

Women's Vitality Summit

Dr. Keesha Ewers Interviews Robin Nielsen

April 2017

DR. KEESHA EWERS: Welcome back to the Women's Vitality Summit. This is Dr. Keesha Ewers and you are joining me for an interview about empowering you to heal yourself. This is Caring for Yourself, Body and Soul. My guest today is Robin Nielsen. I'm so delighted to be interviewing Robin. She's an Integrative Certified Nutrition Consultant. She's Board Certified in Holistic Nutrition. She specializes in helping women find hormone balance from puberty to menopause to live their most fabulous lives. Welcome to the Summit, Robin.

ROBIN NIELSEN: Thank you. It's so great to be here, Keesha. Thanks for having me.

DR. KEESHA: The title of your talk is What Women Want. I think that's a fantastic title. I'm just going to let you talk about this in terms of from your perspective of these nine steps to helping women find hormone balance. Though because the name of our summit is Women's Vitality Summit, I'd love to start with what your definition of vitality is.

ROBIN NIELSEN: I love that. My definition of vitality is really all about how we feel because if we don't feel vital and energetic and fabulous, fabulous is how I describe vitality. If we don't feel like that—are you still there, Keesha?

DR. KEESHA: I am.

ROBIN NIELSEN: I am so sorry. Somehow, I lost you. My computer's doing weird things. I am so sorry.

DR. KEESHA: That's okay. Your computer's not feeling vitality right now, but it's all good.

ROBIN NIELSEN: It's not. I'm just—that is so weird. Okay, you're still there. Are you able to edit this?

DR. KEESHA: Yes.

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ROBIN NIELSEN: Okay. If we're not feeling fabulous, then we're not living our most vital fabulous life. It really comes down to how we feel. I thought, with the Women's Vitality Summit, What Women Want would be such a great title because we really—it's in there somewhere. We know what we want, if we just stop long enough to listen.

DR. KEESHA: That's beautiful. It just all has to do with, of course, self care. We have to tune into ourselves. We have to listen to what the body's telling us. Hormone imbalance comes from a lifetime of really not tuning in. The more imbalanced you are, then the more you've allowed it to go and not checked in. Let's hear some steps towards regaining that.

ROBIN NIELSEN: Yeah. One of the things, you know Dr. Sarah, right?

DR. KEESHA: Yes.

ROBIN NIELSEN: One of the things that she says that I really like is if we have resentment or if we're feeling other than fabulous, it's really just a lack of self-care. Just exactly what you said. Our hormone balance is different from day to day. It may be a lifetime of lack of self-care or it may just be that time of the month when things change a little bit. Even whether you're cycling still or whether you're postmenopausal, there is still a cycle that happens. I'm just tuning into that more and more. I always say, with using progesterone, if you're not cycling, to use it the second half of the month, which there still is one. It's when the moon full and then when the moon gets to a new moon. There just needs to become more of an awareness. Our hormone balance could be fabulous today and then based on what happened today, tomorrow could be a little bit more of a challenge.

I was talking to Ritamarie about this. If one day is really, really stressful, then it could be that you're super insulin-resistant the next day and now your hormones are all out of wack again. It's really understanding what's going on with your body. It's learning about yourself. It's understanding what works for you and what doesn't work for you and giving yourself some grace if you had a hard day the day before to just give yourself some grace the next day. One of my favorite women is Regena Thomashauer. Do you know her?

DR. KEESHA: I don't.

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ROBIN NIELSEN: Mama Gena.

DR. KEESHA: Mama Gena, yes, I do. I do, yes.

ROBIN NIELSEN: Mama Gena, yeah. She's amazing. She's a great mentor for sure because I'm the doing queen. The more I get done, the better I feel about myself. Of course, that just wears us out. Her whole take on it is pleasure, pleasure, pleasure, pleasure until you get back into balance.

DR. KEESHA: I mean for women, I'm a sexologist. I'm a doctor of sexology. In fact, if I go like this, over across my shoulder there on the second shelf of that bookshelf is this big velvet vulva, [inaudible 00:05:35].

ROBIN NIELSEN: Nice. Nice.

DR. KEESHA: Yeah. The point of that is, is when I do workshops in medicine circles, I'll put that in there. It has this lovely satin little clitoris on it, to remind women that you have the only part of a human body, whether it's masculine or feminine, that is there only for pleasure. It's only for pleasure. That means that's your God-given uniquely divine designed body has this part and it's up to your mind to give yourself permission to feel pleasure, whether it's actual or not. You must. This is part of the way your body's engineered.

ROBIN NIELSEN: Yes. It's so true. Oh my gosh and it's how we can stay hormonally balanced. We ignore it and we'll talk about that. I should get into my nine steps so that we can talk more about this one in particular.

DR. KEESHA: Yes. Let's talk about the nine.

ROBIN NIELSEN: The first one, my first step is we've got to replace what's missing. Oftentimes, no matter what your age, I felt really old in my 20s. I had arthritic symptoms in my hands. I didn't know that you were supposed to have a bowel movement every day. There are basic things that we're never taught.

DR. KEESHA: Same here. Yes.

ROBIN NIELSEN: Right? Never taught.

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DR. KEESHA: I know.

ROBIN NIELSEN: I didn't know that acne wasn't necessarily normal. A lot of people get acne, but it's just an indication that there's a hormone imbalance. I didn't know that digestive problems weren't normal. I didn't know that huge mood swings and PMS didn't have to be. I just thought that was part of it. Of course, your parents don't know. Nobody knows. Not even the doctor knew. There was just no support around any of that. We've got to replace what's missing. That means nutrients, in the form of vitamins and minerals because they run our bodies. They keep our brain happy. They help to build bone and muscle and help our liver to function, detoxify. Proteins, fats, and carbs. Fats build our brains and cellular communication. When we're out of hormone balance, we need to replace all of our vital nutrients.

When I think of hormone imbalance, I'm really talking about the two major hormones, which is insulin and cortisol. Insulin and cortisol in my world are the biggies, that if you pay attention to those, then thyroid hormone, the other adrenal hormones, and your sex hormones, progesterone, testosterone, DHEA, pregnenolone, progesterone all start to come into balance. If we can pay attention, these nine steps help us to keep insulin and cortisol really happy. That's the whole goal there.

Number one is just replacing what's missing. Oftentimes, that means a really good multivitamin, good fish oil. Testing really helps and that's one of the nine steps. Just replace what's missing. The second one is using food as medicine.

DR. KEESHA: What else could be missing is breakfast.

ROBIN NIELSEN: Yeah and we're getting to that right now. Absolutely.

DR. KEESHA: Right now, yeah.

ROBIN NIELSEN: That's why I say with what's missing, it's not only vitamins and minerals, our more micronutrients, but it's also proteins, fats, carbs. That comes from food, which is number two. Food, we want to start using food as medicine. All these nine steps are about using food to balance hormones. It's incredible. If you're feeling tired, look back at what you

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ate a few hours ago or maybe you haven't eaten for quite a while. It was really interesting.

I had a breakfast a couple days ago that I haven't had in years. I made French toast. I make french—well, no, I haven't made French toast in years. I'll make paleo waffles, but I haven't made French toast. I made it with a gluten-free bread. A friend of mine has this amazing bakery, but it's still grains and I just don't eat many grains. I had sausage with it so I had some good protein, but I did put maple syrup on it. I just put a little bit of maple syrup with pasture butter. Oh my gosh, two hours later, I was exhausted.

DR. KEESHA: Interesting, isn't it?

ROBIN NIELSEN: I was so tired.

DR. KEESHA: Because you're tuned in to your body now. I'm the same way. I can really tell now, but the way I describe this is you take a glass of water that's clear and you put all the food coloring that you can in there. It makes this sludgy color. You dump that out and you refill it with clear water again and then you just drop a red in there, then you know red is in there. If you dropped red into the sludge, you wouldn't know what it was.

In your case, you're all so clean. You're aware of your diet. You drop maple syrup in there, you know what maple syrup just did. I think that that's where a lot of women get messed up is they're sludgy. Then if they take out, I hear this all the time. I cut out wine for two weeks or I cut out gluten for two weeks or I cut out whatever sugar for two weeks. I didn't notice any difference. Because there's this whole sludge. The one thing didn't make that big of a difference. That's fantastic that you're so tuned in that you can tell. I make French toast with Daniel Walker's bread.

ROBIN NIELSEN: Yeah. I love that bread because although I don't make that very much either because it's just too heavy for me.

DR. KEESHA: I don't either. Yes.

ROBIN NIELSEN: Yeah. You could. Then there's the whole egg thing. You have to just figure out what works for you. The grains and the maple syrup did me in.

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It doesn't matter what supplements I take to help to fix that, it's still food is it.

DR. KEESHA: No, food is the thing. On Christmas morning, I'll make something with Daniel Walker's bread and chop it into chunks and then put some blueberries in it and eggs and coconut milk and bake it as a casserole.

ROBIN NIELSEN: I was going to say, that's exactly what I'm making for Christmas is like a bread pudding.

DR. KEESHA: Yes, and it's delicious, but it is very heavy.

ROBIN NIELSEN: It's so good.

DR. KEESHA: You can only eat just a small amount. It's very filling and just stay in touch with your body and say, gosh, five bites of that and I'm actually very full. I always serve it with our green drink.

ROBIN NIELSEN: Exactly. You've got to get those greens in there. Using food as medicine, you want to eat within an hour of waking for women especially. I know for me too. A lot of our colleagues talk about this. Eating a high protein breakfast, really important, but you've got to balance that out with some greens and then never going more than five hours between meals, but making sure that you do so insulin actually comes down. If you're constantly snacking, insulin is constantly elevated. Every time insulin's elevated, we get more and more insulin-resistant. Especially as we age, we just get more insulin-resistant and that causes all sorts of problems. It makes us fat and tired and completely messes with brain chemistry and inflammation, all of that. Use food as medicine. Start using it. Start thinking about it as balancing our hormones. It can make us feel fabulous or it can make us feel really bad.

Number three is movement. There's a word exercise. It doesn't seem to sit very well with our brains. I like to use the word movement because it feels so much better especially for women. We love to move our sexy bodies. Movement now you want to use as medicine as well. I grew up thinking that I needed to over exercise and under eat.

DR. KEESHA: Same here.

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ROBIN NIELSEN: Exactly what I learned.

DR. KEESHA: Old marathon runner.

ROBIN NIELSEN: Yes, exactly.

DR. KEESHA: Not necessary and in fact, harmful.

ROBIN NIELSEN: Exactly. That has a hormonal response. It's really detrimental. It raises cortisol and it raises insulin. Any time you raise your stress hormones, you're going to raise insulin. Marathon runners, there are a few out there who are amazing and it's really suited for them, but for most of us it's not. It makes us skinny fat people. You can also get really heavy with it. I had a client and we just couldn't get her blood work numbers in line. She was just always not feeling well. She was adorable, such a beautiful woman. She ran marathons with her girlfriends. It was something that they did together. They might've been half marathons, but they were still marathons. I finally said, do you like running the marathons? She said, well, no, not really. I said, why don't you be the cheerleader? You be the cheerleader and let's see if we can get your health back in line and then if you just want to go back to doing it, you can.

Oh my gosh, she became the cheerleader. She went with her girlfriends and they did their running. She was on the side and she completely healed. Her hormones got all in balance. Cholesterol went down. Her thyroid started working better. She looked amazing. Acne went away. Start thinking about using movement as medicine. How do you feel after you move? Do you feel great or do you feel really depleted? That's a great way to tell. Different exercises elicit different hormone responses. It's important to learn what they are.

Number four, cravings awareness. This is something that almost every program fails to address, especially weight loss. That's why it's really unsuccessful. That's why you are unsuccessful when you might do a weight loss program. It's really important to understand about cravings why you're having the cravings, what's going on. It's not a bad thing. It's just something to notice and work on. Just having an awareness around cravings. It's really important to know that it's not about willpower. From a neuroscience perspective, if we use willpower to make our way in

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life, what we're saying to our brain is we're always saying no. We resist. We're going to fight back.

DR. KEESHA: The teenage adolescent part of you will come out and say, hell no.

ROBIN NIELSEN: Hell no.

DR. KEESHA: It's like you're not going to deprive me. You're not going to tell me what to do. You'll rebel against you.

ROBIN NIELSEN: That's right.

DR. KEESHA: Those two voices sitting on top of you. It doesn't make any sense.

ROBIN NIELSEN: No. It's this constant tug of war and you'll never get over it. You just can't think in terms of willpower anymore. You really have to think in terms of how can I best support my body so I'm not craving. You're craving because you want to get your brain chemistry in a better place.

DR. KEESHA: The brain chemistry's dopamine. I do a lot of genetic testing. I see. I was addicted to running.

ROBIN NIELSEN: Yes, exactly.

DR. KEESHA: I was addicted to sugar and addicted to running. That's how I managed my weight. When I did my genetic testing, I could see why all of that was true. It's because I have all these dopamine SNPs or single nucleotide polymorphisms and mutations in those genes. I use something. I take it every day myself. I carry it on my DrKeesha.com store. It's called NT Balance, Neurotransmitter Balance. It's for getting that dopamine in order so that you're not running around at 2:00 in the afternoon looking for chocolate in your house and you're not having to have something external from you to feel good, which is what addiction is.

ROBIN NIELSEN: Yes, absolutely. Then there's serotonin. Serotonin might help the serotonin SNPs. Then there's GABA for those really relaxed muscles. Yeah, all sorts of things. You just want to start looking at cravings a little bit differently and just having an awareness around them. What's going on?

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DR. KEESHA: I'm so glad you brought that up. I think it's so important for people.

ROBIN NIELSEN: It changed your body. It's so important.

DR. KEESHA: They shame themselves into thinking I'm bad or this food is bad or I can't get on top of it. If yesterday I was bad, then today I may as well go down in flames.

ROBIN NIELSEN: That goes for a meal too.

DR. KEESHA: Do it all the time.

ROBIN NIELSEN: We have a meal that doesn't serve us and then we just throw out the whole entire day. It's really important just to know that you can get back on track and it's really important to do that. The sooner you do that, the better you'll feel. Yeah, you're right. You go for that just two spoonfuls of ice cream and before you know it, you've eaten the whole tub. All the negative self-talk starts. None of it serves us well. We just need to embrace it and just do better next time. Just more self-care. Number five.

DR. KEESHA: Actually, I'm going to wait until. Hang on just a second. I'm so sorry to interrupt you, but I think what you just said is so important. I want to make sure that people really hear this because the negative self talk after you eat the whole thing of ice cream. In my Health Coaching programming, the Academy for Integrative Medicine, there's a specialist in our program that teaches eating psychology. She tells women, or men, whoever, that if that's a pattern for you, to actually go, get dressed up, go to the store, get whatever it is that you're craving for that moment, that is your pattern that you keep going down in flames with, bring it home.

Set up the table so it's really beautiful. Light candles, put on beautiful music, and then get that food out and do a serving of it. Go sit down at the table as if you're having this beautiful moment with this food and really feel it in all of your senses. Enjoy it completely. Then if you want another helping, you can get up and you can go get another helping. You just do that. It takes the shame out of it so that you're not doing this unconscious, hiding from yourself, eating it while you're watching television, and then you look at it's gone, and continuing that cycle. I think that's such a beautiful exercise for people.

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ROBIN NIELSEN: I love that because you're eating it mindfully and you're enjoying it. What happens is if we, like you say, if you go to get those couple of spoonfuls and you end up eating the whole thing, you know when you're done. Maybe you've had four spoonfuls and it's like that's good, but you keep eating it. If you do like you say and just go get a little bit and make it an event. The other thing that I love is don't bring the whole half gallon home. If you want an ice cream, go get a scoop at the ice cream place. Like you say, make it an event. Make it really special. There are a lot of ways to handle it, but I really think that if you're having cravings, you want to just take a look at what's going on.

DR. KEESHA: Absolutely.

ROBIN NIELSEN: Was your day super busy? Was your last meal not so great and now you're having a big drop in serotonin or dopamine? What's going on there?

DR. KEESHA: Stay out of the shame cycle.

ROBIN NIELSEN: Yes. Don't ever go there.

DR. KEESHA: Her name is [inaudible 00:20:59], the woman who does this in our program and she's on San Juan Island. [Inaudible 00:21:06] Coaching is the name of her business.

ROBIN NIELSEN: Cool.

DR. KEESHA: She's got the most beautiful way of working with people with this eating disorder piece. Anyone that's out there that's wants that, it's [inaudible 00:21:17] Coaching and she's just brilliant with it. We're talking about cravings and we're talking about eating disorders and shaming. This is a big huge topic that we're just 30 seconds on. I just wanted to make sure that people know that if they fall in that category that there's more help for it.

ROBIN NIELSEN: Yeah. It's a big piece. If you get the other pieces, the other eight steps I talk about, the cravings can go away really fast. It's something that will pass. You'll notice at certain times of the month, you might crave more than others. That's really good time to give yourself some grace. Get

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some more of that great pleasure in. Number five is support community. Just surrounding yourself with likeminded people is really important. We talk about how important it is to detox by our bodies. That's super important for feeling well and being in hormone balance because toxins are everywhere.

Our bodies accumulate them and they keep us feeling sick and stuck. They keep us completely out of feeling fabulous and in hormone balance. That goes for people. People are toxic. There are a lot of toxic people. You want to start being aware of who brings you up, who really supports you, who nourishes you, and who doesn't. Really limit yourself, your time with those people who don't support you in a really vibrant way.

The people who live the longest and the healthiest around the world are actually those people who surround themselves with likeminded people, people who are on the same journey. I know. I'm considered an absolute weirdo in my circle of friends because I have such a strange diet. I eat whole real food. If you're constantly around people who are saying what are you eating that for or what's that all about or come on, just have a little bit of this, then it's going to not feel good over and over and over. Just find your peace.

We moved to the beach from the country. We moved from Rednecklandia to the beach, which is so much more health conscious and I found I came home. I just came home to all these people. I'm surrounded by amazing food, people who care about their bodies more. Find that for yourself. A lot of great online communities. A lot of great places you can go to find your peeps.

Number six, sleep. Use sleep as medicine. Sleep is probably the best way to reset your hormones. If you've had a good night sleep, you know what it feels like. You wake up. You're happy. You're completely energized. Your pants fit better. All these really cool things happen. Inflammation decreases. Your body heals. You just feel alive and fabulous. You feel vibrant. You feel like you have vitality. If you don't get a good night sleep, we know what that feels like. We're completely grumpy. We feel fat. We feel like everything's wrong with the world. It's just a completely different perspective. We're more inflamed as a result. Cortisol has come up. Insulin has come up. All sorts of things have happened. It's really important to pay attention to that. Oh my God. I am failing here.

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DR. KEESHA: No, you're not. You're just having a moment.

ROBIN NIELSEN: That's how it's been the last couple days for me, but I am just totally embracing it. Loving this hormonal change. I think just the busy, busy time of year.

DR. KEESHA: Oop, now I just got one. I think that this is so important, the sleep component, because people think that it's optional. It's really not optional. In ayurvedic medicine, the way we talk about it is you have a daily routine that you need to follow according to your body type. Once you go past 10 PM, you have moved into what's called the pitta time, which is the time when you really want to get going and do a lot of projects. If you don't go to bed by 10, that part of your brain can kick in and you'll think I can get this done or I can do this or I can watch this. I can binge watch. I can do whatever and you're very active.

The same thing with getting up in the morning is you get up by 6 AM, you're not into kapha time, which is the time when you want to pull the covers over and just hibernate and say, just another hour. If you get up before 6, you avoid that kapha energy. If you can go to bed by 10, you avoid the pitta energy. Then you can get the most rejuvenative time that you can. You get extra bonus between 10 and 12 for your ability to have your grown hormone release and then to move into that liver detoxification time in the early morning hours.

ROBIN NIELSEN: Totally.

DR. KEESHA: Your body does a lot during the night and it's necessary. You don't want to rob yourself of that rejuvenative anti-aging time.

ROBIN NIELSEN: You need that sleep. Yeah. So great for reducing wrinkles and you name it. If you call yourself a night owl, then you seriously need to take a look at your sleep patterns.

DR. KEESHA: You're going to look like an owl.

ROBIN NIELSEN: There's that.

DR. KEESHA: Night owl with all of the—

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ROBIN NIELSEN: Yeah, yeah, for sure. There's so many great sayings around sleep. The early bird gets the worm. There's one two hours of sleep before midnight or one hour of sleep before midnight is worth two after midnight. Just so many great, great sleep quotes. Quotes from the 1500s around sleep.

DR. KEESHA: I know.

ROBIN NIELSEN: We've known that sleep was magic for a very long time. Number seven. I call it stress management. Really understanding what gets you out of balance. Just understanding what works for you, what doesn't work for you. Keesha, you mentioned a routine. Routine is so important for our bodies to stay balanced. We love routine. We have two very cute little dogs. They thrive on routine. They're going to tell you if you're off schedule.

DR. KEESHA: They will.

ROBIN NIELSEN: It's my time to eat. It's my time for a walk. It's my bedtime. We have one dog in particular and he will not waver from his schedule. If it's a certain time at night, he is in his bed. Where is Floyd? He's in bed. It's really important. Managing stress, even just a busy, busy day. Maybe you did no exercise, but you just were on the treadmill all day. A busy day is going to mean a busy night. Understand that if you have elevated cortisol, unusually elevated during the day, you're probably going to have a restless night sleep. You've really got to pace yourself. Remember to breathe during the day. Big deep belly breaths. Remember to get out for a walk. Pour yourself some nice hot tea on a regular basis. Really take care of yourself so that your hormones stay in balance all day long and then that means that you're going to have some gorgeous night sleep.

DR. KEESHA: You can prevent your cortisol from going up at night if you've had a really busy day, if you'll take a moment to put space between frenetic day and sleep by taking a nice warm bath. Lathering yourself with sesame oil. Putting candles around the tub. Just really notifying your body, now it's time to decompress. Now it's time to shut down. Instead, we just go, go, go, go, and then fall into bed and our body never got the message of what's happening. We can actually help our body not have a cortisol bump at night if we'll take time to do a meditation practice. Maybe a little of the Yen Yoga. Get in a bathtub. Things that tell your body, we're

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shutting down with the sun now. Sun's going down so are we and just letting that happen. I think that we don't do that. It's television, stressful news, listening to a book on tape, and then close your eyes and go to—it doesn't make any sense.

ROBIN NIELSEN: Yeah. We have a super busy day and then we watch CSI or Homeland or I don't even know what all the other ones are because I never watch those stressful shows.

DR. KEESHA: Same here, yes.

ROBIN NIELSEN: Then we try to go to sleep. Bedtime routine's super good.

DR. KEESHA: Get the TV out of the bedroom. Don't have it in there.

ROBIN NIELSEN: All sorts of really great habits. It's just a matter of really just that awareness again. Just understanding what really supports you. Making sure, like Keesha said, that you have time to unwind. That two hour routine before bed that really changes the pace of the day and dimming lights and all that. Just understanding. Managing your hormones and being aware of it. What sets you off? What's a trigger for you? What's calming? How do you get back if you got off track? Just paying attention to that.

Number eight is testing. Do testing. I encourage my clients to do testing. Really bring up some tests at least once a year. Following up on those markers that we're a little bit out of line. How are you doing? Just keeping track of it. Even just a basic. I love the old comprehensive metabolic panels that are rarely run anymore. Just the basic blood work that can show some underlying systems and symptoms that are starting to creep up that you can support and cut off. Testing is really important. Test, don't guess.

The last one, number nine, is pleasure. We talked a little bit about that at the beginning. Yeah, I like that. Seek it out. If your day's not going well, oh my gosh, just stop. Go get yourself some pleasure. Get a massage or touch yourself or do whatever it takes. You can do more than one thing. I took Mama Gena's Virtual Pleasure Boot Camp. It was great for me because it really just gave me permission to be in pleasure a whole lot more often. Oh my gosh. The pelvic floor, of course, comes to mind

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often when we think about pleasure. We put all these gorgeous lotions and creams and cleansers on our face. We really care about what our face looks like.

We completely, oftentimes, ignore our pelvic floor. It doesn't matter what age we are. It can just completely feel neglected. It starts to become quite neglected. As we age, if we don't pay attention to it, that starts to look like really bad things like incontinence and interstitial cystitis and all these icky things that come along with not paying attention to pelvic floor, let alone, not having pleasure down there anymore. We can completely atrophy in no time at all. It's just really important to love on that area just as you would your face. Just give yourself a lot of love down there. There are all sorts of tricks to do that. I know, Keesha, you have a ton of them. It's really important to make sure that we do that. It was really cool when Dr. Anna and I had our Sexy Younger You Seminar. We interviewed, I think he's a neurosurgeon, Dr. Jack Kruse. Do you know of him?

DR. KEESHA: Yeah.

ROBIN NIELSEN: I don't know if you've heard this before, but it was so awesome. He said, if we want to help a woman reset her adrenal function, her HPA axis, he said, these are the three things that you need to do. If you've ever seen Jack Kruse, you know he's very conservative. He wears these black rimmed glasses and he's very conservative. He says, number one, you get sunshine in your eyes in the morning. Number two, you have an orgasm or you stimulate your nipples for one minute. Number three, you eat a high protein breakfast. It's all about hormone balance.

DR. KEESHA: It is. It is.

ROBIN NIELSEN: It's all about hormone balance. I just cracked up. Oh my gosh, here is this neurosurgeon telling us to have an orgasm. I love it.

DR. KEESHA: So important. I think it's one of the most neglected things. We'll pick sleep over sex. When I say sleep is neglected as one of the things that is not expedient, sex is even more so because women will say, I don't have anything left over at the end of the day and just fall into bed with exhaustion. I think a lot of women look at sex as something that they're giving to someone else.

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ROBIN NIELSEN: Yes, so true.

DR. KEESHA: It's like it's coming out of their bucket for someone else instead of seeing it as this is my time to plug in just as if I would get into a bathtub to plug into oxytocin.

ROBIN NIELSEN: True.

DR. KEESHA: This is my time to plug into dopamine. This is my time to plug in and balance these brain messenger chemicals that tell the body what to do next. This helps regenerate them. It helps you fill up your little wells in there. After an orgasm, you release serotonin. This is a really important part of life. That clitoris, you're the only one that has one. Therefore, God gave you this for pleasure. It's the pleasure gland. That's all it's for. There's no other reason for it. Women have been hearing this on these summit interviews for a long time now. I've been talking about it a lot. Come on, this isn't for someone else. This is for you.

ROBIN NIELSEN: It's for you. I think there's a really important point is that we need to understand what feels good for us. We need to take care of ourselves, touch ourselves, really understand what feels good for us, and then ask support from our partners. I have a client right now whose husband has just been—he feels he's been so neglected for quite a few years now. In fact, so much so that he wrote me an email, confidential email that said could you please help. Of course, I can't say anything to his wife. She finally asked me at her last appointment, what she could do? Like you say, she feels like she's giving more. She's like, nothing left to give. I just said, we need to start looking at this a little bit differently. This is for you. You're going to start getting familiar with your body parts again.

DR. KEESHA: Or for the first time.

ROBIN NIELSEN: Or for the first time. Yeah, we've had some conversations, but yeah, or for the first time. Once you're in a really good place where you understand what feels good for you. This is no matter when in life. If you figure this out in your 20s, awesome. If you don't figure this out until you're 60, awesome. Whenever it is for you, this is the time. She just going to start over. Then I said, and then you can ask your sweet hubby

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or hot sexy lover, you can ask him for help. Say you're easing back into this and here's how you can touch me.

DR. KEESHA: They want that so badly.

ROBIN NIELSEN: They do.

DR. KEESHA: Women just want those men to read their minds. It's not possible. You're the one that the map is on you. Your unexplored territory has to be explored by you first so that you can then help them navigate. I just think, people may be so offended by this, but when my daughters turned 16, 17, I gave them each a vibrator. I gave them the statistic that said if you haven't figured out how to have an orgasm on your own, then you have a huge percentage of chance in adulthood that you won't be able to. This is up to you. This is your responsibility. Just like I'm teaching you how to brush your teeth and how to eat well, this now is yours. You're the owner of this.

It's your responsibility to learn how it works so then you can share it with your partner in the future so he can help you have pleasure and you can engage with him in this energy exchange that's so powerful and so beautiful if it's done with two people that are super awake and conscious. If you're asleep and not conscious of your own body and you expect someone else to turn it on, that's just crazy thinking. It just doesn't work that way. I think women have just abdicated responsibility for their own pleasure to people outside of them and that doesn't work anymore than abdicating responsibility for what you put on your fork.

ROBIN NIELSEN: Right. It's how our society is. It's so taboo.

DR. KEESHA: I know.

ROBIN NIELSEN: I don't know even why or what that's about. We're here to turn that around.

DR. KEESHA: We are. We are.

ROBIN NIELSEN: I have a really beautiful little guide about some of the things that can help us sustain hormone balance and there's a really pretty little road map

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that just shows all of these nine steps. You can find it at PCOS.com/wvs for Women's Vitality Summit. It's Hormone Roadmap.

DR. KEESHA: We actually have it on your speaker's page.

ROBIN NIELSEN: Great. Awesome.

DR. KEESHA: We have all the bonus material with your bio, how to reach you, all of that, on that dot com site too.

ROBIN NIELSEN: Thank you. Great.

DR. KEESHA: I want people to really be able to access this amazing wisdom that you've been sharing, Robin. Thank you so much [inaudible 00:39:48].

ROBIN NIELSEN: Thank you. It's been such a pleasure.

DR. KEESHA: I know.

ROBIN NIELSEN: We need to talk more about all this.

DR. KEESHA: I know. I agree.

ROBIN NIELSEN: We'll catch up.

DR. KEESHA: I agree. Do you have anything else that you would like to share before we sign off? Any last little pearl of wisdom?

ROBIN NIELSEN: Oh gosh. Whether you're in your 20s or whether you're in your 50s or 60s or 70s, no matter where you are, right here is the place to start. It really comes down to how you feel, every moment of every day. One thing that's really helped me is that I choose a word, just one. There all sorts of ideas around this. I choose just one word on how I want to show up every day, just one word. My word is joy. I just want to be joy every day.

DR. KEESHA: Nice.

ROBIN NIELSEN: When you think of it in those terms, you will align everything you do with reaching that feeling. Everything I do, how I eat, how I interact with

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others. If I feel like I'm getting out of joy somehow, I'm going to change things up. I might reach for certain nutrients. I might take a nap. I might go get a massage. I might need to touch myself. Whatever it is to stay in joy. I invite you to choose just one word that really embodies how you want to show up every day. See how that might change your actions.

DR. KEESHA: Lovely. I love that. Thank you so much, Joy.

ROBIN NIELSEN: Thank you so much for having me.

DR. KEESHA: Thanks for joining us. Have a wonderful one. Like I said, all of that bonus material is on the site so you can access Robin's amazing roadmap.

ROBIN NIELSEN: Awesome.

DR. KEESHA: Thank you, Robin.

ROBIN NIELSEN: Thank you.