



Your Longevity Blueprint w/ Dr. Stephanie Gray

Susan Bratton 0:04

Your Lust for Life really is driven in large part by your libido, your desire for intimate connection, and a little part of you dies when that falls by the wayside.

Dr. Stephanie Gray 0:18

Welcome to the longevity blueprint podcast, I'm your host, Dr. Stephanie Gray. My number one goal with the show is to help you discover your personalized plan to build your dream health and live a longer, happier, truly healthier life.

You're about to hear from Susan Britton. I have a feeling what we're going to talk about today, you may never have heard it. We're gonna talk about sexual regenerative medicine. Wonder what that is? Well, this is something I think many of us want to hear about, but haven't known where to find it. Let's get started.

Welcome to another episode of the longevity blueprint podcast today I have on as a guest Susan Bratton. She's an intimacy wellness expert and a champion and advocate for all those who desire intimacy and passion their whole long life. She's a best selling author and publisher of lovemaking techniques, bedroom communication skills and sexual vitality advice including sexual soulmates relationship magic, revive her Dr. ravish him the Steamy Sex Ed video collection hormone balancing the pump guide and thrust in time. These are examples of the exciting variety of her 34 books and programs. Susan is an expert in intimate wellness, sexual regenerative protocols and ageless sexuality. You can find the Susan Bratton show on better leverage, calm her more personal posts at Susan Bratton on Instagram and her new sexual vitality supplements flow boost desire and drive which we're going to talk about today at the 20 store.com. So welcome, Susan. Brian,

Susan Bratton 1:48

thank you so much for having me. And thank you so much for bringing this subject of sexual longevity to your show. I love your show is funny. I was just listening to Tracy,

Tracy Chabon on men's hormones because of course, my area of expertise is both male and female. I like to say people across the gender spectrum and so it's always good to hear from a doctor what's going on with them. You know, in a raw a urologist turned longevity expert. Yeah, really is what he was. And I thought that was such a good episode too. I just love your show. So I'm happy to be here with you. It's really my pleasure to talk about sexual biohacking regenerative therapies, you know, we're gonna get into, people are constantly surprised at how many tools and treatments are available to fix the problems that occur with aging, and our genital system, our urogenital system. And you know, I have millions of fans and followers.

And I'm kind of in some ways a Dear Abby of sexual health. For the middle aged crowd, you know, 35. And up is kind of my sweet spot. And a lot of times, I'll ask them, you know, what, what's holding you back from having the intimacy you want. And they'll write to me, and they'll write this long story about, you know, what's hurting them what their problems are. And I think to myself, Oh, my goodness, you can fix that in three treatments. And people just literally don't know these things are available, and it ends up driving a wedge between them and the intimacy that they want to have. And then when the into the physical intimacy stops, people become platonic in their relationships. But there's something about, you know, your your lust for life really is driven in large part by your libido, your desire for intimate connection, and a little part of you dies, when that falls by the wayside. So what I love to do is give people that really simple answers to fix the problems that befall so many of us. And when they realize how easy it is. So many people make the change, and then they're like,

Oh, my gosh, you know, and then I'm a hero. Like, why didn't I do this sooner? Yeah. I didn't know. You don't know what you don't know. Right? Right. I totally agree. I think in many cultures, libido is that sign of vitality, right? And that's, that's what we need. And anti aging medicine extends to our sex life. And so today, I want to dive into a lot of what, like you mentioned, many people do not know is available. So we're gonna we're going to talk about sexual regenerative medicine. So tell me, how did you get interested in this? You've written so many books on the topic. So how did you even get interested in this? in my mid 40s, my intimate life with my husband was fading quickly. We were over a decade in relationship and I noticed my libido had really faltered and his head not. And that drove a real wedge of frustration between us. He wanted much more intimacy than I wanted. It just wasn't that great for me. And I'd had my child and I was working and you know, like,

Just took over. And then we said, well, let's not get divorced. Like all our friends, we, you know, there's two things that really create divorce if it's not something, you know, like a fundamental emotional flaw or something like that. They're usually what happens is either sex or money. And I lived in the Silicon Valley, so it wasn't money, it was sex, and all our friends were getting divorced. And I thought I don't want to be a statistic. I don't want to ruin my daughter's life. And so my husband and I, because we live in Northern California, we were able to go take sexuality workshops, and we learned how to make love, and it completely transformed our relationship. To this day, I've been married almost 30 years, to the most wonderful man, and we have an excellent sex life.

And I'm pushing 60 I'm 59 now. So we created a publishing company to teach people anywhere in the world who wanted to learn how to do what I call, transform, having sex into making love. And what were the techniques and the tools. And there were really two things there was sex techniques, actually, like the operating system to your body, and bedroom communication skills, because people just don't talk about what they want, or they know what they need or be able to express themselves or their desires. And then I did that for over a decade and realize there's a third leg of this stool that I need to really address when I realized that all the techniques and communication skills in the world weren't going to fix it if it hurts, right, right. And that's when I started really getting involved and this was probably six years ago, really getting deep dive into that third leg of the stool, which is intimate function, erectile dysfunction, sexual function, vaginal lubrication, painful sex, loss of sensation, delayed climax and ability to climax. And then on to my hair's thinning and I don't feel sexy, you know, all the hormonal things that you need to know.

And then getting into the fact that most sexual lubricants are full of toxins. I always say, if you wouldn't put it in your mouth, you should never put it in your and let's use the word Yoni. The Yoni is a really nice word for a woman's urogenital system. And Lingam is a very nice word for a man's urogenital system. And they're there. They're Sanskrit words, and I think they're really pretty words for the genital system. So Lingam and Yoni will use that. So that's how I ended up getting into and so aware of, and it really trailed with my kind of hitting 50 and starting to feel the loss of sensation, the lack of lubrication, painful sex, etc. And for a lot of people, they think, oh, I don't have any libido. It's my hormones or my the tissue in my vagina hurts. It's my hormones. There's libido, desire, and arousal and libido is not just a hormonal issue. There's a lot more to libido than hormones help. That's a good foundation of hormone replacement bioidentical hormone replacement, both masculine and feminine like Dr. Chayton was telling us about with testosterone replacement, and of course estrogen biased etc. But that's not enough. It doesn't it's not a magic bullet and it doesn't fix things. And so then I started saying, Okay, what does fix things and that's where we ended up together. today.

Dr. Stephanie Gray 8:42

We're going to talk about all those

Could you be missing out on magnesium. If you aren't already taking magnesium you likely should be our deficient food sources caffeine consumption, stress and exercise robba sub magnesium which is an important cofactor for hundreds of processes in the body. It can calm your mind and ease your nerves to help you sleep at night and help reduce anxiety, PMS and headaches. It can relax your muscles when you have cramps your bowels when you're constipated, and it's required for energy hormone production and vitamin D absorption. If you're interested in exploring more about how magnesium

can help support you living a longer healthier life and the exact type of magnesium supplement to look for check out my blog post the magnificence of magnesium found at your longevity blueprint comm forward slash blog and use code magnesium for 10% off our magnesium keylite product at your longevity blueprint calm. Now let's get back to the episode.

So let's maybe start with hormones like because you said that is a foundation so we want to lay that foundation first for patients. Also because I think hormones make patients feel better right? So that estrogen is going to bring collagen or help with collagen production Help Help a woman not have such vaginal dryness help her skin look like it has a healthier glow. what not. progesterone is going to make her feel calm. or sleep better at night. And then testosterone can help with energy and, and libido and mood motivation, whatnot, I think we need to lay that foundation of optimizing the hormones. First, I think that testosterone is great for blood flow period. So it can bring blood flow to the general area and men and women both. Yeah, and that's a missing piece, I find that a lot of my patients, so many times I'll find spouses will come into my practice. One is libido is fine, the other is not. And so we need to get them both on the same path. So we need to improve one.

Other times, I'll just have the female come into in that couple come in to see me because she's having hot flashes or having some menopausal symptoms, we actually end up improving her libido, she goes home and now we figure out we have to get her husband on the same page. Because what was not shared with me is that he his sexual function is not up to the performance that now she's wanting. So now we have to see the husband and improve his testosterone and in turn help his libido. But hormones are that foundational piece. So those are the piece of the puzzle that we can get plugged in. But like you said, Those don't just fix everything right? They lay the foundation. So let's maybe talk about females first and then we can talk about therapies for males. But from a female standpoint, what else can we do? Maybe speaking to the vaginal dryness, the pain with intercourse, what other therapies other than estrogen Replacement Therapy are available to help women?

Susan Bratton 11:22

There are three things. The first one is blood flow. The second one is using low level laser light therapy. And the third one is making sure that you're using high quality non toxic lubricants. Okay, so let's let's, first thing I want to do is I want to, I want you to imagine a banana. So you're picturing a big yellow, right, delicious banana. And I want to compare the masculine and feminine Yoni and Lingam. So the man about 50% of the erectile tissue in his banana, so the whole banana itself, the fruit inside that skin is erectile tissue. Pretend that he has that much of bananas worth of erectile tissue in his Lingam. 50% of its sticking out of his abdomen, but 50% of it actually goes in and down toward his prostate. And for us, female bodied partners, we have about the stems worth of our rectal tissue, the stem of the banana is what is sticking out of our body. And all the rest of that same amount of erectile tissue is inside our body. It's actually the clitoral head the clitoral shaft, the two arms of the clutters which are called Cora which

draped over the opening to the vaginal canal and the legs of the critters which are called the vestibular bulbs, and they're on each side of the opening to the vagina underneath our pubic hair.

That's called the outer lady or lady Majora. Those are the vestibular bulbs under there. And then on the top inside of our vagina on the top of the cave, if you will, is our urethral sponge, often mistakenly called a G spot, it's not a spot. It's a long tube of spongy erectile tissue. And on the bottom of our vaginal canal between the vagina and the rectum is something called the peritoneal sponge. And that's a reptile tissue. So our vaginal canal, which is a sphincter muscle is and then a tube of tissue that is like an accordion that expands with arousal. All of it is completely surrounded by erectile tissue. So when women are very clearly focused for their pleasure, they're leaving a lot of pleasure on the table not becoming what we call fully in gorged or having an erection of our own. And as men age what makes erectile issues difficult for them. For most men, it's a combination of two things. The first is getting blood flow to the genitals and then holding the blood in the genitals. What happens is that the vascular system gets brittle, get stiff, and loses its tone and it can't expand enough to lock in the blood.

So he'll he might be able to get an erection, but he can't maintain an erection. That's venous leak is what it's technically called. That's the most common kind of erectile dysfunction. I can't get enough blood to stay in my penis. For women. Their biggest issue that they perceive is dryness. I don't get lubricated the way I used to. But what's actually happening is the vagina doesn't have glands it has these things called bartholin glands, which are actually an antibacterial type of a gland not a lubricating type of the gland. Our vagina is actually lubricated by the blood plasma seeping fluid down

Through the layers of the vaginal mucosa and wetting them. And really what is the issue with lack of lubrication is not estrogen or testosterone or progesterone or even oxytocin or any of those things, it's actually blood flow. Just like as we age, our hormones decline over time. Another production system in our body, called nitric oxide also declines in parallel with our hormones as we age. By the time you're 50, you have half the ability to produce nitric oxide you did when you were young. And that includes if you are eating a lot of green vegetables beet root, as well as not using a Listerine or an antibacterial mouthwash and you must have high stomach acid. So if you have low stomach acid, which is also common as we age, if you use antibacterial mouthwash, you don't eat a lot of beets, beet roots and leafy green vegetables, then each of those is further diminishing your ability to produce nitric oxide, which gets the blood flow to your brain, your heart and all your parts including your Yoni.

So what happens is when we start topping up a woman and demands nitric oxide, yes, women say to me, Oh, my gosh, I'm walking around as moist as I did when I was 20 or 30 years old. Like I feel like I'm so young again, I feel turned on. Because even though how lubricated we are is not correlated with how aroused we are. In our feeling in our body, it is for a lot of us, we could be really turned on and dry as a bone if we don't

have enough nitric oxide, or we could be really, really wet if we have topped up our nitric oxide systems. And then we're like, oh, well, I feel more turned on like it just has that effect on us. So I make a line of supplements is, as you mentioned, when you introduce me, and the first one is a product called flow. And that's actually made from citrulline, which comes from watermelon, and nitrates that come from spinach, and I put bitter cherry and N acetylcysteine. And some tannins from pine bark in there, all of them support blood flow. So a lot of women will take this and they'll say it took like in a week, I was wet again, I feel so much better.

And a lot of men say wow, I don't even have to use viagra anymore, I can actually achieve and maintain a reptile rigidity, because I didn't realize that it was just nitric oxide that I was missing. Right. So I love something that's so simple and works for so many people. Now there are men who have cardiovascular disease, who have cardiovascular disease more, they have diabetes, and they've gotten neuropathies. And they're just not having the same sensation. They're having delayed climax and ability to climax. There are a lot more issues to this. But when you're talking about the big bell curve, the big bell curve is top up your nitric oxide and all of a sudden, you may start having more sexual pleasure and function. So that's the first piece of it is blood flow. So men and women both can take this supplement that you have, which is basically called flow. It's a nitric oxide boosting product. So I always like to give or ask about any cautions patients should have using this. So if someone's taking your product, and they have eye Agra, should they should they obviously try your product first and not use a Viagra? Can they be used in combination? they stack their stack by hacking stack? Because I know that's a question listeners are gonna have. Yeah, yeah, exactly.

The only side effect that I know of, of nitric oxide boosting products is that they could lower blood pressure, right? Yeah. So once you're already taking a blood pressure medicine, you want to take a small dose and test it. And if you're taking a blood thinner, you want to also talk to your doctor about taking nitric oxide with a blood thinner. Sure That being said, often you can take nitric oxide supplements instead of blood, like a lot of people get off of blood pressure medicines, right? Because they get back their nitric oxide. So working with your doctor, you might be able to get off of a prescription pharmaceutical and onto an all natural organic supplement and achieve the same thing. But doctors aren't trained in supplements, doctors are trained in pills. So your doctor is going to give you a pill and not know that he might or she might be able to give you a supplement. When you talk about the supplement is helping with blood flow. This is also going to help from a cardiovascular standpoint, right? Because our heart is the primary organ that needs that nitric oxide. So not just for our genitals we this is gonna help with blood flow everywhere. So that sounds like a really synergistic blend. Cool. All right, I do want to circle back and talk maybe I'll just talk about all the supplements here just for a second. The other thing is libido. So I've really studied libido in depth. It is probably one of the strongest areas of my expertise and I have a broad base of knowledge.

I really have studied it so much. And what I found is that throughout the ages, all of our ancestors wanted to have more libido too, when you, when you feel a little feisty, a little spicy life is just better. So indigenous peoples around the world have been taking plants

and botanicals to improve their desire, their hormone production, their libido, their blood flow, etc. And when I studied it, I looked at both the clinical data as well as ancestral wisdom. And there are really five botanicals that move the needle for the masculine and feminine for people across the gender spectrum with regard to libido. So what I did was, I created a daily multivitamin multi mineral supplement because just for example, you might be making enough testosterone, but it's bound to the sex hormone binding globulin.

And it's not free for your body to use because you're low in a mineral called boron. It's very simple things that without at least the minimum daily requirements of vitamins and minerals, you're unable to produce your own hormones and your own nitric oxide and a lot of the neurotransmitters that make you feel good like serotonin, etc, right. So the first thing is ground zero is take a daily vitamin, mineral supplement cover. And what I did was, I said, I'll take my you know, one a day type of situation and put the libido botanical in it. So you don't have to take an extra pill, because I want to make sure you're taking your daily vitamin minerals. So I did three different libido supplements you take, it's a 90 day supply. And I have a lot of couples who what they do is they take the 90 day supply each month you take one of the different ones you take first month, you might take fenugreek second month, you take tribulus third month, you take the tongkat Ali, and then you start again. And I ask couples when they're doing this to think about Okay, as you're taking this particular supplements gonna take about 10 days for the botanical to build up enough in your system, you're going to start to see the effects. What are the effects that you're having with the different botanicals because different people's physiology responds to different botanicals in different ways. I would use this as an example, with tribulus you might notice that you have more fantasies more little kind of naughty little thoughts and you might dream have something have a sexy Dream On tongkat Ali, you might experience significant improvement in the sensation and pleasure when you achieve climax. Because it's actually it's supporting your testosterone Tonka Lee is like it's like hard wood basically.

And remember, women need it as much as men even though they're out ease and we're in ease, we have the same amount of erectile tissue. So if your husband has Ed soda, you because you eat the same things that have the same sedentary lifestyle he does, right. So then the third month, you would take the pheno Greek and you might feel just more more flow, the man might experience more semen volume, which gives him more pleasure with a jacket elation, or the feminine might experience just more wetness and feelings of pleasure during lovemaking. Each one of these supplements is going to give you different feelings in your body and different sensations. And it's really fun when a couple does this kind of 90 day experiment and they start talking about what their experience is. Because that gets them listening and paying attention to their body and talking about how they feel sexually to each other.

Even that goes a long way toward creating more opportunity for connection because you're putting awareness and intention on your libido. So I really like that particular kind of strategy of always getting your vitamins and minerals and getting a liter libido botanical your herbs, cycling your botanicals, you're seeing what works and it's just a

fun kind of experience. So that's one thing and then I want to give you this guide, it's called hot to trot 38 sex fax to supercharge your sex drive. It's all kinds of health related medical types of things you're going to find a lot of the things that I talked about on our episode together today will be captured in hot to trot book.com It's a free download hot to trot book.com and I just want to show you that on page 12.

There is a wonderful diagram that I had created. It's a custom illustration that I had created. And what this is is actually all the erectile tissue of the female genital system everything I described earlier the clitoral head the clitoral shaft, the crura the vestibular bulbs, the urethral sponge the peritoneal sponge, the bartholin glands, so that you can see where they're all located so that you can begin to notice when they start getting more blood flow and lubrication. And then on page eight, I also show you what the penis looks like. And it's so interesting. See how the penis is only half out of the body and it's half in the body. That is very important to understand that there's a lot of blood flow that needs to happen to the genitals to keep them in good health, and good working order. The most important thing to think is Oh, it's not just hormones for libido, there is actually libido stuff I can do.

And there's two other things. One is eat a piece of dark chocolate every day because it's really good for your libido, for your blood flow for your overall energy and your sexual energy. And Macha, if you make a smoothie in the morning, or what have you, maka is a very good libido botanical as well and adaptogen, a libido oriented adaptogen. But it takes a lot of volume of Macha, you need about three grams of it a day. And so it's not the kind of thing where you'd want to take a handful of pills. It's a better thing. If you're making smoothies, you throw it in your smoothie.

Dr. Stephanie Gray 26:23

I tell patients the same thing. Thank you for that book, I will definitely post the link in the show notes so our listeners can get a copy that looks amazing.

It's a time of year where many of my patients are feeling the motivation to detox, cleanse, reset, whatever you want to call it. After the year we've had in 2020 I think we all could use some renewal in our lives. Of course, one of the most common resolutions at the start of the new year is to focus on exercise and clean eating. But I'm going to be honest, you likely need more than that. If you're looking to truly build optimal health. You likely change the furnace filters in your home regularly and in your car you probably pay close attention to scheduling oil changes in both your car and your home. This regular maintenance removes gunk that keeps those systems from operating at their best and even breaking down over time. Have you ever thought about the gunk that accumulates in your body? That gunk often takes the form of toxins that accumulate over time? Can you believe that each year the average person is exposed to 14 pounds of pesticides, herbicides, food additives and preservatives. That's about the equivalent of a bowling ball of toxins.

Just like your home and your car. Regular maintenance is required to restore your body's ability to cleanse itself and eliminate these toxins to keep you operating at your best and prevent long term damage. You might know that your liver is responsible for filtering toxins from your system and you can think about this as a glass of water. If you keep on pouring in the water, the glass will eventually get full and overflow. Similarly over your lifetime your liver may accumulate a large amount of toxins and need assistance clearing them out. When it comes to supporting your liver. Consider a strategically designed to research structured liver cleanse program. To help with phase one and phase two detox pathways. You need a program with ingredients like beet, artichoke, dandelion, milk thistle and alpha lipoic acid all of which help your liver and gallbladder purge toxins and then a fiber protein powder to bind the toxins so that you can eliminate them. In my practice, I recommend the core restore program, which I'm dedicating an entire podcast episode to in March. But you don't have to wait to march to try this.

The kit comes with day by day instructions making it very clear and easy to understand how to change your lifestyle what to eat and which supplements to take. Staying healthy can be difficult, but straightforward, easy to follow cleanses like the core restore program can help you get back on track and pilot you into better behaviors moving forward in 2021. Please don't start this program if you have active gallstones or diabetes without consulting with your medical provider. And this is not for those who are pregnant or nursing. I know from personal experience, this type of program will help you feel better lose weight, release stored toxins and benefit your entire body. Check out more product information on our website, your longevity blueprint calm and use code liver detox for 10% off either the chocolate or vanilla core restore programs through March 2021. Now let's get back to the show.

I have to go back and ask can listeners take all those supplements at once rather than rotate them? Or do you feel like you'd be getting 300% of your daily allowance of vitamins and minerals? Got it. You don't want to take too much vitamin D etc. So you really should rotate them and listen to that strategy. Okay. Yes,

Susan Bratton 29:29

I do want to say one thing about it. They're methylated all the B vitamins. It's a great D complex and it's all methylated it's very important. I have the mthfr genetic mutation. So I'm very familiar because I'm a bad methylator so I wanted to make a daily vitamin multi mineral complex that was a highly available B complex with all your minerals and vitamins. Plus the libido in safe to tank love it. Yeah, I want to go back to non toxic lubrication that is safe. So let's go back, tell us what our options are, you know, I always think about things in terms of Amazon just because it's super easy. What I would basically say is don't buy anything that has any ingredients that you can't spell. I know you've had guests talking about the Environmental Working Group on your show I've

heard I've heard you talk about that before.

And what I recommend is avocado oil for internal for intercourse. And what you want is refined, not unrefined, because unrefined will be green and stain your sheets so refined, there's a brand on Amazon called Hobi H, ob E. It's not organic, but its health and beauty grade. And it's pretty good, although I'm working on making my own that is organic, and then I'll really be happy. But then another thing that you can get is sweet almond oil, it's not quite as viscous as the avocado oil, but it is organic. And that's on Amazon as well. Sweet Almond oil. And both of those are very good as well as any avocado butter or mango butter or things like that, that you can find hamburger butter butters are also very good. And what's nice about them is that there's nothing in them, but the nut butter or nut oil, which means you can eat them.

And you don't want to use anything that you wouldn't literally spread on a piece of gluten free toast or anywhere mix up in salad dressing. You want it to be literally edible, because your vaginal mucosa is just as blood enervated as your oral mucosa. So anything that you would put in your mouth would need to be non toxic, same as your vaginal area. What about coconut oil and olive oil I have a lot of patients who report using those. Well, the benefit of avocado oil over some of those most avocado oil is doctored or cut with very cheap vegetable oils. So it's quite hard to get a good olive oil that's also clean. And if it is clean, it's usually very green and staining, so I don't recommend it. And Coconut oil is a natural antibacterial and the vaginal biome can be disrupted for many women by coconut oil. You want to be careful about introduction of antibacterial things into the vaginal microbiome, especially if you are oriented toward urinary tract infections, or candida overgrowth. senyshyn fungal types of things will feed off of that coconut, so I don't recommend it.

Dr. Stephanie Gray 32:24

Thank you. Yeah, good points there. I wanted to talk a little bit about PRP and how it can be used for sexual health. So can you explain what PRP is and how we can use it?

Susan Bratton 32:32

Yes, I do want to do that because one of the things I want to show you is my Capella laser hat. But before I do before we head toward PRP, there's one because that's light therapy, low level laser light therapy. I like to stack with PRP, I want to tell you about something called the Wii Fit. Have you seen this device? No. Okay, I'm going to describe this for those of you who are listening to the podcast rather than watching but I'm holding a small white device that goes inside your vagina. And it's a curved shaped device that has three functions. If you go to [WiiFit.com slash Susan](http://WiiFit.com/Susan), you get a special offer which is nice because I'm kind of a spokesperson for them. And so I wanted a special page where if I drove people there, they get a bonus. They get a revitalized her

\$65 vaginal moisturizer with their purchase.

So this Wii Fit is a red light therapy. And it's vibration and warmth. And when you use this for about eight weeks, 10 minutes a day, every other day. That's the that's the loading protocol, if you will, the loading dose right. What it does is it radiates red light, low level laser light red light therapy in traditionally up inside your vagina, which stimulates the mitochondrial growth of the vaginal mucosa which thickens and makes the tissue much more robust and hearty. As we age. Even with bioidentical hormone replacement, our vaginal tissue begins to atrophy and get very thin. The flow for blood flow the nitric oxide for blood flow helps a lot. But if you have painful sex, then I highly recommend the Wii Fit because it's both helpful for incontinence which so many women struggle with, as well as for rejuvenating the vaginal interior and uses red light and then the vibration is kind of the key goal if you will done for you. And then the warmth recall originates that tissue and builds that tissue backup. This is about a \$500 unit. It lasts for years. You can use it every other day. It feels fantastic. It's not a sex toy in any way but it is pleasurable as it repairs your internal vaginal system.

And what I like about it the most is that I used to only be able to tell people to go get a co2 laser or an RF treatment series of treatments, you know, the, the Mona Lisa, the leaves, and these those costs 1500 to \$3,000. And what they do is damage your vagina, and then your body has to repair it, which makes the tissue thicker. With the Wii Fit, there's no damage, there's just repair and it's pleasurable, you do it at home, you don't have to go into a place and get it done. And I just, I love this device so much. This to me, is what will keep your vagina nice and tight. What happens the sad part is that as we age and atrophy as our skin wrinkles, everything is wrinkling up everything's drying up and getting thinner and getting tissue year and you know, duck, all that stuff we have to deal with. And what happens is your vagina actually started out to be full of tissue. And as the atrophy ages, the vagina gets thinner and thinner and the tissue gets thinner and thinner.

And so your vagina gets bigger and bigger. And then at the same time, if you're with a male body partner, his penis is actually the tissue is diminishing, and it's shrinking. And so he's putting his smaller penis in your bigger vagina, and you're not getting the same good fit you used to get and the tightness is gone. And it's preventing you from achieving a climax at the intensity and level you use to when you were younger. Not only that, and this is what leads me into PRP, your clitoral tissue. Remember the banana, the whole banana worth of erectile tissue in your vaginal system, all of that tissue is shrinking, the banana is literally perishing, it's shrinking. And so you're getting less ability to carry blood flow. And you're then you when it's full and plumped up. It has a lot more surface area, which creates more sensation, your brain registers His pleasure. When that surface area shrivels up, then you feel less pleasure. By the time you're 55 you're feeling about half the sensation you used to feel when you were 35. But you just don't realize it because you've just lost it 1% at a time for year after year after year. So what PRP does, is PRP is platelet rich plasma. And essentially you go to a you go to a get a treatment and you go to an O shot or a p shot practitioner Oh shot for orgasm shot key shot for pre epis shot great.

This means erection it's another word for action. And what the doctor does is take a vial of your blood and put it into a centrifuge and spin it and it pulls off the red and white blood cells and leaves this fibrin matrix of healing and growth factors that they did they then they use lighter cane and they put it on your genitals and then they inject the PRP into the erectile tissue and into the muscular sling that helps hold your bladder up. And they'll also put it in little spots like a lot of women have a PC atomies from birth that are very painful to them. They have fistulas pain, other women have had horseback riding or bike riding accidents. So there's a lot of things. One of the issues that I had was the opening to my vagina the internal sphincter right at the bottom, there was always a sensitive area must have gotten torn somewhere along the line and that happens to women a lot. And I had PRP injection in that area and Omi along with my Oh shot the orgasm shot and I finally repaired and I finally with between the Wii Fit and the O shots was able to get my vagina back to feeling youthful and having really nice climaxes again and no painful sex. So the O shot and the P shot for men the P shot put into men's penises, regrows the nerves and tissues, but I like to do it with something called Gaines wave treatments. Have you heard of that? Yeah, yep, yep. Okay, great. So good. I'm glad you've heard of it. Gaines wave is like the fifth. It's one of those marvelous new sexual regenerative treatments. That makes a huge difference for man's erectile function. It basically is a sound waves to knock the plaque off the penile arteries so the blood can flow in and then lock the blood in for the erection to stay.

It rejuvenates and regenerates the nerves, the blood vessels and the tissue in the penis. So if you combine Gaines wave treatments, with the P shot of healing factors, you're doing a little bit of that micro damage, stimulating new growth, and then accelerating that repair and growth with the PRP. And then using a vacuum erection device for men, it's three things, it's the PRP, with the Gaines wave, and something called a vacuum erection device that most people just call it a penis pump. urologist gives it to you or your Gaines wave practitioner gives it to you and you use it every other day. It's like the equivalent to our Wii Fit because he's an outtie. So he needs the out outer vacuum. Ours is the any we need the red light in the vibration of the sound. And he pumps every other day for 13 weeks, and he will have a reestablished much better. erectile response, erectile rigidity returned to pleasure, it reverses atrophy. This is such a good system for men and the Wii Fit with the O shot. And of course add flow in so you get your blood flow. These are all just wow, wonder and use your good lubes I mean, you will, in a matter of months see such a transformation of pleasure and vitality just from doing these simple things.

Dr. Stephanie Gray 41:27

We have had speakers on this podcast earlier talking about the benefits of red light therapy. And you know we think of that for mobility purposes for recovery and repair whatnot and even helping with blood flow. But I haven't heard of it used with this application. But it absolutely makes sense. Same thing with PRP. Many times we're using that for hair growth whatnot, but apparently we can use it for this application as well. So and that's interesting. Yeah,

Susan Bratton 41:50

I wanted to show you I've got my Capella here. So Capella us ca p i ll us is a red light you if you're on video with us, you can see under my hat, it's red light shooting out and if you're not, that's okay you're listening on your podcast, I can't get this quite straight. What I do is I wear the skirt pilus for five minutes every day. And it works fantastic at preventing hair loss and thickening the hair that you have. And then if you want to grow more hair, you get PRP in the scalp. They take that same blood spin it get the broth and then they inject it and it's amazing that it does not hurt that much. It is crazy. You think needles in your head to be like oh my god, but I did it last November and last February. And I also did the PRP facelift with the Vampire Facelift with the injectable thickened facial Yeah. And then the the Empire you know, micro Derm punch it into the skin. And I grew so much hair compared to what I had. It was unbelievable. And then I got Coronavirus and I lost all that new growth.

So I next month am going back to my PRP doctor, Dr. Robin Benson. I'll introduce you to her if you haven't had her on your show yet. She's amazing. I know who she is. But I would love to have her on the show. Yeah, yeah, he's great. I go to her and she literally gives me an O shot, a Femi wave PRP and my hair, PRP and she does the you know bitless builds up my cheeks again to give myself a lift and she does the she puts it in the nasal labial folds and she's like an artist with the PRP and then she does it on the topical, and then I'm going to have exosomes with her to help me recover from Coronavirus because I'm a COVID long hauler. This will be the only thing I do today is talk to you. I'm still after seven months not working. I work maybe a few hours a week and I've been you know I've lost my hair. I've had horrible skin problems. I've had shortness of breath, I have had extreme exhaustion, chronic fatigue. I am lucky I was able to do 70 hours of hyperbaric oxygen therapy and that really helped I had a lot of neuro inflammation and ability to talk loss of words fusion, massive chronic fatigue, unable to get up out of bed for months.

So the hyperbaric worked well too for me and that's not something that a lot of people are thinking about with Corona but it it definitely is very good. I got Coronavirus, all went into shelter in place. He didn't know he had it and he was pre symptomatic. He left our house went home and three days later got sick as a dog and said, I have a really bad flu. And then like eight days after he visited our house, my husband and I got super ill and we bounced back and then I had a relapse but my house Did not so he's basically been taking care of me for seven months. It's horrible. But I'm going to have the exosomes next month with Dr. Robin, and I'm going to start again regrowing all the hair that I lost, it was a bitter disappointment for me, because I'm vain as heck.

Dr. Stephanie Gray 45:18

At least you know what works. So you can do that again.

So there you go more than you wanted to know, I would have never known because you speak beautifully. And I'm just very thankful you soar through this interview, you sort through the interview. So thank you for coming on the show today and educating us on how we can really reverse the clock on sexual dysfunction. Help us age even better and talking about a topic that not that everyone wants to know about, but doesn't know who to talk to about. So thank you so much for spreading your knowledge, you have so many books, I'd encourage all the listeners to check out your website. And we will post all of the links in the show notes to all the products that you mentioned today. So thank you so much for, for having a passion for this and sharing your knowledge with the world. Thanks for coming on the show today.

Susan Bratton 46:01

My pleasure, you are a delight. And I love your show. And I'm so happy to get to know you and to connect with your audience. So thank you. Thank you.

Dr. Stephanie Gray 46:10

Wow, being totally honest here. I wasn't quite sure how to prepare for this interview. But Susan carry that conversation. She truly is an intimacy expert and shared her wealth of knowledge on how we can regenerate our tissues improve blood flow, desire and choose safe and non toxic lubrication options. Be sure to check out the show notes for links to all the products she mentioned, including the Wii Fit.

Be sure to check out my book your longevity blueprint. And if you aren't much of a reader, you're in luck, you can now take my course online where I walk you through each chapter in the book. Plus for a limited time the course is 50% off, check this offer out at your longevity blueprint.com and click the course tab. One of the biggest things you can do to support the show and help us reach more listeners is to subscribe to the show. And leave us a rating and review on Apple podcasts or wherever you listen. I read all of the reviews and would truly love to hear your suggestions for show topics, guests or how you're applying what you've learned on the show to create your own longevity blueprint. The podcast is produced by the team at counterweight creative. As always, thanks so much for listening and remember, wellness is waiting.

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