Introduction to Stress and Libido

So another thing we can do during stressful periods, really to help this, is actually have sex or sexual intimacy, even with ourselves or with a partner anyways.

But even doing small things to just say, okay, just taking five minutes to gently, centrally touch your arm. have a self-pleasure session, which typically for most women in research, most woman have self pleasure sessions like two to five minutes long.

But oftentimes when we start practicing those things around like, it's almost like saying, I'm not in the mood to walk, but I know this is good for me, so I gonna do it anyways.

This is Dr. Talks. All right, everybody, welcome. We have an amazing session coming up with one of your wonderful co-hosts, Dr. Diane Mueller. Dianne, first of all, this has been and is an amazingly summit and so, so grateful for you to be bringing this to everybody.

Thank you. Thank You. I'm having the best time. It's been so fun to co-create with you and bring together so many amazing speakers and share ideas and thoughts and really get this information out to the world.

So thank you so much. You know, I want to ask you about a topic that is really stressful. It's a very stressful topic because it's one of the topics that compounds itself, but it is stress.

And stress and libido. The more you get stressed out by libid, the less libida you have and the more stress, so it like, all right, where do we even start with the whole connection between the two?

Breaking the Stress-Desire Vicious Cycle

Yeah, I love that you open with that question because it brings me into one of my favorite things that I think is one the most important things to talk about in medicine, which are vicious cycles, because I feel like whatever we're talking about, like today we are talking stress and libido, but I like feel whatever were talking in health, There's these cycles that we get into and it's almost like the chicken and the egg kind of conversation who came first, right?

And stress and libido are that way because we can see that stress can essentially for many people, and we're going to talk about some nuances, for most people can actually lower sex drive.

But then we also see, and we see studies on this, that by having sex and engaging in intimacy and increasing our oxytocin and other hormones that get released during touch and the entire sexual experience, we wind up lowering stress, right?

So it's like we are stressed and then were not having and were having not sex, which is helping us not manage our stress more or stress better and than we want sex less.

So really, and like a lot of the conversation is around, where do we start? How do get out of this vicious cycle? Where do even begin? And it's really interesting.

We were talking just before we started this about meditation, about mindset and these types of topics. There is a study that came out, I think about a century ago, it's an old study, and the study was looking at people that journaled.

And what it was finding is if people were journaling and they were journelling about their stress and talking about the stress in an eventing way, almost like relaying the events, that it basically produced no change.

So sometimes when we vent, and I'm not saying there's not purpose in venting, sometimes we all just need to almost like throw up our emotions in a trash can because they can be really overwhelming.

There's a time and a place for that for sure. But what the study actually found is that people journaled and they were actually finding a new perspective, a way of looking at their situation.

They were changing their minds. that they were actually making more permanent changes in their well-being. And so it's very, very interesting. We can extrapolate that out of the world of journaling and start to say that, okay, well, when we're in this vicious cycle, one amazing way to get out that really is in working with the mind and beginning to change the perspective of whatever is going on in our life.

A lot of times, of course, when we're in stress response, unless it's an acute stress, a lot times it is a non-present moment stress. So we are worried about something that happened in the past or about what happened the future.

And so some of what we do, especially if it was a past stress and we were like, oh my gosh, why did I do that? Why did that person do to me? What happened?

That was trauma, that was betrayal, whatever sort of emotions coming up, right? When we can start to change our relationship and actually be able to see like, Okay, maybe that was horrible not not saying not to feel that way, but saying like what would be another perspective that we can shift our mind on it around say that situation which allows us to let go and allows to get out of the stress response so.

There's a lot of different ways we can get out of the vicious cycle. We can work on our sleep hygiene, we work our adrenal response, our diet, lifestyle, breathing, so many different way.

So there's lot a different directions we could go with this, but the point is usually it's almost some sort of break state type of thing to help us get outta that cycle You know, I was thinking about a little bit modern life and it kind of brings us up and a lot of things that are going on in just the world around us.

I see so many people fall into almost two categories and not just stress, but almost like from a mental standpoint, they fall in to the victim or the fighter.

So it's either people are like, oh my goodness, look what's happened to me, poor me. Like, and they get kind are like angry. You know, we got the Karens of the world.

They're like, angry and everything is a fight. Yeah. And you know what I think is really important in that is like it's so easy in these scenarios. I mean, especially when we're talking and we are not in the stressful states.

Like I pretty, you don't feel pretty relaxed right now. There's nothing that's stressing me out right. So it is very easy to talk about this abstractly.

But in that moment, right, when we're feeling stress, I think it's important to remind people, like, we don't want to, and we are saying, okay, let's change the perspective.

Let's see if we can look at a situation differently. You know, the fighter and the victim, you're naming it.

Reframing Stress and Emotional Patterns

I love that categorization that you are using because I thing there is an element where A lot of times in life, in a moment, we are a victim, right? There are moments where we're actually a victims, there are moment where, like, anger is actually the right motion.

So I think sometimes in, you know, certain types of schools of thought out there we can run into problems because it almost is a way, some schools thought I feel like can help to make people almost like feel shame.

around being a victim or around their emotion of anger, whatever else it is, versus like, hey, that was an appropriate feeling for that experience at the moment in that time.

There was nothing wrong with that, there's nothing with feeling that way. Problem is when we get stuck and we got stuck as a carer, we gets stuck doing these things, where it's like that vent, journaling that we just vents and journal and vents, and ruminating journal, journal.

And the problem with that is whether or not the emotion was valid or whether there was that victim, you know, nature of whatever happened. The problem is that keeps us stuck from getting out of the vicious cycle, right?

And that's what we really want to do is like honor the emotional, the experience no matter how small or large. Obviously, if it was a big thing and we're talking about major traumas, a lot of what I'm talking Here is like normal life stressors, but if, of course, if it's a trauma, you know, obviously work with somebody that can help you kind of heal from that.

But a lot of what most of us are talking about on a day-to-day basis is the stress of somebody yelling at us, the stressed of work, The stress is having children, and the stresses of being wherever you are in your life with 16 hats and something goes wrong and everything starts tumbling out of control and financial stress and all those types of things.

That's the type of stuff that I'm talking those day-to-day stress are getting out of that ruminating cycle, stopping that state, changing that perspective, so that then we can start what we're doing here, you know, really, the connection here between here and libido is when we are in these states, right, and we saying, okay, well, let's get out this rumination state.

Let's out get this vicious cycle. What essentially we're doing is we are saying, when we were stressed out our adrenaline surging, our cortisol surching, and guess what these hormones do to our sex hormones?

They cause them most of the time to plummet. Not all the times, there are some nuances here. But most the of time we see these changes in our sexual hormones.

And so when we're talking about libido, and of course, as you guys are learning throughout the summit, hormones and sex hormones are one of many puzzle pieces with libidos, so I'm not reducing it to that.

But just as an example, right, when cortisol is elevated and we are in the middle of these stressful experiences, we can get that decline of sex And because of that, there goes our drive.

So really what we're talking about is getting out of the vicious cycle of stress so we can start to regulate better an appropriate stress response. We're in the stress, we are feeling the anger, cortisol goes up, adrenaline goes, normal.

We're out of the stress, we're not ruminating over and over, cortisol and adrenaline go down, and we can function normally. So that's really what we are talking about here is with the connection to libido is how to regulate these stress hormones so that they're are not down regulated, they are turning down the impact of other hormones in our body like our sex hormones.

You know, it's funny because as you're talking, I'm really thinking about like how relatable this can be even for myself, you know. Somebody who knows about libido and sex and how it just really, stress becomes part of life.

And I find that it creeps in even though I know better and it happens anyway. Like when I am really stressed, if my husband even just comes up and puts like a hand on my shoulder, even it, and you it not even sexual, As a couple and as a partner, sometimes that stress is not even just affecting your own libido, but it's affecting that relationship because now you can misinterpret even the slightest bit of affection as like, all right, one of the people want to have sex and the other one's like I'm in defense mode, I am in survival mode.

I mean stress mode leave me. Yeah. We were talking earlier about the environment and how we used to have like more of the hunter-gatherer and the cavewoman, caveman kind of days, right?

How Stress Affects Hormones and Libido

And in those days it's like the nervous systems like attune to be super alert like, oh bear runs out of a cave, now we start associating every cave with a bear because that's survival, And so I think what you're talking about is like super relatable to that where it's like when we're in that survival state.

It's our senses are heightened so much because we are essentially looking for like, where's the bear? Where's there? Is it that cave? That cave, is it?

You know another thing you're bringing up that I think it's important to mention is like this stuff is practice like you know you and I were talking also off lying around like how sometimes.

We know this staff and we you we really work hard to practice what we preach and all of that and sometimes we. have these moments where we don't right and I think there's these this cool thing about being in this work where I feel super blessed and grateful for is because of having these kind of conversations all day it's almost like that constant reminder and feedback to myself around like oh finger pointed at me like I should be doing that too I know what to do and i say that also Vulnerably because the biggest other thing is like I want people to know of like this is a practice like Talking about here is easy.

It's not like, you know, You're gonna try this one day and be like okay. Well, I'm just gonna stop ruminating You know it's about remembering it when you do practicing it over and over not giving yourself a hard time self-kindness self compassion because essentially Just like any other skill in life the more we do it the more it becomes a habit but because we are really fighting against like what you said like the the mechanisms of you know a hubby touching and your stress and it's like supposed to be a loving touch and I was like whoa I'm like I've been survival and safety and somebody just touched me we're fighting a level of our own survival instincts with this so there is there are going to times that We don't handle stress as well as we want to, no matter how much we know and no, matter, how, much, we practice.

And in those moments, it's again, just like the kindness, the coming back of like, oh, right, I know what to do. I'm going to get myself back on track.

And, you know, another thing that's also really interesting in like the co-regulation process of this, in that cycle of sex and stress, right? So we have stress.

Stress leads to low sex drive, low-sex drive leads not having, the down regulation of the stress So another thing we can do during stressful periods, really to help this, is actually have sex or sexual intimacy, even with ourselves or with a partner anyways.

And this is something that is like, you might not be in the mood, but even doing small things to just say, okay, just taking five minutes to like gently, centrally touch your arm.

you know, have a self-pleasure session, which typically for most women in research, most woman have self pleasure sessions like two to five minutes long.

So you can really, you could be very stressed, You cannot be in the mood, but oftentimes when we start practicing those things around like, it's almost like saying, I'm not in a mood to walk, But I know this is good for me, so I am going to do it anyways.

And when we start doing that, that actually one can also get us in the mood. But two, That's another way we can start accessing those hormones. The oxytocin, the dopamine, and the serocerotonin is even higher actually after sex.

So the oxy tos and serotonins to help us feel that stress reduction, right? So it's like we even though those sex drive might go down due to the stress, we can still remember like, oh right, this is a valuable thing just like walking.

You know, it comes up often in my practice too from patients when they're coming in and most of the time it is because they are constantly stressed and they like I'm not in the mood, I am not And it kind of becomes now a stressor in the relationship and the women in particular are fearful that now their partner is going to search elsewhere.

So I think having that open conversation about where everybody is And then the other thing is kind of like what you brought up, sex doesn't always have to, and for this purpose is we're going to talk about cisgendered sex, but it doesn' always has to be punile vagina penetration.

There's a whole range of sex so I think sometimes that becomes where at least what i've seen with patients they become very they get stressed because for whatever reason they're not in the mood or sex hurts and then they became defensive and the defensiveness comes now at like they don't even want touch from their partners and that strains the partnership and now we're going down this whole kind of you know.

rabbit hole here. Yeah. Thank you for bringing that up. I think it's a really important point. When I say this, I'm talking very general around the entire act of intimacy, but truly more specifically and accurately, sex tends to be defined, of course, as truly intercourse.

Intimacy, Co-Regulation, and Non-Penetrative Sex

But I am talking about anything. This can be as simple as intimacy with your partner and that it is just loving touch. you know, there's maybe genitals are involved, maybe they're not, but it's just loving touch, like we can intimately touch each other and still get so many of the benefits of hormones that I'm talking about.

So if you're somebody that is having any of those types of abnormalities, if you're having any vaginal pain, and if your having an erectile dysfunction, whatever's going on and that's not on the table.

Of course, that can bring its own stress or that like sexual performance thing and it's its' own vicious cycle, right? It's like we get stressed about performance and then we don't perform well and we have more stress about our performance, then perform even worse.

And sometimes in those cycles, it gets really nice to just take a step back and almost take some of those deeper types of things, and it's not supposed to even take orgasm off the table, not saying it still, you know, something that's great, but almost saying that something doesn't become the primary objective, right?

It can really take that stress away to say, we're just going to enjoy each other's bodies, enjoy other touch, be in communication with eachother intimately and whatever that looks like, And there's still ways of getting all of these types of yummy hormones that I'm talking about without actually having penetration, without having true quote unquote what we would say classically defined as in our course.

You know, I like that. I liked that idea of you were saying with taking orgasm off the table because I think there's a good number of people out there that it seems like it's race.

We're going to get a race to the finish line. And not necessarily race, like we're not like trying to do it quickly, but it like, we have to to finish the line and so there is this perceived, you know rumor that women will fake orgasms to be done so that their partner feels successful.

And that's the trigger of the end of a session where men, it's a little bit harder for them to fake an orgasm. But taking that orgasme off the table and really just focusing, I like that, on the sensuality and the connection really should be the aim.

Yeah, and orgasms like, I mean, who doesn't like a lovely orgasm? They're wonderful. And it's one of those things

too, where I think one the problems comes up with faking it, which I don't really recommend because it almost like we are all, like Pablo's dog example, right?

Like that whole experiment around like oh, we are all trained, we all learn behavior, right? So it's like, whenever we're learning more and more about a partner's body and if we fake an orgasm, it telling our partner, oh, what you did was a really great strategy, like you listed.

So what's gonna happen is you're probably gonna get more of that because it won't, and we typically wanna provide pleasure for our partners and I think it is a real important conversation too that people have with their partners around What they like, what they don't, I talk about that in essential communication talk on the summit in a different talk.

So make sure you guys check that out on that because it's just such an important topic from a standpoint of how to have these conversations in way where it is not back to stress, creating stress that is related to the libido and essentially creating more of this vicious cycle.

Do you have any great tips on how to lower stress so that we can start working on that libido and relationships? Another vicious cycle that's related to this whole picture is sleep.

To answer that, I'll give you a few examples, but one is this thing of when we get stressed, typically we don't sleep as well, right? So typically stress hormones for most people wind up keeping them up or they don t get as deep asleep.

Well, you know that thing that happens when it's like, partner wants to have sex and you're like so tired and it s like all you want to do is sleep, Right?

And so we know there s this huge thing with like sleep and desire because when our body is craving sleep so bad, it is really hard to be in the mood. And when we're stressed and we don't sleep as well, then that is not also setting us up for a good sexual experience, right?

So one particular thing that's really helpful to do is to practice good sleep hygiene. And I definitely recommend if people can get some sort of sleep tracking device, you know, Apple Watches or rings, these types of things, Because what's really interesting with these devices, like things like not exercising too late, not eating too later most of the time, sometimes small snacks before bed are actually better for people.

Not drinking at night, lowering light, so light and the blue spectrum of light is really impactful to sleep, changing that spectrum to red. But what's really interesting to me and what I'd use sleep tracking devices on my patients as well as myself is how dramatically different these types of things are for people.

Like the number one thing for me in sleep I've seen in tracking is the light. And it doesn't really matter if I have a glass of wine. I'm very lucky that way because I know a lot of people it bothers, but I trapped it.

It doesn' t change my sleep. The moment I encountered even the teeniest little bit of light. It can be that teeny bit coming on in from the window.

Sleep, Inflammation, and Adrenal Support

But that was really, really helpful for me to do that sleep tracking to understand, oh, if I'm going to one thing to help my sleep, that would help. So that can help with stress.

That can with libido. But again, finding what is unique to you is really important. The other thing when it comes to stress is we've got to remember that Stress is a response, right?

And so anything that is inflammatory in the body is potential stressor. So oftentimes we see when people have a variety of inflammatory conditions, we'll see that the adrenal glands secrete more cortisol.

And the way I describe this to people is like, sometimes it's like my adrenal glands, my adrenaline glands are the problem. They're always there. Anytime there's something going on in my body, the kind of way that I've described that is that's kind like saying, oh my gosh, every time there is a fire, those fire people are always putting out the fire.

It's gotta be the fire people causing the fires, right? No, they're actually trying to be a solution. And so that's really what's happening with cortisol and with the adrenal glands is like so many inflammatory processes throughout the body are raising that cortisol causing that stress and from that standpoint figuring out through all the different things that we're talking about through this, you know, through the summit, your talk on the guts and on vaginal microbiome as examples of stressors on a body, so many other different thing.

We want to get to that root cause, the root causes throughout the body because those are all going to help the adrenals. diet definitely makes the difference, exercise definitely, makes a difference.

So it's like from the adrenal standpoint, truly a lot of things that we're talking about that really help are these basic things. Like it was also wonderful to get your adrenal hormones tested.

That's why you and I are doing the test offer that you guys will see after this summit. You guys were going to offer this great, great great add-on for you, guys, where you can get the tests.

on adrenals, on sex hormones, and then we're going to tell you what all of it means. So watch out for that. But that's why we are doing that, right? Because we don't know what these hormones are exactly, like where they are in your body, as far as the levels.

And then, we can do certain things like, magnolia bark is one of my favorite things for lowering high cortisol. It's so yummy. Helps people go right to sleep.

That one works really well. I really like the peptide KPV. I'm using a lot of KP, I find that that is, and it's very easy to get even without a prescription.

There's sites online, you can find better really quality that sell it direct to consumer. And so that's really, it lowers the inflammation, It can help with melatonin production, so it can get you into deeper sleep that way.

So I like that. Of course, from a raising cortisol perspective, because sometimes in stress, Cortisol goes up, cortisol goes but it's been up for so long that there's this almost dysfunction that happens in the body, right?

Because what happens is long-term stress is something in medicine we call HPA access dysregulation, which essentially is when the brain no longer sees what the cortisol levels are in body.

So what's supposed to happen normally is cortisol level go up because you're stressed and the brains sees that. And it's like, okay, cortisol has been high enough.

We're going to turn down the signal so you secrete less. And when we have long-term stress, that communication gets dysfunctional. So we can use things like our adaptogenic herb family, the rhodiola, ashwagandha, those types of herbs are really good for helping to reestablish that.

It's that communications signal at the brain level. So all of those things. And then, of course, have sex anyways if you can. Have self-pleasure exercises.

Don't, and when I say sex again, like we already said, don't just depend upon the actual, you know, intercourse, right? Anything you could do. Your baths, your self pleasure.

I know everybody that's listening is like, I am so, so busy. How am I going to do this? But remember, there's also studies that show that when we take breaks, When we approach our work and our busyness from a more relaxed way, we're actually more efficient.

So, you know, a five minute masturbation, self pleasure session, five minutes intimate session with your partner. And I'm not suggesting that's how long that we want our sex sessions to be, but just when you're busy, quick five-minute cuddle, 5-minutes stroking session.

These sorts of things on with the day. when you're busy, can actually really help to regulate, to co-regulate, and help you reconnect with your partner and with yourself.

You know what's interesting that you bring that up too, especially about the self-pleasuring? And I was really surprised. I just saw this past spring a study that was looking at mental health in women and also sleep, specifically in woman.

And they found whether the woman's self pleasure to orgasm or not it had the same exact increased improvement on sleep and mental health. So once again, it's not getting to that finish line.

It's just going through the process that actually helped the mental heath, which I was really surprised that there wasn't a difference in those groups.

And it was repeated in two different studies I able to find. Fascinating. Yeah, I really appreciate that. There's another one I like that is a slightly different angle of a similar thing we're talking about, which is there's a study saying that women that, and I think this was, if I remember right, it was just done on women, that self-pleasured actually were more satisfied, sexually satisfied.

Self-Pleasure, Satisfaction, and Communication

They reported higher sexual satisfaction than women who were partnered. So the self pleasure group was totally single, no partners, then we have our group that's partnered, and they had actually a lower satisfaction score.

So to me, that's like a really good thing, a good study for anybody that is listening and like, okay, well, if we're supposed to have sex and I'm supposed have intimacy in order to self-regulate, there's like this other study saying like actually the self-pleasure like works really really well for sexual satisfaction so not an excuse.

You know I'm gonna bring this up too because it just I love that you bring it up because this is something that I've been attacked on it because the whole topic of self pleasure really, really gets people riled up.

And so I have probably one of the most posts comments on one on my post was about May is International Masturbation Month. And I did a post on the health benefits of self-pleasure.

Mostly women that responded to the post, they were either like, this is great. This is wonderful. Love the Health Benefits. Then there were the women who, This Is Terrible.

I don't need to do this because I am a man. But it's not, now, of course, When you come from sexuality, there's going to be religious beliefs, your personal beliefs.

All those things are to come in. But from a pure health standpoint, they're health benefits, right? Yeah. Yeah, I actually am still being censored on one of my sites from masturbation day.

I totally know how that went. But yeah, I mean, if you're listening, you know, that particular component of the self-pleasure is not right for you for any religious or personal reasons, of course, follow that, right?

You know what we're really talking about here, this is a health summit. So I think, reorienting to that is really important around like, we are talking research and what do we see from a healthcare perspective in self pleasuring and of, course like anything.

You know, the biggest thing too, I think with sexuality and sensuality really comes too down to trusting your intuition, following your instinct. Like if your body is saying yes, if you're mind is say yes respect that and listen to

that.

If your mind and body are saying no and you mind are say no, respect, that, listen, to, and so the idea here is to give you different techniques and maybe some of them are good and if, you know you are open to the self-pleasure thing, do it.

But if not, no worries. There's a lot of other things we talked about that could still serve you as far as getting out of stress and getting outta that vicious cycle.

So I'm really glad you brought that up. And I love that they are doing research on self-pleasure because there are so many health benefits of just exploring your body.

I like the idea, too. If you know what you like, it's easier by exploring you own body and whatever that may look like. It's easy for you to communicate to your partner.

That's one of my favorite things, too, and this whole thing around faking it and all those sorts of things. Well, it's like, okay, well, fakin' it is teaching somebody what to do that's not probably the most pleasurable thing.

But how do we teach somebody, what is, when we don't even know? Like, if we didn't know our own bodies to say, Okay, like a little bit to the right, a bit a the left, up, down, faster, slower, whatever it is.

We don't know our own body enough to have that level of awareness. There's no way, especially with how complex the female anatomy is, and from woman to woman, right?

There is no a way a partner can really be expected to know what works without us explaining it to them. And that's bidirectional. Like, you know, female is a more complex, But all you men out there, you guys have your own little things too.

I mean, every human has their own thing that they like. Yeah, this is amazing. Is there anything that I didn't ask you about sex and libido and stress that you want us to know about?

I think one of the last things that's really important to mention is the emotional component of things, right? Because that is another component that i think is so tied up to libado is safety.

And it's like, you know, your husband touched you in a moment where you were stressed and you weren't feeling safe and all of a sudden something kind of shocked you out of it.

With any time we are in a survival state due to the cortisol and to adrenaline, we're typically not probably feeling at least safe, at LEAST on some sort of subconscious level, if not conscious.

Like a lot of times this is kind of going on in the background. We might not of course innately say like, I don't feel safe right now. But anytime we are having all of these adrenaline, all these types of, these emotions, it's so easy because we're protecting ourselves because were worried about our survival on a subconscious level.

It's easy to lash out at a partner. Its so to have changes in hormones in our brain such as dopamine which drives motivation and behavior and sex drive.

Safety, Emotional Regulation, and Closing Resources

And so one of the things too I think that's really important is just to remember as much as possible to self-regulate, to name things. I really like the process of naming feelings around like somebody says something to us when we're stressed, of just being honest and transparent around I'm really in an angry mood right now.

I think we should talk about this later. Becoming more comfortable with the authenticity that we're feeling and naming it can actually sometimes diffuse it.

But it's just another vicious cycle really to get out of stress, causing that emotional dysregulation, sometimes then creating this lash out with a partner.

And so that's just another component I think with like the libido conversation that, that really needs to be healed. So again, I do talk about that more in the sensual communication talk on the summit.

I don't think we need to go into that here, but I at least wanted to mention it because it's another vicious cycle that is really tied into the whole stress-libido connection.

That is amazing and thank you so much for doing that and talking about it again. Make sure everybody, you know, check out all the episodes here because there's so many tidbits in every single one.

Where can people find out more information about you? Next thing I recommend everybody to do is make sure to go onto the summit and check out the master class that you and I are offering because we're going to give you some five juicy tips on our masterclass.

We're gonna talk about how some of the five things that are most affecting most people and leading to sexual dysfunction and fast ways you can get out of it.

Definitely wanted to make sure that we mentioned that here because it's going to be really cool and we're going tie so many of these things in that are your hearing in the summit together for you.

So definitely check that out. You can basically my business is my libido doc so you can find me largely at anything with that in it. so, you could find on Instagram, You could me on YouTube both at my Libido Doc.

My website is MyLebedoDoc. And then of course I have my podcast that is libido-lounge. You can find also everything at my name, my website name which is drdiannemueller.com.

So those are the main ways. Thank you again. Awesome. Thank you so much, Dr. Diane. Stay connected, stay healthy, and join us next time on Doctor Talks, real talks from real doctors on the issues that matter to you most.