Welcome and summit introduction

All right, everybody, welcome. We have an amazing session coming up with one of your wonderful co-hosts, Dr. Diane Mueller. Diane, first of all, this has been and is an amazing 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 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 it's a topic that compounds itself, but is stress and stress and libido and it's like the more you get stressed out by libido, the less libido you have, the more stress.

So it's like, all right, where do we even start with the whole connection between the two?

Stress and libido as a 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 of the most important things to talk about in medicine, which are vicious cycles.

Because I feel like whatever we're talking about, like, like today we're talking about stress and libido. But I feel like whatever we're talking about 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 many.

And 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 we're not having sex, we're not having sex, which is helping us not manage our stress more, our stress better. And then we want sex less.

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

We were talking just before we started this about meditation and about mindset and these types of topics. And there is a study that came out, I think about a century ago.

The old study and the study was looking at people that journals and what it was finding is if people were journaling and they were journaling about their stress and they were talking about the stress in a venting way, you know, almost like relaying the events that it basically produced no change.

So sometimes 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.

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

They were changing their mind that 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 of that really is in working with the mind and beginning to change the perspective of whatever is going on in our life.

And so a lot of times, of course, when we're in stress response, unless it's in acute stress, a lot of times it's a non present moment stress, right?

Changing perspective to break stress patterns

So we're worried about something that happened in the past or about something that happened in the future. And so some of what we're doing, especially if it's a past stress and we're like, oh my gosh, like, how why did I do that?

Why did that person do that to me? What happened? That was trauma. That was betrayal. That was 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 us to get out of the stress response.

So there's a lot of different there's a lot of different ways we can get out of the vicious cycle. We can work on our sleep hygiene, we can work on our adrenal response.

We can work on our diet, our lifestyle, breathing so many different ways. So there's a lot of 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 out of 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, not just stress, but almost like from a mental standpoint, they fall into 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 of stuck in that or they like are like angry.

You know, we've got the Karens of the world, they're like angry and everything is a fight. So yeah, yeah. You know what I think is really important? And that is like it's so easy in these scenarios that when we're, especially when we're talking and we're not in these stressful states, like I pretty feel pretty relaxed right now.

There's nothing that stressing, stressing me out right now. So it's very easy to talk about this abstractly. But in that moment, right when we're feeling stressed, I think it's important to remind people, like, it's not like we don't want to when we're saying like, okay, let's change the perspective.

Let's see if we can look at a situation differently. You know that the fighter and the victim, like you're naming it, I love that that categorization that you're using, because I think there is an element where a lot of times in life in a moment, we are a victim, right?

There are moments where we are actually a victim. There are moments where we like angry, like anger is actually the right emotion. So I think sometimes in, you know, certain types of schools of thought out there, we can run into problems because of it almost as a way.

Some schools of thought, I feel like, can help to make people almost like feel shame around being a victim or around their emotion of anger or whatever else it is versus like, Hey, that was an appropriate feeling for that experience of the moment.

In that time. There was nothing wrong with that. There's nothing wrong with feeling that way. The problem is when we get stuck and we get stuck as a care and we get stuck doing these things, that's where that's like that vent that journaling, that we just vent and journal and vent and ruminate in journal and journal and journal.

And the problem with that is whether or not the motion was valid or not, whether or not there was that victim. You know, nature of whatever happened 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 emotion and honor the experience, no matter how small or large.

Stress, safety, and relationship dynamics

Obviously, if it was a big thing and we're talking about major traumas, a lot of what I'm talking about is here is like normal life stressors. But if, of course, if it's a trauma, you 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 stress of work, the stress of having children, the stress 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 about of those day to day stress or getting out of that, 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 the States, right. And we are saying, okay, well, let's get out of this rumination state, let's get out of this vicious cycle.

What essentially we're doing is we're saying, well, when we're stressed out, are adrenaline surging, our cortisol surging. And guess what? These hormones, due to our sex hormones, they cause them most of the time to plummet, not all the time.

There's some nuances here, but most of the time we see these changes in our sex 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 libido.

So I'm not reducing it to that. But just as an example, right, when cortisol is elevated and we're in the middle of these stressful experiences, we can get that decline of sex hormones.

And because of that, there goes our drive. So really what we're talking about is getting out of that vicious cycle of stress so we can start to get to regulate better.

An appropriate stress response. We're in the stress. We're feeling the anger. Cortisol goes up, adrenaline goes up 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're talking about here is with the connection to libido is how to regulate these stress hormones. So that they're not down regulated, they're not 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's 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'm really stressed out, if my husband even just comes up and puts like a hand on my shoulder, even, you know, it's not even sexual.

I get super jumpy now. I'm like, really? I'm like, like, and, you know, as a, as a couple and as a partner, sometimes that stress is not even just it's affecting your own libido, but it's affecting that relationship because now you can misinterpret even the slightest bit of affection as like aren't one of the people want to have sex?

And the other one's like, I'm in defense mode, I'm in survival mode. Like I'm in stress mode. Leave me. Yeah, yeah. You know, we were talking earlier about like the environment and like the, how we used to have like more that the hunter gatherer and the cave woman caveman kind of days.

Right. And in those days it's like the nervous systems, like attuned to be super alert, like, oh, bear runs out of the cave. Now we start associating every cave with a bear because that survival.

Right. 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 like our hearts, our senses are heightened so much because we are essentially only looking for like, where's the bear?

Where's theirs? At that cave. Is it that cave? Is that that cave? Right. So and you know, another thing you're bringing up that I think it's important to mention is like the stuff is practice.

Like, you know, you and I were talking also, I fly around like how sometimes we know this stuff and we, you know, 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 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.

Using intimacy to reduce stress

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. You're. Talking about here is easy.

It's not like, you know, you're going to try this one day and be like, okay, well, I'm just going to 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, heavy touching and you're stressed and it's like supposed to be a loving touch.

And it's like, whoa, I'm like, I'm in survival and safety, and somebody just touched me. We're fighting against a level of our own survival instincts with this.

So there is there are going to be 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 that coming back. I'm like, Oh, right. I know what to do. I mean, 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 and stress, right?

So we have stress. Stress leads to low sex drive. Low sex drive leads to not having, you know, the downregulation 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 5 minutes to like gently sensually touch your arm, you know, have a self-pleasure session, which typically for most women and research, most women have self-pleasure sessions like 2 to 5 minutes long.

So you can really you can be very stressed, you can not be in the mood. 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'm going to do it anyways.

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

So the oxytocin, the serotonin to help us feel those stat 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, and it comes up often in my practice to from patients when, when they're coming in. And most of time it is because they're constantly stressed and they're like, I'm not in the mood, I'm not in the mood.

And it kind of becomes now a stressor in the relationship and the women in particular like are fearful that now their partner's going to search elsewhere.

So I think, you know, having that open conversation about where everybody is, is. And then the other thing is kind of like what you brought up sex doesn't always have to an in for this purposes we're in talk about cis gendered sex but you know it doesn't always have to be penile vagina penetration you know there's a whole range of sex.

So yeah, 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 become defensive.

And then the defensiveness comes now like they don't even want touch from their partners. And then that strains the partnership. And now we're going down this whole kind of, you know, rabbit hole here.

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

But words I'm talking about anything. I mean, this can be as simple as like intimacy with your partner and that it's 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 the hormones that I'm talk that I'm talking about.

So if you're somebody that is having Yeah.

Orgasm, self-pleasure, and sexual satisfaction

Any of those types of abnormal titties, if you're having any vaginal pain, if you're having any 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 that's its own vicious cycle, right? It's like we get stressed about performance and then we don't perform well and then we get more stressed about performance and then we perform even worse.

And sometimes in those cycles, like, it's really nice to just take a step back and almost take some of those like deeper types of things. And it's not something to take orgasm off a table, not saying like it's so, you know, something that's, that's great.

But almost saying that's something that doesn't become the primary objective. Right. It can really take some of that stress away to say, you know, we're just going to enjoy each other's bodies, enjoy each other's touch, be in

communication with each other 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 intercourse.

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

We're going to get a race to the finish line and that that's race. Like we're not like trying to quickly, but it's like we have to get to the finish line.

And so there's this perceived, you know, rumor that women will fake orgasms to be done so that their partner feels successful in and you know that that's the trigger of the end of the session where men it's a little bit harder for them to get more orgasm by taking that orgasm off the table.

Really just focusing I like that on the sensuality and the connection really should be the aim. Yeah. And you know, and orgasms like, I mean, who doesn't like a lovely orgasm?

They're, they're wonderful and it's one of those things too where I think one of the problems comes up with like faking it, which I don't really recommend because it's, it's almost like we, we are all, you know, like pop, like the Pablo's dog, you know, example, right?

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

So what's going to happen is you're probably going to get more of that because it wasn't right. And we typically want to provide pleasure for our partners.

And I think it is a really important conversation that people have with their partners around what they, you know, what they like, what they don't. I talk about that in a sensual communication talk on the summit, not in a different talk.

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

Yeah. And you know, do you have any great tips on how to lower stress so that we can start working on that libido and relationships? Yeah. You know, another vicious cycle that's related to this whole picture is sleep.

And so to answer that, I'll give you a few examples. But one is this whole 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 as sleep.

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 that there's this huge thing with like sleep and desire because when our body is craving sleep, so bad, it's 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 good sexual experi ance, 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, oral or rings, these types of things because what's really interesting with these devices like things like not exercise, having

to lay, not eating too late 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. So changing that spectrum to red. But what's really interesting to me and what I've used sleep tracking devices on my my patients as well as myself is how dramatically different these types of things are for people like the number one thing for me and sleep I've seen and tracking is the light and it doesn't really matter if I have a glass of wine.

Like I've been very lucky that way because I know a lot of people it bothers, but I've tracked it. It doesn't change my sleep. The moment I encounter the even the tiniest little bit of light, it can be that teeny bit coming on in from the window.

It can be in hotel rooms, that little tiny light that's on the tiny bit of the TV, like I have to cover all that up where I mass because it impacts me so much.

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

So that can help with stress, that can help with libido. But again, finding what is unique to you is really, really important. You know, the other thing when it comes to stress is we got to remember that stress is a response.

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

Sleep, cortisol, and adrenal support

And the way I describe this to people is like sometimes it's like, oh my, it's like my adrenal glands, my adrenal glands, my adrenal glands are the problem.

They're always there. They're always there. Any time there's something going on in my body, I kind of the way I describe that is like that's kind of like saying like, oh, my gosh, every time there is a fire, those fire people are always there putting out the fire, right?

And like. It's got to be the fire people causing the fire right now. They're like they're actually trying to be the solution. And so that's really what's happening with with cortisol, with the adrenal glands.

It's like so many inflammatory processes throughout the body are raising that cortisol, causing, you know, 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 gut and on the vaginal microbiome is examples of stressors on the body.

So many other different things. 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 a 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's 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, we're 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 what we're 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. It helps people go right to sleep so that one works really well.

I really like the peptide CP V, I'm using a lot of v. I find that that is and it's very easy to get even without a prescription there. Is there sites online you can find that are 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 help get you into deeper sleep that way.

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

Because what happens in 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 the body.

So what's supposed to happen normally is cortisol levels go up because you're stressed and the brain sees that as 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 and so we can use things like our Adaptogenic herb family that Rhodiola is, the ashwagandha is, those types of herbs are really good for helping to reestablish that, that communication 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 can do, your bath, your self-pleasure shower. And I know everybody that's listening is like, I am so, 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, a five minute 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, you know a quick five minute cuddle, five minute, you know, stroking session, these sorts of things on with the day when you're busy can actually really help to regulate, to co regulate, to help you reconnect with your partner and with yourself.

You know, it'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 women.

And they found whether the woman self-pleasure tend 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 health, which I was really I was really surprised that there wasn't a difference in those groups and it was repeated in two different studies I was able to find so fascinating.

Yeah, I really appreciate that. There's another one I really 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-pleasure actually were more satisfied, sexually satisfied.

They reported higher sexual satisfaction than women that were partnered. So the Self-Pleasure group was totally single, no partners. And 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 really good study for anybody that's listening and like, okay, well if we're supposed to have sex and I'm supposed to 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 going to bring this up, too, because I

just I love that you bring this up because this is something that I've been attacked on 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 of my posts was about May is International Masturbation Month. And so I did, I did a post on the health benefits of Self-Pleasure and women and mostly women that responded to the post.

They were either like, This is great, this is wonderful, love the health benefits. And then there were the women who this is terrible. I don't need to do this because I have a man like like like I have a man.

I don't need to do it, but like, it's not. Now, of course, when you come from sexuality, there's going to be your religious beliefs, your personal beliefs, all those things are going to come in.

But from a pure health standpoint, there are health benefits, right? Yeah. Yeah. I actually am still being censored on one of my sites from masturbation, so I totally know how that went.

But but yeah, I mean, I think that's if you're listening, you're like, this is just, 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, you know, reorienting to that is really important around like we're talking about research and what we see from a health perspective in in self pleasuring.

And of course like anything, you know, the biggest thing too, I think with sexuality and sexuality really comes to down to trusting your intuition, following your instincts.

Emotional safety and closing resources

Like if your body is saying yes, if your mind is saying yes, respect that and listen to that. If your body is saying no and your mind is saying no, respect that.

Listen to that. And so the idea here is to give you different techniques and maybe some of them are good. And if you you know, if you're open to the self pleasure, then 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 out of 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, you know, just exploring your body.

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

That's one of my favorite things to do in this whole like thing around faking it and all those sorts of things. Well, it's like, okay, well, faking 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 don't even know our own bodies to say like, okay, like a little bit to the right, a little bit to the left, up, down, faster or slower, like whatever it is.

Like 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 from and from woman to woman.

Right. There's no way a partner can really be expected to know what works without us explaining it to them. And that's why directionally, like, you know, female anatomy is a little more complex.

But, you know, all you all you men out there like you guys have your own little things, too. I mean, every human has their own 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's another component that I think is so tied up to libido is safety. And it's like, you know, you mentioned like, oh, your has you in a moment where you were stressed and you weren't feeling safe and you know, and all of a sudden it's like something kind of shocked you out of it.

With any time we are in a survival state due to the cortisol and to the adrenaline, we are 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, you know, kind of going going on in the background. We might not, of course, innately say, like, I don't feel safe right now, but any time we are having all of these adrenaline, all these types of that, these emotions, it's so easy because we are protecting ourselves, because we're worried about our survival on a subconscious level.

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

And so one of the things to I think that's really important is just to remember as much as possible, to self-regulate, to, you know, to name things. I really like the process of naming feelings around like somebody says something to us when we're stressed.

So just being honest and transparent around like I'm really not angry mood right now. I think we should talk about this later. Like, you know, 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 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.

So I don't know if we need to go into that here, but I at least wanted to mention it because it's just another vicious cycle that's 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, you check out all of the episodes here because there's so many tidbits in every single one.

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

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

So definitely want to make sure that we mention that here because it's going to be really cool. We're going to tie so many of these things in that are you're 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 can find me on Instagram, you can find me on YouTube both @mylibidodoc my website is mylibidodoc.com and then of course I have my podcast that is Libido Lounge.

You can find also everything at my, my, my name, my website name, which is DrDianeMueller.com So those are,

those are the main ways. And thank you again. Thank you again so much, Betsy.

It's been such a pleasure and thank you all for listening. Awesome. Thank you so much, Dr. Diane. And just reminding everybody, stick around. We have more amazing sessions coming right up.