones, whatever it's going to be to support you.

Absolutely. And if people want to find you, where can they find it? So you could find me on my website, www. KimBillich.com. and I'm most active on social media on Instagram, which is also just my name at Kim Billich underscore.

Awesome. Kim, it was a pleasure having you on a healthy point of view podcast. Thank you so much for having me, Sam. It's amazing. Guys, you heard Kim.

There's a lot going on. And there's lot of things that you have to do to truly take control of your health, right? So some of the things we discussed today can be very beneficial for you to be able to take care of health.

But remember, there are other things like nutrition, exercise, sleep, that also feed into this whole process. If you know someone who can benefit from today's message, make sure you share this podcast.

Make sure like, subscribe, and we'll see you for the next one.