Summit Introduction and Guest Background

Welcome back, everybody, to the reverse Autoimmune Disease Summit 5.0. This is, healing your energy body. And of course, we know that everything is energy.

So there's not anything that doesn't have to do with healing your energy body. So I'm really excited to talk today to my dear friend Doctor Annika. Becca.

And we're going to talk a little bit about the how we restore intimacy and sexual health. Again, a vibration vibration in between you yourself, in you and partners in the world that you have.

So, Doctor Anna is uniquely qualified to talk about this. She's a triple board certified and fellow of gynecology and obstetrics. She's, also certified in integrative medicine, anti-aging and regenerative medicine.

She has special special certifications in functional medicine, sexual health, and bioidentical hormone replacement therapy. The last 20 years, she served 10,000 plus women in her private practice and millions more through her books, online videos and articles.

When her own health took a troubling turn during menopause, she sought out the wisdom of healers around the world and learned that modern medicine and time tested natural remedies are not at odds.

Working together, they create indisputable results and true well-being, using delicious healing foods and simple lifestyle changes, doctor and I reclaimed her health and life, fueled by her belief that every woman deserves to be empowered and in control of their health and life.

She developed the keto green lifestyle, which has helped thousands of women opt out of menopause misery and experience a joyful transition to the next stage of their lives.

With her methods, you two can breeze through menopause into your second stream, feeling the best you ever have. Welcome to the summit, Doctor Anna. It is great to be here with you, Doctor Kiesha.

Thanks for having me. So we always did our interviews and to, well, this particular summit in two parts. And then this first part, we're going to kind of build the basis of how is sexual health, how is menopause part of our vibrational healing, our energy body.

Like what does this have to do with all of the things that I just talked about? And then in the second part of the interview, for people that want to dive a little bit deeper, we're going to really talk about vaginal restoration and healing from five vibrator top trauma.

When we talking about vibrational healing, we're going to get very literal. Hannah. Right, right, right. And vaginal restoration and how to bring back that energy that is your life force vitality.

So let's start at the beginning and talk about menopause itself and how hormones change as we age and how they can affect the sexual energy that we're talking about.

Yeah. So I think the biggest thing is that recognizing that menopause is a hormonal transition, right? It's a hormonal transition. So it's and hormones are energy molecules.

That's an energetic transition just like puberty is. Right. There's a transformation that occurs in this. Also in menopause there's a transformation that occurs not so rapid for men.

It's very subtle. But for women it can be very rapid or can feel drawn out. And I always say menopause is natural and mandatory. Suffering is optional.

Suffering is optional. But understanding that, like we can't just okay, well we're going to shut down.

Menopause as Energetic Transition

You're you know, we're going to. Yeah. Replace all your hormones, shut down your body's natural communication system and and manage you through this way.

No, that's not the correct way to go about it because we have to rewire. It's like there's a network reboot that has to happen in this time of post reproductive years.

And it's really a time to honor our body and our transition, step into our power, force our feminine energy, and to excel in that way. You know, you talked about sliding slowly through or dropping in.

I was one of those kind of like drive along and then it's the cliff go. And it was so interesting because for everyone's different and how they go through menopause.

But for me, my, my face started to sag. It was so fascinating to me. I was like watching it kind of overnight go. And I realized, menopause, you know, as as some of these hormones start to shift, it's a pause to take inventory, take stock.

Right. And I realized I had about 25 pounds that didn't belong here any longer and, and released those. And and it's a lot through the keto green lifestyle that you talk about that I did too.

And and so then my face stopped sagging. It was like everything stopped sagging because there wasn't this extra heaviness. So a lot of the things that were heavy in my life, I started to release and become unburdened, got rid of a lot of stuff in my house, you know?

And so this as these hormones change, it seems like they're also the guardians of the gate for the next a next level of your development. And a lot of times when I think about hormone shifting, I, I mean, I don't know, I think in our culture, people get a little anxious, like, oh, I'm going to look old or I'm going to get of that.

And it just feels like it's the hormones are there as messengers used to say. I mean, they are messengers to say, let's take a look at what's not serving any longer.

Is that your experience? Oh my goodness. Well, you say it so poetically and with such conscious communication, it just is really, really elegant. So I can't say it as well as you could say.

But yes, I mean, that is it is the the unburdening, right? Women will say, I no longer tolerate that. I am holding stronger boundaries. We've lifted this reproductive hormonal haze, you know, and so we can be really clear what's at me core, what's important to me, what are my needs versus my wants.

We have to do that work. This is a calling for us to shed. You know, the old shed, the great shed, the pain shed, you know, and look forward to. First of all, stand fully in our presence and the presence of others that we choose to be in our world, that really creating this, this community, this family of good, healthy connections.

Ideally, we to we have the strength to do that. So physical strength to enhance emotional strength during this, transition time and well beyond it's part of that necessary evolution to have that empowerment.

And that's the one thing that I totally recognized in my own mind. And so that's where the Keto Green Way came to maintain that physiology, to have that presence, have that clarity, have that, you know, peace and have the ability of discernment.

It's like, oh yeah, what we can help us discern. Heck yeah, heck yeah. And then press. You're discerning better about what you eat. So there's have to gain this, you know, to gain this energetic clarity that I think we want to look at it.

We need to rename menopause. First of all, you know, the, the, Japanese, the word second spring connection. And I like that the second spring of our life.

How how would I do that? So we can look back and say what I have told my children to do. You know, now that we have the fog, the reproductive haze, or my 20 year old stuff self to do for the next two decades.

So lift that reproductive health. Can we move in the reproductive haze, hormonal haze, and move into the second spring of our lives? That's beautiful.

And I think that a lot of times, you know, like I was saying, I was starting to get jowly and some of these other things and and instead of being anxious about it or, or, oh, you know, it was, oh, there's something there that, that is asking to leave right.

And so I think that, this is a really, really important discussion, and you have some pillars of the Quito green life that, that you talk about. I would love to have you go through those.

Yeah. There's some key steps that we, we take for Key to Green Life. And one of the things I recognize, like in the girlfriend actor community, the four pillars I focus on is the first one is how we nourish ourselves, right?

How we nourish our body, how we nourish our mind, the thoughts we keep and the thoughts we release them. Nourishment is key and the second one is shine in shining from like when you like how you release those jowls, right when you're have healing from the inside out.

And also the outside in. Very conscientious of looking healthy is the best compliment I can get, right? So shining. And then the third is awaken. And that's where we awaken our mind with more information.

We never stop learning. I had a professor, Doctor Cullen Richardson, out of Emory University, Department of ObGyn, who was one of my mentors, and he would say at 85, still operating in the, you know, operating room, he would say, you know, doctor and I, I'm doing the same thing tomorrow that I'm doing today.

It's because I was too lazy or stupid overnight to learn a better way. So, you know, I like that he was continuing to learn and to develop his technique at that.

You know, the best. That's why he was the best of the best. And then the fourth one is about embrace is the pillar is embrace. Those are the four pillars that we use in the in my community, in my framework.

And it's embracing, embracing each other. At the end of the day, the most important thing in our lives are our relationships that I love. Well, right?

Did I live well? Was I well loved the that is. And at the end of the day that is the most important thing. So let's bring that to today and every day.

How do we embrace those in our lives? And you know, how do I embrace my own self-talk, like especially going through menopause, recognizing that this is this is a time of evolution and strength into even higher energy, power and beauty than I've ever experienced in my life.

And it doesn't matter what like that comes from within and radiates out, and then that's perceived.

Keto Green Pillars and Rotating Plans

That's a really so and said to me, I was referring to myself as the little lady librarian in the basement in human

Design, who is the investigator and just is always pouring through information and bringing it back to the community.

And she looked at me, says little lady, smoking that library. And I remember her saying, well, I was just embracing my crone right as I'm moving into the stage of life.

And she reminded me, she said, yeah, Crown is juicy if you nourish it, right? If you nurture that. And and we started talking about that, how, you know, she said, she said something about being 20 years old and then 30 years old and 40 years old, and where we were inside of the relationship of ourselves and our skin with the people that we loved.

And, you know, in my 20s, I was so driven. When I was 30, I was diagnosed with an eye disease. When I was 40, I got breast cancer. I mean, I honestly had at this stage of life and then really the most vital that I've ever been and freer than I've ever been from a lot of the mental stuff and emotional stuff that, you know, plagued me from trauma, from my childhood.

And I thought, yeah, you're right. You know, this, this stage in age of of being the crone or the matriarch of the community, the elder, that old dress of of your community, it can be juicy.

And that's one of the things we're going to be talking about in our second portion is how to make sure that's true on a physical level. But did you see this, as you were just saying, happens from an emotional, spiritual, mental place from the inside of you and just shines?

I love the fact that shine is one of the pillars. You know, you do shine when you have that space that has been freed up and you've gotten in touch with the divinity that you're linked to, and you know that that feeds you and that's your source of power, not trauma bonding with, you know, with relationships out here, but with the divine that's inside of you.

So, so good. And, you know, I think about that in my I want to do my 20s, 30s, 40s and today, and like, in my 20s, super dark event, burning the candle at both ends, I mean, in my 30s, having babies and burning out with a diagnosis of early menopause, infertility in my 40s, recognizing that I am following the medical path of my mother, and if I don't change things in a few years, I will be dead.

And I promised her. I promised her I would find a better way. And in my 50s now I'm 55 with a grandbaby and I'm feeling better in my body. And it's so funny because I feel better in my body now, and, and and that's liberating.

That's freedom. That's it. Right. That liberation from all of that having to be motivated from approval from the outside, you know, success perceived whatever it is.

But that comes from outside to this dropping in and having it come from the inside out, because you know that your worth is not subject to anything outside of you know, it's at 100% all the time.

And that does shine. That does shine in it. You're definitely showing me. So I really appreciate what you bring. So you have a book that was just published this year, menopause.

We talked about it on Facebook Live, and with a couple of interviews. But I would love to have you talk a little bit about, that book and what comes from that, that, that people need to know, like these different plans.

How how do you say, oh, my body's telling me that it's tired of carrying around some extra weight or my body saying, you're not feeding me enough? How do I how do I nourish it better?

Where do we find that space? Yeah. So and this has been quite a journey with my also with my creating programs and developing the, you know, plan. I'm going to stay.

Last year. Oh my goodness. Thank you. It's just so funny when it warns you so many seconds ahead and I'm like,

okay, let me just tell you, give myself a second to mute.

And then here I go. Oh my gosh. So, you know, one of the big things is like with many pause. I'm working with women through transition as well as myself.

There are five different pauses. And I was like to say, there's beauty in the pauses of our lives, or there's magic in the pauses of our lives and menopause is one of those.

And many you pause, many pauses that we make are really critical, and it's all based on okay, we want to empower our physiology so that we think better, feel better, have the highest vibration that we can.

So it's what you eat, but also when you eat and the food combinations are created by plans that, incorporate the five biggest pauses. And the first one is like the keto green extreme.

So really focusing on healthy fats for the keto and high quality protein and the organizers herbs, spices, greens to add in. So the carbs come from that, not from fruits, etc.

and no grains. And it's grain free. Dairy free of course. Gluten free plan keto Green Extreme is also follows the autoimmune protocol. So there's no nightshades or peppers and no mushrooms or eggplant.

So it's a very low inflammatory plant. And because sometimes people with autoimmune disease, especially Hashimoto's or ass, really react to those foods, but you don't know until you eliminate it.

And honestly, it takes just six days with an elimination to say, okay, I can feel the difference with this. And so that's why it's each plan is only six days.

It's that what's what can I do this week. It's it's doable. It's doable. And it's simply so that's key to Green Extreme. And the second plan is completely plant based.

And because we paused meats to increase we know from research all the blue zones have higher plant based diets and also the higher plant diversity in our diet, the more diversity within our gut bacteria or the microbiome.

And that is related to stronger immune system as well as longevity. And so that's and also to eliminate constipation, which is a common problem in in women and men as we get older, but especially when we're doing more of a ketogenic diet.

So this is a vegan plan that is game changing for vegans because they typically are eating way too many carbs. So it's a keto green vegan plan. And then the third plan is pausing all vegetables.

And it's a carnivore ish plan. It's a carnivore cranberry, strictly low carbohydrate. So those clients with candida issues with eczema psoriasis sometimes just can't, you know, the intestinal lining is, challenged and digestion is challenged.

So giving a rest to all the plant foods to decrease the, you know, any, any adverse effect that they're having, especially gas, bloating and, digestive issues.

So we go to the complete carnivore plant. And then the fourth plan is a cleanse. It's a smoothie cleanse and bone broth cleanse or alkaline broth if you're vegetarian.

And for six days to really improve the intestinal lining and so that's the plan that you to see quick results especially in your skin. And and that's beautiful.

And then the fifth plan is sometimes people have been doing my keto green plan for so long or a keto plan for so long that they actually have to add back carbohydrates into their into their life.

And I think, like rotating meat is really important because people will become carbohydrate intolerant, you know, and they'll, they'll lose weight on a carnivore style diet and then their liver will get fat, right?

They might end up developing fatty liver, or they don't know that they're an EPO for carrier. And their genetics. And they wind up having brain fog and being at risk for Alzheimer's and heart disease further down the road.

So it's good to be able to have some flexibility and fluidity with these sort of six day plans that allow you to do a reset. So I love I love the principles of the menu pause program that you have.

Thank you. Thank you. Yeah, the pauses are necessary and we get stuck in doing something. So changing things up is critically important. Plus variety.

And there are seasons for a reason. So intellectual and this is a hard thing to study right. Have have we ever studied rotating diets in individuals. No.

But in my online community we've been doing this. Now we're seeing tremendous results. Like we get good results and then we get better results, like, okay, we get stuck, we break through, and that's that's our evolution.

But what I mean, it may be different than what you need to break through, plateau whatsoever and intuitively getting really clear and saying, oh, well, I feel like really lifting the fork so that we can discern, well, this is good for me.

This is good for me at this time or this season. And then being willing to not hold a, like a legalistic view and say, well, I can't. Yeah, an evangelical, attachment to it.

Right. And everybody should be following this because this is my resolve. Yeah. Exact. Right. Exactly. So, one of the things I discovered going through menopause is that my body didn't need as much food as I'd been feeding it up until that point.

It needed more exercise, less food. And one of the things I use to really give people exercise prescriptions that match their bodies is to do adrenal and hormone testing and see where those adrenals are.

So people ask me about intermittent fasting, and I'm sure people are wondering that right now. Like, is that part of the keto green plan? And I just want to throw in kind of the same thing that Doctor Anna and I have been saying.

Individualization is key. And, you know, I get questions about, well, what about a seven day water fast? Or what about this kind of fast, like very aggressive fasting.

And if you have phase three adrenal fatigue and your hormones are bottomed out, that is one of the worst things that you can do. So part of this, what we're talking about is to really know what your body's asking for, which is why the rotating is so important.

Right. Yep. And to be able to discern that and I think too with you know also honoring the intelligent design of our bodies, honoring that intelligent design because that is like it's not going to be the same thing every day for the rest of our lives.

Yeah, yeah. Which is why I think anyone that is in a menopause age category has can look back and see the truth of that, like what worked for you at one point maybe isn't going to work at another point.

And oh my gosh, I'd say it's for your case. I would say like, you know, the weight gain without doing anything different. Right? I there's my story. It was true when my patients used to come into me, and I was a young doctor in my 30s and they said, doctor, and I'm gaining weight without doing anything different, and I'm using air quotes here.

So and I would be like, yeah, sure. You know, I'm like, sure you're not right. Like, what's in your bag? You're just

more sedentary. Maybe you picked up another TV show or you're driving through dinner for dinners.

And I was really skeptical. I thought I would do all the work that, you know, and, and try to figure things out and monitor thyroid address any hormone issues, inflammation.

Then when it happened to me, 20 pounds without doing anything different, I'm like, God will make me humble. There's always a lesson to learn. I'm like, okay, they were truthful.

And that's where that's where my books came from. The especially Key to Green 1613 weight control hormones. How they change as we age. Yeah. And understanding we're in a rewiring we on or that support it create the safe container for it.

And and then when we step into our truth, our power know our work. Yeah. And you know, the, the idea that, in Vedic medicine 10,000 years ago, they used to say, don't eat more than what you can put in your hand like an cupped hand, which is sort of like a rice ball.

You know, don't eat more than that. And I remember as a runner in my 20s and then breastfeeding for children through my 30s, you know, I thought, there's no way I can follow that, you know.

And now I actually this morning I just did the third round over the last four months of trying on my clothes and getting rid of stacks and stacks and stacks, I whittled it down to just very few things in my closet that fit me anymore.

And it is that, oh, I understand now.

Listening to the Body and Individualized Fasting

I understand that this is really all that I need now that I'm not breastfeeding, now that I'm not running around now that I'm not, you know, and I'm I'm exercising and I'm holding space for community.

I'm doing all these things, but it's different. And it it just feels very much like my body says, yeah, you don't you don't. You're you're feeding me more spiritually, emotionally, mentally now.

And I need less physically in terms of caloric intake, which is fascinating because it's not counting calories, it's not watching anything. It's just really listening and being in tune.

And so I think that as we age and we get closer to that veil of moving through into the next stage, that it is possible that we send out a bit and we are less reliant and less earth heavy, less earthy.

So that's kind of what has come forward for me anyway. And again, we're all going to be different. But I'm curious if that's your experience and what you hear from your clients.

I think, you know, I mean, it's interesting perspective and I'm visualizing that. And I think it will be different based on what your evolution or stage has been.

I think it's like for first, for me, for instance, I feel like I'm more Earth, I'm more Mother Earth energy, I am less up here and I, you know, like I have reining it in and maybe there's still evolution to happen, I'm sure.

Of course, there's a lot of evolution to happen at this stage. I'm in now at 55. And as a grandmother, it is like I am more in my presence, my more in my present, and I feel more grounded in earth energy.

And then I ever and this linear connection, like, you know, I said for our audience of one, you know, is this pleasing and and right in the eyes of God and in my world, in my practice, in my spiritual practice.

So I'm feeling this very linear where I've been, you know, like that for so long. I'm coming here. So I'm very in tune.

Okay. You know, let me really practice this and then what's next?

I'd be curious. Yeah. See everybody. Yeah. Just it's just so beautiful. And I think the pause is getting in touch with that. Like where exactly what's my relationship with food?

With other people, with the divine, with the planet. Yeah, exactly. So beautiful. And then we'll have another talk from Doctor Anna that's going to take us deeply into, revitalizing the energy of your sexual health.

So this is a you know, I think a lot of people have a lot of driving that happens. You know, women, as they go through menopause, gradual dryness becomes a reality.

And, some drying of their cognitive function and their bowels like constipation, memory loss. And in your Vedic medicine, we've called that vata imbalances.

So let's talk about how to keep this stage of life juicy, shall we? I actually I also want to talk about this yesterday Kesha and my girlfriend doctor club, membership live that I do twice a month.

One of the woman, Joanne. She just like was just shared something so beautiful and she. Because I was talking about feeling worthy in our journeys and she goes, doctor.

And she was saying thank God for you because you've helped me resurrect my body, resurrect my sex life, which would had been dead for years. And I'm in the best relationship with my husband in our lives.

And and like, that was so humbling for me. And I'm still in Aussie. As I reflect on that, I'm like, oh my gosh. But you're like the woman I see as like so energetic and so sexy.

And so, you know, I mean, she's like her. Her sex life was dead for years until like, she felt that empowered energy. She received higher sexual energy and able to magnify it.

She was able to reignite desire within herself. And that is irresistible in a relationship. Oh for sure. So there are certain aspects of, I don't know, this stage of life when it comes to vaginal health.

And one of the things is we are talking about what you wanted to put in this section is, vibrator trauma, and I wanted to have you lead with that. Let's talk a little bit about that.

Yeah, yeah, I'm very natural changes that happen when we age, you know, with the like with loss of, integrity to the muscle and the connective tissue and the dryness that occurs.

Now, we can reverse that. So that's part of the resurrection of, sexual function, but also that concept of like using vibrators needing more, higher powered vibrators to receive an orgasm.

And what happens to the nerves, especially in the clitoris, I mean, thousands of nerve. And what do we think a thousand nerve endings in the clitoris and, thousands of nerve endings.

And these are delicate. So they can, be damaged sometimes by vibrator usage. And, and this is, this is a real phenomenon. And to heal from that, it's important to recognize we need to gently resurrect those nerves too.

And so we can do this with really light touch, really light touch. And I like that orgasmic meditation practice that the practiced you just do very light clitoral stimulation.

We say it is make a partner practice and it is with good healthy you know, with good healthy guidelines. So you're receiving this like to you're receiving the receiving this life light touch without an obligation to have sex.

And so it is is that part of resurrecting the nerve endings. And definitely the clitoris is vulnerable, but so is the vulgar area in the vagina. Walls are vulnerable to vibrator trauma as well.

So go exploring and and pausing. You know all about the magic in the pauses. Pausing.

Reviving Sexual Health and Intimacy

This can be incredibly, powerful to improving your sexual receptivity, response and sensual pleasure so you really can feel every light touch again, and also being able to recognize what feels good for you.

Yeah, there's a, I think there's something that happens often with women where they don't recognize that the treasure map that they are has to be explored by them first.

And, you know, if you really love me, I said you'd be able to read me. You'd be able to know how to turn it out. It's like, well, no, no, no. You know, you you actually need to be aware of where the treasure lies for yourself. First.

You can point to that area. Could you introduce me to that guy that does that if you find him? Yeah, right. You could read my mind. And now my treasure map.

Without me. Yeah, we could find that one. Yeah. You know, so much is psychological in the bedroom. You know, these beliefs, structures that we put in place.

And I would imagine that in menopause and is one of those belief structures can be I'm I'm not attractive or I'm aging. I'm older, you know, that. Therefore not sexy or attractive or whatever it is.

Right. And I don't know, I just part of what the woman that was talking to you from your community is the same thing we were talking about in the first part of our conversation, where if you feel that inside of yourself, it shines through.

So you become magnetic when you are really fully aware of your own sensuality and your beauty, right? Absolutely, absolutely. And, and I love, you know, I love to reawaken that.

I mean, I had to resurrect it in myself. I need to you know, I had to resurrect that. There's probably, you know, ten years in my marriage where I didn't even orgasm.

And it's not for lack of time, right? There was, you know, it was very interesting phenomenon for me, as I, you know, we we end up teaching what we most needed to heal from.

And so being able to awaken, awaken that to be multi orgasmic in my mid 50s where that was never even considered a possibility, I thought I was just one of those numbers.

You know how many 25% that never orgasm during intercourse then and so reawakening that is is really powerful. And it's often with the pauses with the lightest touch, but also knowing what you like and then being able to play and express yourself and receive, receive love and affection.

In the in my program, sexual CPR, I talk about resurrect. Actually just didn't realize that she used the word resurrection. So sexual CPR, you know, like cardio pulmonary resuscitation.

Well same thing for our sex, right. So I have a program called sexual CPR. One of their two secrets that I want every woman and every man to know. And the first is that that women need to understand that he wants her pleasure.

And women at any age, at any age, his goal is her like her arousal is his arousal. And I've asked some of the most chauvinistic guys on this planet seriously.

And I was like, well, what's your number one turn on? Well, her turn on is his number one turn on. Like he it's not like, oh, I need to calm. I need to ejaculate, I need to whatever.

Know her turn on. That's his biggest turn on. And women need to hear that and receive that and claim it and begin to embrace it and encourage it. You have to give nothing back but your pleasure and personal in that.

And I would say that that same sex too, like we're not just talking about heterosexual couples. When we say that your partner's turn on is it's going to be the thing that says, okay, I want to dive in this pool.

Yeah, yeah. And so the second secret is, that the oxytocin different affects women and men differently. Oxytocin, the most powerful hormone in our body, is also amazing.

And I weave this into my whole Peter Green concept because oxytocin is very powerful and rising physiologically to our body. Whereas cortisol, the stress hormone, is very acidifying to our body.

And we can measure that by urine test stress, which I always tell clients use the keto urine test strips. Check your urine every time you use the bathroom.

This is part of your healing and self-discovery. It's a vital thing. So oxytocin works with men differently than it has an effect on men differently than it has on women.

And I'll illustrate this with a couple I had to show that came to my medical practice, and they'd been married 15 years. And he's like, doctor. And I mean, she has great orgasms, but she never wants to initiate sex.

And she's like, yeah, you know, I don't I don't know what's wrong with me. And I asked him, well, what do you do after you guys have sex? And he said, So like, what do you do after you guys have sex?

And he says, well, I roll over and go to sleep, like, exactly. At that point, she needs that connection, the intimacy, how did this feel, what you love about each other.

But, you know, like just that connection time for two minutes, as long as it takes you to put on a tie, to brush your teeth, to shave. You can use those two minutes after intercourse to nurture that intimacy.

And now just getting away with just two minutes in my world and again being able to say I need more or right, you know, I need more. But that intimacy and that time to connect, that's the reward.

That's the reward for women with oxytocin. And so being able to communicate that with your partner is really powerful. And they came back in two months later and she'd think, you know, she'd initiated sex half the time.

And so it was just, you know, authentically, authentically because there's that, you know, you're filling my tank. And that's what I needed. The orgasm, the climax was good.

That was great, I love it. But when you fill my tank, I want to feel connected. Is that but that I'm seeing into me you things so that you're seeing me.

And there's that intimacy. So I think it's really lovely. And it's these two secrets that I think are game changing, certainly has been in my world and in my coaching where I'm always, always learning, always learning more things.

Now you have a, product that I really like that we'll talk more about in another video. But, when we talk about vaginal dryness, you know, for women that have gone are in Perry pre and post menopause.

Yeah. Where is it. Oh my gosh. You know I got I like so funny because I'm carrying it around in my bag. You know I have my own I put some out for me because I'm traveling this weekend.

I have my lip. Do I have formula. So there's let me do a formula. So adorable. Because not only do you get vaginal dryness sometimes, post menopause aside, thank goodness I've not actually experience it yet.

Hopefully I won't, that I've had my my physical lips those have dried and had had created some lines around them

until I started using your kiss and you sent that to me and I went, oh, this is fun.

And I started using it. I was like, wow, this is amazing. Thank you. Let's talk about the drying up of the different kinds of lips on a female body and what to do.

It's so funny. I feel, I, I feel I felt really strongly to bring out an upper lip formula because to break the stigma of talking about it, I mean, really recognize that there's, a natural shift like, well, naturally, I, you know, I'm having laugh lines, you know, smile lines and I'm embracing that.

And, you know, no more like I saw Botox five years ago. So over five years ago now. So, I mean, I think it's really it's been this, that, that shift to like, I want to age beautifully.

I look at what will that look like as I age. So anyway, so what's happening here at the most important real estate? Everybody, from my perspective, clitoris to anus, that affects our quality of life so much, right.

If you have incontinence, if you have anal fissures or hemorrhoids, if you have vaginal dryness, peeing with sex, you know, discharge after sex. So I say at the go from the doctor and it's my branding, the girlfriend doctor, we take care of your lips above and below your hips.

So we take away that stigma. I really hope so. I hope that's received well. I definitely look forward to feedback that I want that to be received well because, you know, we we're just aging. That's okay.

But what can we do to reverse the things that matter most to us? I did not want to do fillers and Botox, I never have. And so I was just heading heading into the road of, okay, I guess I'm going to have, you know, and the the lip thing actually makes you look a little bit mean.

So I was kind of sad about that. And so I was really excited when that does take away that upper lip thing. So really appreciate the, the product very much so oh my gosh, thank you.

And it was so funny because it was in my early 40s where I went to like one of the makeup cabinet. I love Christian Dior Red and the woman at the counter, she's like, we'll use this wax to protect, protect your, to prevent your lip.

Lipstick bleeds from those fine lines.

Vaginal Dryness, Lip Care, and Closing Gift

I was like, what? What's that? Lines like it was like, what? What do I have? What do I need? Like a vow? I was like, oh, that's when I started doing, you know, some lip Botox and lip fillers.

And then, you know, I think I was at 48 when I stopped all of that. But, yeah, that does it for me. Look at this. How you look? Gorgeous. Gorgeous. Phillips took.

053 your zoom filters, everybody. You can put your lipstick. Oh my gosh, really bad. I need that filter. It's already in there. It's under studio filters.

We're gonna teach everyone a little zoom trick here. Oh, my God, video filters. Maybe I need to do in that studio up X and it has, like, mustache and eyebrows, but it has lips and they work and you can pick what color lipstick you want and put it on.

Oh my. I drag you on it. You guys keisha's teaching me this stuff so good. This is so good. Finesse. The only thing you have to be careful of is you don't constantly go like that.

And then it goes in and out. That is so fun. Oh, I love filters. Yeah. So I discovered that. Well, that's fun. You don't have to have a bunch of different colors of lipstick.

I could just have zoom do it for, Yeah. Well, and I'm, like, addicted to, like, the reds. I love the reds. So you definitely see those with lipstick bleeds.

Yeah. Yeah. So like, that doesn't happen anymore. And then when I started use them, then I realized that I started using Jojo, the product I created. I'm like, it's going to work here too.

And I would tell people all the time, like, use my Java. But I'm up, you know, for the vulva on your upper lips too, like I'm a doctor and I can't use that for my upper lip.

Yes, you can and I can. So I was like, oh, let me see what I can do for our upper lips. Then I was like, yeah, because I'm committed to, you know, my Christian Dior, red for life.

Are or like color maybe more. Well, doctor, and, you have, graciously gifted our audience. The keto green recipes gift. And do you want to talk about this a little bit about that before we close?

Yes, I want to give everyone an experience with some amazing Quito green recipes. Has some dessert recipes too that are just delicious. So 15 Keto Green Recipes to get you started in understanding the keto green lifestyle and what a Quito green plate looks like.

So you guys definitely download that and check that out. Thank you so much. Thank you Doctor Anna. Thank you. All right everybody, until next time, be well.