Introduction to Diabetes and Sexual Pleasure

All right, everybody, we are back with another amazing session. And we have the wonderful doctor Beverly Yates. And I'm so excited because we're going to be talking about sexual pleasure, diabetes and orgasm.

So thank you so much, Doctor Yates, for being with us today. Hey, doctor Greenleaf, how are you doing? I appreciate so much the rotation. You're very welcome.

Looking forward to talking to you about this topic because, you know, as we will have this discussion, there isn't a lot of discussion about this topic.

It's kind of amazing. It's like this big gaping hole that people just don't talk about sexuality, sexual pleasure, fulfillment, satisfaction and blood sugar issues.

And so many people have blood sugar issues and so many people have pelvic floor issues. You just like it just makes sense, right? So let's do this. I love that.

And so and that's one thing that you know, you know, whether someone already knows that they have diabetes or maybe they don't like sometimes these things can start creeping into the bedroom or pelvic health.

And all of a sudden it's like, wait a minute. And and a lot of people think it's not connected. But yeah, how, you know, how are these things connected?

Yeah. I'm glad you're asking this question. So, you know, let's talk about it. A lot of times, depending on where you live in the world, you might see a lot of ads, let's say for the things like Viagra and phthalates and other drugs that are for performance enhancing and supporting erectile dysfunction.

Right. But we don't talk about clitoral dysfunction or a lot of lack, of a lack of satisfaction for women with sexual pleasure for men or for whomever.

And so I would really like to have that discussion around we talk about blood flow and the vasculature and why it is literally that the the vascular system gets so gummed up, so to speak.

How Blood Sugar Affects Sexual Function

So, so difficult for blood flow that it means then that achieving orgasm, sexual satisfaction, sexual pleasure in general can really be challenging, especially if you've got an illness like diabetes, which is famous for compromising blood flow, including to the genitalia.

You know, it's absolutely a central topic. And it does again, talked about, you know, so we're here to do that. Again. I think unfortunately, so many people, at least from what I've seen, just go, oh, it's just I'm getting older.

And, you know, this is kind of just par, par for the course, but it's not so. And we could do something about it. So yeah. How it how does the the sugar levels really affect affect sexual function.

Absolutely. So our blood sugar levels, our glucose levels make a big difference. Right. So let's talk about the normal healthy situation. So for somebody who doesn't have diabetes or prediabetes what will happen is their blood flow to all the parts of the body equally.

Right. There's nothing that's going to be impeding it in the case of rising blood sugar. So let's say pre-diabetes, the flow of the blood freely to the organs, to the muscles, to the brain all over the body starts to get gradually

compromised by the tiny person that become type two diabetic.

It's even more compromised. Right? So let's back this up just a little bit to talk about the numbers that matter. For blood sugar, we talk about fasting blood sugar, which is what you get in the morning when you wake up.

You haven't been eating. That's why it's called fasting blood sugar. And the other numbers in a see. So hemoglobin a1 C shortened to a1 c measures the stickiness, if you will, of the amount of blood sugar that's in your blood, your glucose in your blood compared to the normal proteins.

And the protein in particular thing measure is called hemoglobin. Hemoglobin sits in all of the red blood cells. And that's what allows the exchange of oxygen for carbon dioxide.

You might remember that brands anyone listening to the summit from maybe middle school or high school. Right. That's the key thing. You want to release carbon dioxide and grab up oxygen.

And hemoglobin is your friend. So blood sugar can attach to that same protein. If too much blood sugar attaches to that same protein called hemoglobin, you're going to feel fatigued and tired because it's it's displacing the function of the exchange of carbon dioxide and oxygen.

And it also is making everything more inflamed or sticky. This is what sets up the situation where somebody becomes much higher risk of things like a stroke or heart attack, etc.

this also means that compromised blood flow, because things are literally more sticky, can lead to blindness or loss of vision. It can lead to the loss of kidney function, a need for dialysis.

It can lead to issues with the nervous system and neuropathy. Typically, people first have odd shooting pains or, stabbing pain, things like that, and then eventually they go numb, which is dangerous because then they can't feel anything, including when they're injured.

The immune system gets all gummed up, too. And because of the it's almost like a distracting kind of inflammation. There's just too much of it. And so the the immune system is not able to function like it should.

Therefore, when people have wounds, they don't heal, you know? So this whole cascade of things that go on, I think most people know that with diabetes and blood sugars and well-controlled people can lose body parts too, especially things at the very end of the circulatory system, like toes, ankles, you know, legs, etc..

Right? So not to be too grisly. I just want people to be clear what a risk this is. If we don't take it seriously, it's also the threat to the brain and what precedes mild cognitive impairment, dementia and Alzheimer's.

Right? It's also considered type three diabetes. So then when you look at sexual pleasure, sexual function and just joy, I think we come to think we ought to settle when we get older for less.

And it doesn't have to be that way. And there are parts of the world where people in the age to just get older, they aren't necessarily falling apart.

They don't necessarily have these, you know, long term chronic diseases, whether it's heart disease or diabetes, etc., at anywhere near the rate we see in the Western modern world.

And so that tells me that it is possible to live long and live well. But if we're going to do that, we're going to have to be on top of our gains and pay attention to what's going to work for us.

You know what? I love how you explain that, because even myself as a doctor, I'm like, you know, I really never thought about blood sugar. And I like that how it's like getting sticky and gummed up.

And I'm like, wow, that's a great visual. And I'm like, actually help me understand it more, too. So, you know, I

wanted to ask you two, like, why do we need to eat, like, nutrient dense, like healthier foods?

And why why is that important, especially when it comes to sexual satisfaction? Asian. Well, it's an interesting correlation. It's only been recently in my own life as I've gotten older, that I realized, wait, we're talking about the same thing.

So when we talk about nutrient dense foods, right, we're comparing those to foods that aren't rich in nutrients that will be highly processed, ultra processed, highly refined, fast foods, junk foods, foods that don't give us a lot of nutritional value.

Nutrition, Satisfaction, and Blood Sugar Control

One of the reasons people overeat is because they're still looking for nutrients, and because the twin density isn't there, they're trying to fill that hole and their body just keeps wanting it.

Now, that's in addition to all the crazy crap they add to make it taste more appealing and trick the brain, right? That's a different conversation, Betsy.

That's gonna be for a different summit. But for this one, right? We're talking about nutrient density and satisfaction. And when people eat healthy, wholesome foods that are rich and reasonably intact with their nutrient base, usually people feel full or satisfied, right?

That satiation satiety is reached. Well, you know, if you think about it in terms of sexual activity, sexual pleasure, fulfillment, wherever people may be on the spectrum, not everything has to be all about the orgasm.

Orgasms are awesome. But there's other things to consider, too. And you think about it for a lot of us, the way our sexual lives are led, they might not be fulfilling either.

So if our nutrient base is depleted and our sexual fulfillment is depleted, we're really at risk for not having as much joy and fun as we could in our lives.

And I think in today's busy, stressed out world, that people really have to prioritize this because it doesn't seem like it's going to happen necessarily as easily as it otherwise might.

Oh my God, I love that too. I'm like, take it out. Taking notes here. That's yeah, you got some great ones. You know, when it comes to like the and so it's not just the diabetic patient that needs to be concerned about this.

I mean, this is just we should be thinking about our blood sugar in general. And then also specifically people with, with diabetes, and then like when what would you encourage people to do to kind of help maintain healthy blood sugar?

What I would encourage them to do is this keep it simple. Don't overcomplicate it. Right. Because we both know as doctors that if we make it complicated, it doesn't get done and people get stressed out and they feel bad about themselves and, you know, the same blame cycle gets going.

It's like none of that. Nobody needs that drama. Instead, think about it. There's two ways I want people to think about it one. Add leafy greens to all your meals.

Yes, folks, including breakfast. Make that easy. You know, if you're ordering an omelet and I'll do things. Make sure there's veggies in it, maybe have a side of spinach with it, you know, or a side salad.

The easy things you can do. Number two is when you travel. Because honestly, the thing I've observed after Green Leaf is the wheels tend to come off the car. We scramble.

Yeah. Consider if there's a store nearby, you know, or if you can have it delivered. But there might be a store is

within walking distance that would perhaps it's safe to go to the go and get a box of, already washed, freshly prepared salad greens.

It could not be easier these days, and a lot of times those boxes even have little mini ones. They're like $2, $3 big boxes, like 5 or $6. They're ready to go.

It's I mean, that to me has been a real game changer. And I know when I travel, I take advantage of that as much as I can. It just makes it easier and make sure I have some control over what I'm eating, because otherwise, you know, if you're eating at a restaurant, often there's a lot more added sugar, a lot more added salt, and this, that.

And the other thing, all of which is conspiring to mess up your sugar and it's so much cheaper. I've been doing the same thing with like Instacart has become my friend.

Like I travel now and like when I get to the hotel, I just order stuff. So I have it there. So I'm not tempted to go eat the bad stuff and also spend tons of money in restaurants.

You know, sometimes people think erroneously, like with diabetes and blood sugar issues. That only happens because I go, I'm not eating cookies. I'm not eating candy. I'm not eating ice cream.

So I'm fine. So what do you have to say to those people? That's a great point that you make, you know, and sometimes health and medical professionals make that assumption too.

They'll do a cursory diet review, say, oh, you're okay. You don't need to be checked, silly. Everyone should be checked every year. And I would say, really more like six months for your fasting morning.

Blood sugar number. Absolutely. And your A1 c because there's so many people, it's been estimated that as many as 70% of the people who are pre prediabetes right now probably don't know it.

And about 50% of people have type two diabetes probably don't know it. Some of those numbers vary. You can look at the CDC website, some other websites, National Institutes of Health, etc.

you can look around the world and see how underdiagnosed the issue is and how unaware people are. And sometimes health professionals, medical professionals will make a judgment that is wrong.

I always say test, don't guess this is serious because you're you're you're weighing the risk of the damage. And this thing does and it's silent, sneaky damage.

What precedes the changes in the vision. It changes in a person's kidneys, their heart, what precedes the stroke, things like that. It's just they lose ground if you will, a little bit a day.

They don't lose 20 miles a day, they lose inches a day. But it's relentless and may compound over time. So it means that instead of it being a small change, it's actually a big change.

Testing Blood Sugar and Understanding A1C

And then once it's apparent there's so much damage that was done and along the way, people really haven't been served properly means lab tests are cheap.

We're talking about $4 $8 for cheap for a lab test, not one of these $5,000 things, you know? Oh, wow. I didn't realize that they were. You could get them that inexpensively.

I guess. I've never actually looked at my bill. Hahahahaha. Yeah, now there's a lot of direct to consumer lab tests as well. So if someone is uninsured or their provider won't cooperate, you can take the power in your own hand, get your own blood checked, and have a look to see what those numbers are, whether or not they're in a healthy range for you.

You know, if someone's about, you know, wants to look into their blood sugar and they were like, okay, I'm going to get this test. Is there a certain time of day that they should be getting those tests?

And are there certain things they should avoid eating or doing before, before or even after a test? That's a great question. So the answer is for each of the two markers that I just mentioned, it's a different answer for the first one the fasting morning blood sugar number for fasting blood sugar.

Yes, you should be fasting. You need to have not eaten any food or food, like substances or beverages that could be considered foods for 12 hours or more.

So practically speaking, if you have your dinner, if you finish your dinner by 7 p.m. and you go to the lab to get your, blood drawn, let's say it's 7 a.m., that would be a 12 hour fast.

So if we really clear out, what's the fast? You are not going to have coffee. You can have coffee with a little bit of creamer. You're not going to have a latte.

You're not going to have chai. Nope nope, nope. You're going to have water the next morning when you get up and then go on and go to the lab station. Don't even have flavored water because it's interesting.

The brain, once it gets flavor off in it. And typically if it's a sweet flavor, like maybe it's, a water with a, squeeze or a slice of lime in there, or a slice of orange if the if the brain is expecting calories with that flavor, it's going to start to raise your insulin and raise your blood sugar in anticipation of the delivery of said calories.

But when it's just a flavored water, it's not that that's not what's happening, right? So if you're going to get fasting blood sugar check, then let's do fasting.

So you get up the next morning, have your water, have a glass or two because then it will help your veins perhaps perk up a little bit more. It's makes it easier to draw that blood.

Okay, it would be great if the night before, the day before, maybe two week before you're not drinking alcohol, because that's going to make a difference with all of the other blood tests that are probably being done at the same time.

Your metabolic panel. But I say live your life because your doctor needs to have an accurate snapshot of who you are. So if you have a glass of wine every day, then perhaps you shouldn't change that.

So I'm just putting that out there on the other side of this. If we're looking at the A1, see your hemoglobin A1? C number changes every 3 to 4 months because the turnover of your red blood cells.

Remember we talked about red blood cells in that beautiful job they do with hemoglobin. That protein right. Grabs that oxygen out of the atmosphere and poof sends off that carbon dioxide for you.

Well, one of the things to know about this is that your those red blood cells, a fresh new set comes out every day for your bone marrow. And so it takes time for you to get a whole new set.

It's pretty much 90 days, so we'll say three months. So every 3 to 4 months to have the A1 c checked is reasonable, especially if your lifestyle is changing other parameters to know or if you are severely stressed, your A1, c will probably go up because your body's releasing more stress hormone cortisol and adrenaline.

And in response, here comes your blood sugar, here comes your glucose. Because your body perceives a threat, it's turned you into superhero mode, but you haven't had the opportunity to work that off right?

So your A1, C may go up in response to a stress. It can also go up in response to surgery and in response to an infection. Anything like that can be perceived as stress and can make a difference with your A1, C and most definitely your fasting morning blood sugar numbers.

So if you see a sudden spike but you know you just had surgery, you had a traumatic event, you, were severely stressed, you know, something like that.

And maybe you otherwise exercise regularly, eat healthily, have great sleep, then you can attribute it to that and to just repeat the test later. There's no reason to freak out.

And I'm going to go back and talk about the blood flow again. So just to kind of reiterate, why why is blood flow really important for sexual function for both men and women?

Yeah. My understanding is that the tissue for our genitalia is particularly able to become engorged. It can become a lot bigger with sexual stimulation, whether it's direct sexual stimulation or it's from our minds.

Maybe something we're reading, we're seeing, we're thinking about, we're dreaming, we're fantasizing, whatever. And when that blood flow shifts because of the engorgement of those tissues, they can become more filled with blood and engorged.

In the case of a male penis, they can become erect. A female's clitoris can also become engorged, interact, and the sensitivity of the nerves are heightened as well.

It's like everything's getting primed to expect a joyful moment. And with that in mind, if your blood sugar is really high, the stickiness is impeding the flow of the blood to these body parts, and as a result, the the highs, if you will, the joy is likely to not be there.

And so it's much harder to really feel fulfilled and satisfied. That's why I was talking about nutrient density is a way to feel satisfied, and to think of pleasure and sexual activity as a way also to feel satisfied.

And so if you've got problems with your blood sugar, this is directly interfering with that kind of satisfaction. Now, if you're diabetic and you're listening to this and you're like, oh my goodness, that's what's been going on, like, this is why things aren't working down there anymore.

Or is is there a hope? Can that can that be changed. Yeah, there's definitely hope. And you're it does mean you're going to need to work on your blood sugar directly.

You know, to do the things that that make sense. Right. Like there's these five steps that are key. You know, I've bundled them up in the Yates protocol.

Nutrition obviously is a bullseye to target everyone with diabetes and blood sugar issues. Knows you can't out eat a bat or out exercise a bad diet. You have to pay attention to what you're eating.

Blood Flow, Orgasm, and Sexual Health Hope

We have individual responses. What's healthy for one person might not be healthy nutrition for another. We really can't honestly say there's one size fits all nutrition, too much variety.

We can just look at all the people we know around the world, and we see so many variety of people like who eat different things, some of whom are healthy, some of whom aren't.

There are so many clues if we don't make that hard. The second thing is stress. Stress is underappreciated as a bully when it comes to health, it can ruin the best of intentions.

I always say it grabs you by your genetic collar and slams you right up against the wall of your epigenetic environmental expression. Whatever is lurking in your genes is likely to show up if you're stressed.

Okay, so that's number two. Our third step is going to be sleep. Sleep makes a real difference. That's when your blood sugar should reset. So I'm going to tell you eat dinner.

Hopefully you're not snacking your way to bedtime. So time you eat dinner all the way to when you get up the next day should be your fasting window. And during that time, your blood sugar should reset and go to a healthy range.

A healthy range generally is going to be about 75 or 80 on the low end to 9995 on the higher end. You don't want it to go to low overnight. That's not good.

And you don't want to wake up with it at like 200 or 300 because then, you know, you've got a problem. You know, this is this is absolutely clinically going to be diagnosed as type two diabetes.

So I always say test don't guess if you are a type one diabetic your ranges are going to be a little different. You're I'm sure more than well aware of what they are and tuned to you now we've got all these devices.

You know we've got insulin pumps and continuous glucose monitor CGM, things like that, along with glucometer and test strips. So people who have type one diabetes can have much better feedback and regulation, which I think is just awesome and lifesaving.

And I'm so happy for that kind of appropriate use of technology. It's just it's an interesting time right now as we as practitioners hopefully become more savvy about integrating the use of these biosensors and health data so we can really give people actionable, specific insights, you know, so more than just testing, I guess it's like, now what do we do with it? Right?

So when it comes to pelvic floor and pelvic health and making sure that we're enjoying ourselves and have that full spectrum of possibilities of the joy of adult life, including sexual function, getting a handle on that blood sugar is a key thing.

It's important. You know, it's funny, I think about my medical training and I don't have any. Maybe you have an explanation why this is. I remember memorizing that 125.

Anything like above 125 was the problem. And then they came along and they, like, changed it. And over the years they keep lowering what's like that. Like that normal blood sugar.

And I'm like, I can't keep track. I don't even know what it is anymore. I'm glad you mentioned them before, but why have they lowered that number over time?

That's a great question. You know, one of the things that I did during my, internship or residency time was I spent time consciously with the older doctors, some of whom told me, watch out, you know, in your career you're going to see the ranges change, and sometimes you'll see them change for science reasons, and sometimes you'll see them change because they'll fit a better guideline for the available set of pharmaceutical options.

And I have to say, it's doctors who told me that they weren't wrong. They were right. They were. I forgot that I realized earlier and I talked about the five steps I left out. Two.

The fourth one is exercise resistance training and the fifth one is meal timing. The time of day you eat your food matters. Okay, now, I mean, I know, I know, somebody say they're taking notes, going, wait, you didn't do that part where you're at the ranges.

You're absolutely right. Those ranges, you know, it's not your imagination. They've changed. When then I was going to ask you, why does it matter what time of day we eat our meals?

How does that affect things? Yeah, that affects things by a lot. Right? Like if you eat your dinner, let's say it's a big, heavy thing late at night. That is a recipe for having high fasting morning blood sugar numbers, because your body didn't have long enough to reset.

Lifestyle Factors: Stress, Sleep, Exercise, and Meal Timing

The gut does expect to have some time to rest and repair, as does your heart, so doesn't have that big load to move stuff around because your digestive tract has to digest, assimilate, and then eliminate all of the stuff that you eat.

Takes time and energy, right? And once a period of time where it doesn't have any new input so it can handle it, it's already got. That's one reason. Another is that I've noticed people with diabetes often are amazing.

They like the rocks of their community. They're such they're often key in whatever role they have, whether it's at home or at work in their community.

And as such, their own self-care is often not their number one priority. They're often not on their own to do list. Right. And so this means them that they often will skip lunch by accident.

So have breakfast. No lunch by the time they hit dinner. Oh my god, Betsy, they're so angry. This means then most of us, if we're super hungry, we may not make the best food choices.

It's too hard. It's too hard. And yeah, I was going to ask you in general, like, it seems like the rate of diabetes has been going up. You know, worldwide.

What would you attribute that to? I think, there's several factors at play. One is I think people are just too busy right now. We're really stressed. There's a lot of demands on people's time without necessarily the same amount of resource or opportunity to get help.

A lot of us maybe live further away from family and friends we can count on, and we may be more under the mode of I need to do everything myself, or realistically, I'm the only one I can count on.

If you are in a household, if you are raising a family, I think that is particularly acute, particularly here in the US. Other parts of the world, things are often more humane.

The pace at which we run and what we're supposed to all do by ourselves itself, not sustainable. All right. That's one reason. Another is, I think a lot of us aren't sleeping enough.

We're under slept. I'd say on average people about an hour and a half or two hours per night, lacking in sleep. That's a big deal. That's a big deal for your blood sugar, for your mood and mental health, certainly for your metabolism, for your waistline, for any issues with insulin resistance and or, sneaky, relentless kinds of a weight gain, etc..

I was just looking at the study yesterday. There's so many of them on PubMed that show the relationship between, say, shift work or swing shifts and blood sugar issues becoming diabetic, issues with heart disease, strokes, metabolic risks, the increase of body fats specifically around the belly, around the abdomen, around the visceral organs and all.

And you just look at the clear effects that can be measured. And you realize the way we live our lives right now is completely destructive to quality of life at that moment.

And then going forward. Yeah. And then I think, you know, and I know we're talking about like, all these other effects of diabetes and this is a sexual summit, but you can't separate this because diabetes affects so many aspects of our lives and that the, you know, the cycling and sexual, aspect we don't often talk about, but like I said, it could be sometimes that the first sign that something's going on.

Yeah. Just the pleasure of touch, you know, because of the impact on the nervous system that just tactile even that is compromised, like across the board.

It's all gummed up. Oh my goodness. You know, and the other thing that comes up I hear sometimes from patients, especially from diabetics, they think they're doing the right thing by eating artificial sweeteners.

And yeah, what is the the effect of artificial sweeteners. And I remember like for years growing up, there was always that diabetic section in the supermarkets that had all of the food.

There are still cookies and cakes and things like that, but they all had the artificial sweeteners and a lot of people think, well, those are fine. Those are healthier.

Yeah. This is a great question. I'm so glad you're asking. So here's the deal. And again, research has shown is this practical lived experience in life.

And then certainly clinically, right, 30 plus years of experience with the clinic. What I've seen and what the research shows, complete agreement on this.

If you eat, drink, however use artificial sweeteners, fake sugars. There's two things that are going on one, you've actively chosen to trick your tongue in your brain.

Now your tongue's taste buds turn over every 10 to 14 days. You get a whole new set. That's the good news, because that means you can start to retrain your tongue that enjoy a wider variety of flavors, including bitter and sour, which will be a, real help, especially if you've got a sweet tooth right?

The other thing with these artificial sweeteners is that it also messes up your gut microbiome. So the organisms that live in your gut, the healthy ones now are being deprived of what they need, and instead the unhealthy ones, the ones that like to spike your blood sugar or put you on the blood sugar rollercoaster, you know, you go swinging up and crashing down, right?

They start to proliferate. And so what happens is you start to lose blood sugar control. So you're getting this feedback from two places, one on your tongue in your brain or saying, hey, something sweet came in. Yay!

And then the brain.

Artificial Sweeteners and Better Food Choices

What's time goes by now, after about an hour to 90 minutes, this goes, I mean, give me calories. What happened with my calories? Next thing you know, that person now wants bag of chips.

They want a bag of cookies. And you know, when we were kids, that bag had like 8 to 10 chips in it. 3 or 4 cookies. That bag now is enormous. And people are told, oh, it's more economical, get the big bag.

But they don't stop eating because they've added all these food additives, these crazy chemicals that trick you into wanting to keep eating the feedback loop that the science that they put behind this in terms of how it hits our dopamine and our pleasure receptors and our sense of wanting something and reward and seeking.

It's just not it's not fair. It's not fair. Food has become like almost a bomb that way. So when you eat the highly refined, ultra processed foods, this is what you get.

That's another reason to as much as your time and budget, can support it, please eat the nutrient dense foods you know you want to have your healthy proteins healthy fats, nuts and seeds.

You know have your leafy green vegetables, your starting vegetables, have the slow burning, resistant starch. We, complex carbohydrates, those are known, as, you know, your beans and peas and legumes, lentils, chickpeas, black beans, red beans, kidney beans, pinto beans.

So many kinds of beans, right. They're all good for you because they burn much more slowly. You know, it just gives you a fighting chance. In today's really, really unhealthy world, we have so much more in the way of obstacles to fight.

I mean, think about this bad thing when you were a little girl, if you had time with your grandparents, great grandparents, would you ever said, hey, I'm going to go to the store and get some grass fed beef, right?

Who would have said that? It just sounds stupid. You know, your grandparents, great grandparents look at you like, what is wrong with you? Did you off your dad?

Are you okay? I love that, I like that you're right. Oh my goodness, we're making this hard. You know? Yeah. And, just in wrapping up, is there anything that I didn't ask you that you would like to, you know, connect when it comes to blood sugar or diabetes, sexual health?

Yeah. I think just to take home message of prioritizing your self-care and just understanding that you, like everyone else, you know, you enjoy pleasure in your life.

And this includes sexual pleasure and fulfillment. And if the the path of that joy is blocked by the very real consequences of diabetes, I invite you to take care of yourself.

Make yourself number one on that self-care list, and get Ahold of your blood sugar and get it back to the healthy range and keep it there as much as you possibly can, because all of your health, frankly, depends on that.

That includes having pelvic health, I love that. Where can people find out more information about you? Sure. That I have two websites. One is natural health care, spelled Nati.

You are al Atal T. H. carey.com. The other one is doctor like deviation for doctor. So Dr. Beverly Bev early Yates Wyatt's dot com and then the usual social media places.

Yeah. Thank you. Thank you so much for taking the time to be with us. I'm so grateful that you were able to do this. And so people make sure you go find Doctor Beverly Yates.

She is awesome. And, you know, even if you're not diabetic, get those sugars checked. It's a simple thing that you can make big changes right away. So, and follow Doctor Beverly for more information and stick around because we got some more great sessions coming up.

Thank you. Doctor Beverly, you. Very well. I'm delighted to be here. Take care. Doctor Greenlee, thank you for the work you're doing. The world.