



**THE SPECTRUM
OF HEALTH**
— P O D C A S T —

Podcast Session #3

Womb Wellness and Yoni Steam

With Katie Strakosch

Katie Strakosch is the owner and founder of Sunshine Kate's Wellness Center in New Jersey. She speaks with Dr. Christine about the personal experiences that led her to provide womb wellness support at her clinics – including her belief in yoni steaming.

For more on Katie, visit <https://www.sunshinekates.com>

Dr. Christine Schaffner: Welcome to The Spectrum of Health podcast. Today I'm speaking with my dear friend Katie Strakosch. Katie Strakosch is literally a walking wellness center. She is a nourishment coach who believes in the inner and outer connection of wellness and radiance. She's the owner and founder of Sunshine Kate's Wellness Center with two locations, in Wanamassa and Red Bank, New Jersey. She has a degree in whole-foods nutrition from Bastyr University in Seattle, and after she graduated she expanded her education by becoming an esthetician to understand the relationship between skin health and nutrition. She is also a certified yoga instructor. Katie has also studied under Sierra Bender, founder of Goddess To The Core, and she is an Inside Out workout instructor. She's worked as a nutritionist at our clinic, Sophia Health Institute, in Woodinville, Washington.

00:58 CS: And through Katie's own personal journey through her own hormonal journey with PCOS she was able to dive into offering womb wellness services in her practice. These services are offered under this realm to allow women to heal, restore and nourish their wombs on a physical and emotional level. Katie focuses on nourishment, through connecting nutrition, movement, self-care and creativity. And a secret about Katie, after graduating high school, she really wanted to become a travel agent before studying nutrition. Katie's curiosity and passion of travel and food have led her to different parts of the world to experience and explore including Morocco, Spain, Bali, Greece, Italy, Australia, Iceland, as well as extensively through the United States.

01:47 CS: She leads annual women's wellness retreats in Italy, Bali, and Wyoming, these are weeks dedicated to divine self-care through journeys that support women awakening their senses and their experience. Katie goes by

Kate, but she's a dear friend and I can never not call her Katie. Katie and I actually met when we were both at Bastyr University in 2003, and we've been really on our career path together, so it's just such a joy to interview her. She's been doing some really important work with what she calls 'womb wellness,' and we talk a lot about how to support women through issues such as hormonal imbalances, infertility, trauma, and how to integrate techniques, such as Yoni Steam, and to talk about these self-care techniques that can bring a lot of healing and regulation to the body.

02:47 CS: I had Katie come out to Sophia Health Institute, and she trained our staff at our spa on being able to offer this technique. I've been really pleasantly surprised by the very profound shifts that this simple treatment can offer women. I hope you enjoy our conversation, please sit back and listen to Katie and I talk about womb wellness.

03:21 CS: Welcome Katie.

03:22 Katie Strakosch: Thank you, I'm so happy to be here.

03:24 CS: I know. I'm so happy too. Katie's a dear friend. We've known each other since 2003, when we both went to Bastyr together. I would love to share your bio with our listeners so they can really understand the breadth of knowledge that you bring to this practice. Katie Strakosch has a degree in whole-foods based nutrition from Bastyr University in Seattle. After graduating, she expanded her education by becoming an esthetician to understand the relationship between skin health and nutrition.

03:58 CS: Katie is also a certified yoga instructor for children and adults. She pursued her dream of completing a yoga teacher training at the Samara Center, where the foundation of the training was based on the belief that yoga is good for everybody. Katie has also studied under Sierra Bender, founder of Goddess To The Core, and is an Inside Out workout instructor. And this part of the Sierra Bender empowerment movement, this method entails helping women to face their fears, awaken their spirit, and redefine what it means to thrive in the world.

04:33 CS: Katie has also incorporated the nourishment foundation into a focus of women's health and wellness, and is a certified Yoni Steam practitioner. Katie's curiosity and passion for travel and food have led her to different parts of the world to experience and explore diverse diets including Morocco, Spain, Greece, Italy, Australia, and Iceland as well as extensively through the United States. Katie has, obviously a huge breadth of education and an intense passion for health, which has equipped her with extensive knowledge in holistic nutrition, coaching, movement and self-care.

05:09 CS: She works with clients to support them while they make lifestyle changes which lead to a more energized and vibrant quality of life. She leads international retreats for women through Earth Goddess Retreat, which are magical journeys full of yoga inspiration in nature. And Katie just came back from one. She has taken a couple tours to Italy in July so she's fresh off of the Earth Goddess Retreat. We're so excited to have you here, Katie.

05:35 KS: Well, thank you much, Christine. I'm honored to be here, and to share my passion and share this information with everyone.

05:43 CS: Well great, well, Katie with your experience as a yoga and meditation guide, we thought it would be really fun for our listeners to take two minutes for you to guide us in a meditation where we can take a moment and pause, and deepen into the information that you're going to be sharing with us today. So, I'll let you lead us.

06:05 KS: Wonderful. So I invite everyone to move to a quiet area. Please don't do this if you're driving. But when you're ready, you're going to come down to a seated posture, you can sit right down onto the floor, or sit upright in a chair. And then you're going to take your palms and place them over your lower belly, letting your thumbs touch each other, bringing your thumbs just above your belly button. And then let your fingers reach down towards your pubic bone. Letting your eyes close, and shoulders soften away from your ears, welcome in a nice deep inhale in through your nose. And as you exhale, bring your breath all the way down to your lower belly.

06:52 KS: This is your womb center. Your womb is the connection to the very essence of what makes you a woman. It's the seed of your soul. And as you bring awareness and you bring breath and energy down to this beautiful center, envision a color of orange, a vibrant sun-color, setting in the sky, filled with warmth. Envision this color illuminating from the center of your womb and expanding all the way out through the left side body and the right side body.

07:56 KS: And as you feel your breath moving down to the center, invite an intention, an intention of hearing, of nourishment, of anything that's coming up for you personally. Place that intention right into this center and exhale. And then take one more deep inhale, and exhale. Then taking your hands off of

your body, let them open up until palms face, and then when you're ready, flutter your eyes open and returning back to the present moment. It's very, very gentle awareness of bringing that awareness back into your body, into your sacral chakra, which is where your womb center sits, it's connected to your endocrine gland, is connected to your urinary tract, and it is your center for creativity and flow.

09:13 KS: It's the center for passion and pleasure. In this area, we identify with emotions, we identify with feelings, with pleasure, with intimacy, with connection. And as we practice it, gentle little meditation like that, it can invoke a sense of reawakening and bring that sense of awareness back into the area. Thank you for exploring that.

09:38 CS: Thank you Katie. What a beautiful way to start this conversation, and let's just dive in--how did you learn about Yoni Steam and how were you drawn to this method of healing for women?

09:52 KS: Well, it has certainly been a journey, and the journey began with my own health backtracking many moons ago when I was in my late teens, early 20s--I was a vegetarian but I was really sourcing a lot of my food from soy, and at that time I was not fully aware of the impact that food was having on my body. I was more concerned about paying attention to caloric intake and through that, became very anemic and very inflamed in my body, where my own menstrual cycles were very irregular, where I was actually going back and forth between bleeding for two weeks out of a month to having amenorrhea for six months at a time.

10:44 KS: I knew that this is not normal and it took slowly addressing it piece by piece to heal. During that time I actually had become a yoga instructor, and upon returning from my yoga teacher training, I decided that being a vegetarian was not working with my energy output, so slowly I integrated animal protein back into my eating, and that definitely helped. That helped me with my ferritin levels and increased energy in my body, but there's still a missing link with hormonal balance.

11:18 KS: I was noticing with all the energy that I was exerting, I was gaining weight, feeling really tired and really imbalanced. I began to work with an integrative practitioner, and the first thing that she introduced me to, actually, was practicing using castor oil packs over my lower belly, and over my liver to support detoxification and to support more regular menstrual cycles. There was a long stretch of time where I was actually dealing with ovarian cysts and the cysts were bursting and were so painful. I ended up in the hospital a few times because I ended up passing out and that was not a healthy balance at all.

12:04 KS: So, we were working on adjusting the deep hormonal support, addressing viral support and adrenal support. We began with some castor oil packs and then integrated some herbs and continued to do more self-care, and it was only in the past few years that I stumbled upon something called a mugwort hip bath, it was in a Korean spa and I was very curious about it. I went in and I experienced the session--a hip bath is also known as a Yoni Steam. And interestingly enough, the month after I did my first hip bath/Yoni Steam, I had a beautiful menstrual cycle and it really woke me up to a place of exploring the integration of herbal steaming, so I began to create my own

herbal steam and started to see huge benefits in my body. My body was responding in a way that told me I needed to research this more.

13:08 KS: One thing led to the next, and I stumbled upon the Yoni Steam Institute. The night I found this training online, I couldn't sleep. I was so excited and I knew that this was the next step. And, lo and behold, I went through the training, went through the certifications and have been integrating this work into my practice for the past almost two years now and I've enjoyed every moment of it. I've enjoyed my own journey in hormonal balance and understanding my body on a deeper level and I truly embrace this experience of working with women because so many of us deal with hormonal imbalance and don't know where to begin or how to begin.

13:57 CS: Thank you Katie, for sharing your journey. I know many of our listeners have a similar journey. I really wanted to invite you today to give our audience some empowering tools that they can use in practice on their own. So, as we dive deeper, we can share the benefits and why this works and how this can be such a profound treatment. As you shared, even with one session, you noticed a benefit after the backdrop of exploring your health for many years.

14:42 CS: And I love how you share your journey as I have known you through that process. I know, as you shared, a lot of women, we have conflicts around nourishment and diet and what is good for us individually. I think that creates a solid foundation for whatever support or things you need to do to balance your menstrual cycle, reminding us that diet, of course, is at the foundation of whatever therapies and tools you provide as a nutritionist. Katie, why don't you share with us, what is Yoni Steam?

15:28 KS: A Yoni Steam is combining a customized blend of dried herbs that we're simmering into water, and then we'll use that water, that infusion, and actually steam through the vaginal tissue. To do this, we can set up many, many different ways at home. There are actually Yoni stools available that you can purchase, you'll set it up so you'll sit on top of this stool and you'll have a center area cut out for the steam to access. What happens is, we're sitting and steaming to regain a sense of warmth and circulation. The vaginal tissues are very, very porous and so the oils from the herbs are actually traveling up, traveling into the bloodstream, and then can reach the internal organs within the womb, and can really support uterine health and support ovarian health as well.

16:34 KS: Each of the herbal blends are customized based on what the woman is working through with her health concerns and what benefits she needs. One thing to note that it is very important to note, you're never using essential oils during the steam. They're too potent and too strong for this purpose. All of the herbs used should be organic, and free of any contaminants.

17:05 CS: Those are some great tips. As as we know, quality is really important with the increasing use of herbicides and pesticides. It's important to get a good source of herbs as we're essentially using the herbs and different modalities to detoxify the uterus as well, so we don't want to add any chemicals that could detract us from that. Katie, why don't you share with us what conditions this is indicated for? I mean, you shared your own journey through menstrual irregularities, ovarian cysts and PCOS. That, obviously, is an ideal condition for Yoni Steam. But what other conditions can be helped by Yoni Steam?

17:51 KS: Absolutely. So, pretty much any woman from the onset of menses beyond menopause can benefit from doing a Yoni Steam. And I'll mention that there are just a few contraindications to be aware of, and we want to reiterate this over and over again that you would not do a Yoni Steam while you're pregnant. You would not do it if you have an IUD present or if you have an active herpes outbreak. Those are contraindications we want to avoid. But other than that, we'd really work on customizing the blends and look at concerns such as regulating the menstrual cycle, because with the increase of heat and circulation, it can help draw out and extract stagnant blood that has not been properly cycled out.

18:46 KS: It's also very beneficial for reducing pain, and bloating, and the fatigue that is associated with PMS. It actually can help eliminate PMS, and help support a shorter duration of menstruation. It can actually slow down some of the bleeding, so it's not that heavy clotting. It's very beneficial in speeding the healing after giving birth. It's safe to do a yoni steam six to eight weeks after giving birth, and it's very, very restorative for the vaginal tissue. It's beneficial in working with chronic vaginal and yeast infections and candida. It can be very customized in terms of microbial blend and the bacteria blend, and work to maintain more of the healthy PH. It's very supportive when a woman is traveling through her wise woman years of menopause, as it can help reduce dryness, it can help bring lubrication back into the vaginal canal. It can help reduce pain, pain that's associated with intercourse, pain that's associated with that dryness. And the herbs that are customized during menopause can actually help reduce symptoms, such as hot flashes.

20:08 KS: One of the other beautiful benefits is working on the emotional body. When we think of the womb space, there is a lot of trauma that can be held in that space, and some of that trauma could be sexual trauma, some of that is more mental and emotional trauma. But when we're steaming, and we're using very nourishing, very calming herbs, there is a psychological benefit of helping to release those stored emotions. And then, from that place, creating more of a communication through the endocrine and the nervous system. It's also very supportive when customized with a nutrition plan to enhance fertility, and to support the balance of estrogen and progesterone in that focus point. It's great for supporting the reduction of ovarian cysts and uterine fibroids. And, one of the big focus points, when we're thinking about yoni steaming, is a very gentle steam that's entering in through the vagina. Some women come in with the concern that it's going to be this geyser steam, that's going to be so intensive. [chuckle] It's not. The steam is very, very gentle.

21:23 KS: And with that gentleness, we're bringing in a sense of heat and warmth, and we look at the symptoms that can show up due to a cold, damp womb. The reason we tend to have a cold damp womb is because we're lacking circulation, and that can be a great environment to foster fibroids, that can foster cysts. But with this warmth and the combination of the herbs, it can help to break up the acids and increase that circulation, to start properly detoxing and removing the toxins from the body, from the womb.

22:00 CS: Thank you for sharing all this. It seems like this has a place in all women's reproductive health issues. I know, of course, that it's individual, but is there an ideal time of the month, or is there an ideal time in general to do yoni steam for women?

22:20 KS: Yes. And it does vary, based on the health concerns and the health focus. If it's more for maintenance and support, and if a woman is working on reducing some of the bloating, some of the sensation she'll experience before menstruating, it would be great to do one week before she starts bleeding, and to do that on a month-to-month basis. If a woman is looking to support and enhance an environment for fertility, she would actually do that a week before ovulation. As I mentioned before, a woman can do it after delivery, after giving birth, six to eight weeks out. And then, if the concern is to support the reduction of cysts, pain, and fibroids, and this category can also encompass endometriosis, it will be beneficial to actually do a steam once a week. When a woman is dealing with the build up of the acid, the more heat and the more sensations that are more frequent, the more beneficial it can be to help to enhance rebalancing her cycle.

23:39 CS: It seems like for each concern, there's an ideal time. I noticed in the contraindications, Katie, you didn't mention menstruation. Are there some times or some kind of menstrual abnormalities that occur where this would be ideal during menstruation?

23:58 KS: So, the consideration that comes along with doing a steam pre or during menstruation--it depends on what type of menstrual flow or menstrual blood a woman is actually experiencing. If it's both stagnant and dark blood, in the very beginning of her bleed and towards the end, those would be great times to do a steam. During the middle of her menstrual week, when bleeding might be a little heavier, we'd avoid that time, because there is already so much circulation, so much heat traveling through the area, and the body is

naturally detoxing. So, we'd avoid the real peak of the menstrual time, but we definitely could benefit from looking at before or post.

24:52 CS: That's great, because I feel like, of course, as we're getting more blood flow and circulation, I would agree that it's not a true contraindication to do during a menstrual cycle, as many women do experience a lot of clotting or dark blood, and that this could help to improve the health of menstruation and create a healthier bleed, as well as healthier bleeding cycle in future cycles.

25:23 KS: Absolutely. It's not uncommon to notice some changes immediately, in the short term, such as vaginal discharge. And that can be remnants of yeast coming out of the body. That can be stagnant blood that's exiting the body, as well. But we want to give our body the chance to truly show us and to share the messages that are coming up from the steam. It would take a good three months, one to three months of doing regular steam. If that means once a month, or with the concern of cysts and fibroids doing it more frequently, but giving the body a few months to really notice and observe what's happening within.

26:12 CS: Yes, with anything that we are trying to change with the body, it does take time and, obviously, being patient with that, and making this a ritual or practice. I would love for you to share with us, at your practice you've created a ritual called Womb Wellness, can you walk us through how you walk a woman through a yoni steam at your practice, and what you felt are good adjunctive and supportive therapies to help women?

26:46 KS: Absolutely. So, the Womb Wellness that I offer in my practice is a very sacred and cherished time. I ask each woman who comes in for that to give herself about two and a half hours, so she can close off some of the hustle and bustle of the world and enter back in, and reconnect with her body. We begin our session through an intake in gathering information of her health concerns, any allergies, any crossovers with medications. And then, from there, we actually set up a whole ritual with the herbal blending. She'll blend up the herbs herself, and set intentions while she's doing that. The first part of the actual Womb Wellness is to do the steam, which will last anywhere between 20 and 40 minutes. And, during that time, the woman is very relaxed, she's wrapped up and kept warm and sipping some tea. During that time, it's a great time to journal, to read, to meditate, to breathe. I walk each woman through a meditation. And then, for some women, they like their own space, they like to just be able to be on their own, and other women like to continue the conversation, because, in that time, as they're experiencing the warmth, some different emotions might be coming up, and different triggers might be coming up, and so, for some women, they prefer to vocalize and to converse about that.

28:14 KS: After the yoni steam, we make the transition onto a massage table, and I apply clay, bentonite clay and castor oil, to the lower belly, externally, over the lower belly. And then, we cover the pack with an infrared heating pad and we'll let that sit on the skin for about 20 to 30 minutes, and the benefits of the castor oil and the clay are many, actually. The castor oil is anti-inflammatory, and so we're working again on natural detoxification. The castor oil can be very beneficial in terms of assisting the fibroids. And then the clay is detoxifying, as well. It holds natural heat when it's applied to the

skin, and then covered in the infrared heat, which works on a cellular basis to support the increase in circulation and oxygenation.

29:14 KS: During that time, if a woman's open to it, I apply a navel candle over her belly button. A navel candle is very much like an ear candle, but we're not expecting the same results from doing an ear candle. What we're doing here, we're hovering over the belly button, which is our connection to our lineage, to our ancestors. And, during this time, we light a flame away from the body, and then that flame generates the heat and smoke, which moves onto the skin of the belly button. That will also increase heat and circulation, and that's a beautiful prompt for a woman to really focus on the breathing and the awareness of their womb center.

29:56 KS: Then, I'll let the woman be and have her own space during that time, after we finished up with the candling. Then we'll take the pack off, take the castor oil and clay pack off, and the next step would be the infrared sauna. A woman will sit in the sauna for about 20 to 30 minutes, and this is the full-body heat, which we first generated just from the vaginal area, and then moved externally, over the womb center, to now full-body detoxification. During that time, I spend some time putting together focus points and take-home points on how to continue supporting the benefits of the Womb Wellness. So, making some focal points around nutrition, around herbs that can be used as herbal infusions to drink, how to do at home castor oil packs. And then, after the sauna, we'll gather together again and discuss any questions and concerns, before the women enters back out into the world.

31:01 CS: You've created such a beautiful ritual, Katie, and I would love for you to share if anybody comes to mind, any anecdotes, or success stories, or anything that you've learned, by leading women through this ritual.

31:17 KS: Absolutely. I'd like to share a couple of stories that come to mind immediately, both I learned about in the past week, and I'm really, really happy. I have been working with one client, who has been coming in to do monthly steams. And she was a vegan for some time, but as she began to think about supporting fertility in her body, she and I started to make some changes to her nutrition, and integrating some things, some proteins from eggs, and building up her ovarian strength, by integrating some more animal products and making some changes in her supplements. She'd come to me in late June, early July, and we did our next steam and then set up a plan for July, along with a tracking method to find out when she was most fertile. And she shared with me last week that she is seven weeks along, and she's feeling great, and she's feeling very positive about this experience, and very much connected to her body, and knowing that she made the right choices, for now, with her nutrition, and is going to continue along this path. It was such a wonderful way to witness her flow unfolding, because you can't force big changes, and you can't force something that the body's not ready for. It's very, very slow integration and how her body was open and receptive to it at that time...I'm very, very happy for her to learn that.

32:57 CS: That's so exciting, what an honor to see a woman go through that and become pregnant through this experience. That's great, do you have any others?

33:12 KS: Well, I have a cherished dear patient who we were working with remotely actually, and we've been doing nutritional work, and she's working with a great team of doctors, addressing some lingering long-standing chronic illness in her body. She went amenorrhea for about 10 years, and we integrated a steam in late June, and she got another one in July. And, in the end of July, beginning of August, she got her period for the first time in 10 years, and it was a healthy four-day flow, and we retroceded to the neurological work that she's doing right now. She's working with a great group of practitioners, and then also with the herbal steams. And so happy again, for her body to be open to receive that, a nourishment from both the support of the heat with the circulation, but then also integrating the other pieces to the puzzle, as well. So, really happy that her body is receptive to that.

34:28 CS: Absolutely, that was a great success story. And I know, when we're treating chronic illness, there are so many factors and variables, when there is a change in the body. I do know, after working with this patient for four to five years now, that this therapy definitely had a huge impact, and we might have not seen the results that we did, if we didn't add that. I think it was a really profound, beautiful part of her healing, and I know that you've touched on this, and we probably could talk another hour about how for women, this is such a beautiful, creative part of our body, but a very vulnerable part of our body. A lot of women have stories of trauma and sadness, just through life experience that we harbor, and that we hold on to. That actually can impact our menstrual cycle, just as much as estrogen dominance can. And in our mentor Dr. Klinghardt's model, he has five levels of healing, and we know that we're made of more than just our physical body. I know you and I share that belief.

35:40 CS: And so, we have our physical, energetic, mental, intuitive and spiritual. When you do this ritual, you're addressing many layers. I think that's why we can see the profound shifts, even in one to two sessions. That's why I really love this work. And many women nowadays are busy, juggling many hats, being in different roles, mother, sister, wife, business owner. There's just so many roles in which women get pulled in a different directions, these days. And so, to create this quiet time, in a land and a time period when we are fully connected with information, and that there's really no break in that, unless we create that. I just love how you've created a really sacred space and ritual around this therapy, and I think it's a huge, huge part of self-care that I'd love to see more women bring to their life.

36:44 KS: Absolutely. Culturally, this has been a practice that's been going on for centuries, for hundreds, and hundreds, and hundreds of years. And, in our busy world, we've gotten away from looking at self-care as an essential piece of livelihood, and feeling connected to our femininity. It does take time to give yourself permission for self-care, but it's such a wonderful way to reconnect to all levels, not just physically, and this is going to reconnect you to every aspect. From that place, we know and can thrive and move forward on our health journey.

37:27 CS: I'm curious, Katie, is there one culture or ancient tradition that this evolved from or is it a combination of many? When you were studying yoni steam, did they mention that? I'm just curious where the origins of this came from?

37:42 KS: It seems to be that there are two different cultures that molded and meld it together their ways of practicing, and it comes from the Korean

method and the Egyptian method, and I was trained into the Egyptian method. And both practices use different herbs based on their own environment, but the same practice of creating the herbal infusions. And during the time when women started to do this, while a woman was steaming, other women gathered around her to massage her and to sit with her and to support her. Really, it was a women's gathering, almost like a red tent. And we think about, in our busy day, how much time do we even take to ask someone how they really are feeling? But back then, we could be able to get as intimate and vulnerable as sitting on the steam and having women really listen to you and hear you, what you're going through--it is such a beautiful reminder of the value that we share as women.

38:50 CS: Yes, thanks for sharing that, because I was curious how long this has been going on for and what traditions this ancient ritual pulled from. We have to remember this, it's been with us for millennia, and it's our time to remember this ritual, and it's been great to see more awareness. I feel like, as I've been sharing with patients this therapy, more and more women have heard of it, which is great. So Katie, tell us, if someone wanted to find a provider in their area, how can they go about that? And then, maybe we could talk about some basic steps, so that if any of our listeners wanted to try this at home, they can get started.

39:40 KS: Certainly. To answer the second part of that, it's much easier than you think to set up your own herbal steam bath, and you can do this easily with a large pot, and you would dedicate a pot strictly to your yoni steaming.

39:57 KS: And think about what's happening within your own body and where your health concerns are. There's plenty of information that you can gather

about herbs online, if you're just beginning this process on your own. And so, you would gather together the herbs and you would infuse them in the pot, you want to bring the pot to a boil and let it simmer for a bit. And then, set up a stool, and you can do this with a step stool, if it has a flat area, large enough for steam to move through. You could also, as silly as this sounds, set up a little stool, a mock stool with a few yoga blocks, for your knees to kneel on, or you can use blankets, and then you're going to boost yourself up over the steam pot. That would be a basic starting point. Another way to do it would be to find a stainless steel sitz bath that you could place over your toilet, and you can pour the water into the sitz bath. That would cool off faster, so it would just take a few times of dumping that water and then adding new water, more of the herbal infusion into that. There is a way also that you could set up the steam pot to go directly on to the toilet.

41:28 KS: The most important pieces to remember, if you're doing this at home; one, to make yourself as comfortable as possible, to do it in a place that's quiet and away from distractions. But also, the vaginal tissue is so sensitive, and so, sometimes we feel that we can handle more heat when we really shouldn't be, so you want to be testing the water. If it's just removed from being boiled, we want to let it cool off a little bit. You will still gain the benefits even if the water is not a rolling boil at all, and you would allow yourself to steam for 20-45 minutes max during that time. You want to keep your body nice and warm, so sitting with a blanket over your legs to close in and hold the heat within this area, and also keep your upper body covered as well.

42:21 CS: That's great. I think you formulate a few herbal blends. Is it easy to find herbal blends online? Or, how can people find the herbs to use for yoni steam?

42:36 KS: Absolutely. It's more accessible than we realize. I do formulate my own, and you certainly can access the herbal blends through me. There's also a wonderful company, the website is soulvibrance.com, and they have herbal blends that you can order. And they're also under my training under the Yoni Steam Institute. They have a plethora of herbal blends as well.

43:09 CS: Great. And then, would you suggest if women want to find a provider in their community, that they go through the Yoni Steam Institute to find a certified practitioner?

43:22 KS: That would help. That's what's done state by state, so that would make it accessible, once a woman is ready to seek out a provider. And then, another way is to also look into Mayan abdominal massage therapy, and through those practitioners, we work hand in hand with the yoni steams and the abdominal massage. That would be another avenue to start seeking out local providers and practitioners.

43:55 CS: Yes, that can be definitely another beautiful therapy to work in addition to yoni steam. I have a quick question, just for some listeners who are curious. Is there an equivalent of yoni steam for men?

44:10 KS: Yes, men can actually do what is called the lingam steam. It's just a little bit of a different set up. We want to be more delicate in certain areas of the body. It is actually very beneficial for prostate health for the men to do the lingam steam. And we'd approach it the same way. We would look at what's happening within the body, where are the concerns, and then blend up herbs as well. It's beneficial for men in many aspects of their livelihood as well.

44:44 CS: Thanks for sharing. I've had some questions, actually, with Dr. Klinghart asking what's the equivalent for men, and we're not biased in any way. There's definitely treatment for men as well, and prostate health is such a huge part of our men's health concern. I think it's great to have some tools to support them, of course, as well. And also, probably for fertility, I'm thinking that there could be some ways to improve a male's fertility as well, through this process.

45:19 KS: Absolutely, absolutely.

45:22 CS: Well great, Katie. This has been so informative and it's just such an honor to see this beautiful work that you're doing, and for you to share this with us. I'm just so excited to see you continue to share this work with your patients, and to hear more and more success stories. If any of our listeners are curious how to find you, please share your website. And also, I know that you're doing some online programs, and I'd love for our listeners to be able to access that information.

45:54 KS: Sure. So, my website is sunshinekates.com and there's a whole section on the website dedicated to womb wellness, where you can read more about the offerings. I'm based out of Jersey, but I do Skype virtual sessions as well to support and help women set up their own yoni steams at home. I offer womb wellness retreats as well. They're weekend retreats and some longer retreats. And then, right now, we've just begun a round of what's called A Radiant Woman Womb Wellness Program. And it's an eight-week virtual program that combines adrenal health, thyroid health, and the yoni steam into the work. We were piecing together different puzzles of supporting

each aspect of the body and how to do a yoni steam at home. We're doing different yoga videos and meditations to bring awareness into womb health. We're talking about balancing out pH in the body. We're looking at nutrition and herbs. It's a overall immersion program, diving deep into this work here, so it's very exciting. We just started this round, but I will be offering that again in November, so that will be the next round.

47:23 CS: What a great offering. I've shared your information with patients, and I know a handful of them have worked with you over Skype to get started. If some of this information feels intimidating, that's a great way to have your hand held and for you to really be able to set this up so it's accessible and doable at home. And Katie also came out to Sophia Health Institute and trained our staff, so we're going to be offering this ritual at Sophia, which we're really excited about. There's many ways to connect with Katie. And again, Katie, this has been such a fun conversation, and it's just been such a joy to see you evolve in this work, and thank you for your precious time. I know you're a busy lady, so thank you so much.

48:14 KS: Thank you, thank you for taking an interest in this, and then please, if anyone has any questions on this, feel free to reach out to me. Thank you for listening and I look forward to connecting again.

48:28 CS: Thank you for listening to the Spectrum of Health podcast. I really hope you enjoyed our conversation. And again, if you want to learn more about Katie and her work, you can go to sunshinekates.com. Please, if you enjoy this podcast, share with your family, your friends, your community, and if you feel compelled, please leave us a review on iTunes. Thank you.