

Full Plate Podcast Episode #106: PCOS Without Shame: A Non-Diet & Trauma-Informed Approach with Kimmie Singh, RD

00:00.00

Abbie

Hi Kimmie. So glad you're here. Yay! We're just like just chit chatting and I was like might as well hit record might as well go I know.

00:02.00

Kimmie

Hi Abbie I'm so glad to be here.

00:09.46

Kimmie

Yeah I feel like we could just keep on going and yeah, yeah.

00:16.84

Abbie

So might as well bring everybody with us so Kim me first question always and then and then we'll get into it wherever we take this conversation. , what's on your plate lately food and then lifewise.

00:30.36

Kimmie

Yeah, food wise oh my gosh. So. It's very cold here in New York. I have been enjoying more soups and stews and something that comes to mind is this really good pumpkin chili I've been making and I really enjoy chili in general but the pumpkin ads like. And nice color and flavor. And yeah, it's been good. , for so many reasons, especially because I like chili. You can get so versatile with the topics and I think that's where I have a lot of fun like oh what textures do I want what flavors do I want so it's yeah, it's been pretty good.

01:07.80

Abbie

That sounds so good. Okay I got to ask you what your favorite toppings are, then lately what are some things you've been putting on it.

01:07.57

Kimmie

But a pretty good plate.

01:13.95

Kimmie

Oh my gosh. Yeah so I usually change it up between like avocado cheese raw onions, scallions sour cream like all usually some combination. Yeah yeah I feel like chili.

01:26.95

Abbie

Sour cream.

01:30.91

Kimmie

People can sometimes have their favorite toppings. I'm like a no discrimination against toppings type of girl like give me whatever you have like I'll yeah play around with it I like the different combinations I think that's what keeps it fun for me.

01:43.15

Abbie

Okay, can I tell you something? Maybe this will sound weird. Maybe it won't at all but I did the other night because I actually made a chili and I really want to make a pumpkin now. That sounds really good. So are you sorry I just jumped around but wait with the pumpkin? Is it kind of like you cook the pumpkin in it like it's squash or do you use it?

01:50.19

Kimmie

Oh yeah.

02:00.90

Kimmie

Like yeah no I use parade. Oh my gosh. So it's a recipe I can yeah it's yeah, it's a recipe? Yes, yes yes I will do that yes because it's one that , it's really good I made it a few times and it's like tried and true. It's really good. , so.

02:01.76

Abbie

Pure aid like what you give us the details. Ok, will you send it to me? I'll link it. Oh I'll link it in the show notes. Ok.

02:19.45

Abbie

Okay, ah yeah, yeah.

02:20.10

Kimmie

Very good recipe. It uses the can and it's just like it adds a really nice sweetness I guess because every food needs that component too and it just has sweetness. It has a little bit of that pumpkin flavor. But it's very subtle so it's not like you're having pumpkin pie like it's still chilly.

02:31.30

Abbie

Yeah.

02:37.22

Abbie

, yeah, oh it sounds so good I made a chili the other week just kind of more like a traditional just beef beans. Whatever and I topped it with I mean I Love sour Cream Cheddar avocado. Yes.

02:37.93

Kimmie

Just has a nice little difference to it. Yeah.

02:53.34

Abbie

But then I was like in my pantry and I was like you know what? Oh yeah I love your face like Croutons. Ah it was so good Kimmie yeah because the crunch there's like a nice crunch factor with the avocado and some creaminess. Yeah.

02:55.90

Kimmie

, yeah, like where's this go oh crew so that's a brilliant idea I would have never thought of. That's so tasty. Yeah. The season day that someone is so Hassty. Yeah see I feel like you can't go wrong with chili like anything you pair it with it just elevates the meal so much when oh my gosh. It's only better and better. Nice. That's , I'm so tasty.

03:13.40

Abbie

I Highly Recommend. No.

03:23.12

Abbie

And it's great leftovers. We did some chili with Mac and cheese the other night for leftovers. , yes.

03:29.59

Kimmie

Chili also freezes well. At least I know this recipe does and yeah, and so I feel like I , yeah, it's convenient. I'm thinking I made a bunch earlier in the season and I've just ever any day I want chili. It's right there for me in the freezer and I really love that. Yeah.

03:42.92

Abbie

So good. We're all about convenience. Okay lifewise otherwise I'll go on like another 20 minute chili kick with you.

03:48.52

Kimmie

Yeah, oh my gosh. So like I'm trying to yeah trying to squeeze it all. Ah all into 1 plate for likewise gosh. It's been like such a complex time because I lost a loved 1 recently? , it's like yeah a grandparent who is in hospice and.

03:56.72

Abbie

Ah, lifewise.

04:05.11

Abbie

Me.

04:07.90

Kimmie

So was expected and also I think just like working through the grief. It's been interesting to even notice how? , even if yeah, like just how your body sometimes needs time to heal and I'm yeah, not feeling like I'm all of a sudden grief is done but it does feel like. I can see how over the last few weeks just watching my body sort of have its time to go through that has been really important and it's just a reminder of the wisdom that all of our bodies carry. So yeah, it's been tough in that way but also reflective like it doesn't feel overwhelming. Which I think is just a sign of my growth which is nice too. Yeah, thank you? , yeah, it is.

04:48.42

Abbie

Yeah, I'm so sorry to hear that I went through that same thing ah like about a year ago my last grandparent and expected grief is interesting. Isn't it.

05:02.40

Kimmie

I Didn't think it would hit me this hard because it's been some time like it actually was a little bit stressful because the doctors kept saying like yeah any day now and a week now and like months would go by and so it's like you don't want to anticipate this person's passing like so early and yeah.

05:03.40

Abbie

Yeah.

05:11.29

Abbie

Yes.

05:19.64

Kimmie

I Think that expected grief is something that isn't talked about enough.

05:21.88

Abbie

I agree because I think that there's maybe an assumption even culturally that someone isn't in as much pain grief-wise because it was like oh it was their time or oh it was we knew it was coming. It doesn't mean it doesn't hit.

05:31.42

Kimmie

, right yanis right right Ray oh yeah.

05:41.15

Abbie

In all the same ways and and it's almost like you experience it for longer because of the anticipation of it. It's like you're. It's like you're pre-grieving like you're preparing yourself for grief and then you also go through the grief.

05:50.25

Kimmie

Yes, right exactly I think that's a really good way to put it because the anticipatory side is yeah, really complex and I think when there are caregivers involved. , and you're like caring for a loved one to just watch how that's affected.

06:05.75

Abbie

Yeah.

06:09.35

Kimmie

How I've seen it affect those people who I think yeah like needed that relief from giving care but also didn't want to lose that person. Yeah, I think I agree culturally. I think it's something that isn't talked about enough.

06:22.66

Abbie

Yeah, there's a lot of emotional labor on both sides of like the anticipation and the actual processing of it after it happens right? It's kind of like it's yeah and then there's a lot of I don't know Yeah, the caretaking is a lot and.

06:30.30

Kimmie

Hit.

06:40.90

Kimmie

, yeah, yeah, oh my gosh Yes, Gosh that good question. Yeah.

06:40.23

Abbie

And then when you said I'm curious when you said you talked about your body and what your body's been going through. , can you tell me a little bit more, yeah like what is what has that been feeling like I think it's really interesting for all of us to to think about that and get in touch with that.

06:56.95

Kimmie

I Think for me like I remember a couple weeks ago. There it was. Yeah like it was so I guess the time of my grandmother's passing. It was coupled with a bunch of other big life and family events and so on.

07:11.26

Abbie

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07:12.22

Kimmie

A week later I think it was is when all of those things finally calmed down but I remember feeling hit with exhaustion and just feeling like I couldn't get anything done I couldn't focus on like my projects outside of seeing clients and I felt so stuck in a way I haven't felt for so long and I just like. It took a full week and I remember like the next week I just felt so much more with it I felt so much more clarity and I was reflecting on it in Therapy and I was like yeah I feel like I just really needed that time to rest and pull away from everything and. It didn't feel like it was a choice like it just felt like my body needed it.

07:51.31

Abbie

And what you said I mean like the importance of that. Ah because a lot of times we're a lot of times we kind of look for distractions and the hustle to kind of take us out of that grief and that experience and.

08:08.84

Abbie

What our body is usually telling us is like no we need to slow down. We need to feel that we don't. We don't need to suppress it and distract from it.

08:10.71

Kimmie

, and the.

08:16.44

Kimmie

Right? Exactly it is going to come up in other ways if we try to distract from it or if you try to push through it. Yeah yeah I think that's something that I didn't realize like years ago but now feels Yeah, just so evident.

08:20.15

Abbie

Right? Exactly exactly.

08:31.93

Abbie

I agree with that wholeheartedly I think I think it's it's about kind of being honest with ourselves and being willing to sit with the truth of how we feel and if I don't think we can I don't think we can heal I mean I think I think of healing and grieving as really.

08:40.72

Kimmmie

, and m.

08:51.00

Kimmmie

No you.

08:51.53

Abbie

Very intertwined and I think it's really hard to move through grief and heal from something if we're not able to sit with the truth of how we feel. I mean how could we be right? like? how could we move through something if we're not able to face it.

09:04.45

Kimmmie

Yeah, oh yeah I couldn't agree more? Yeah yeah, course. Thank you Thank you? Yeah, it's .

09:11.19

Abbie

I appreciate you talking about this and I'm sending a lot of love. Yeah yeah.

09:21.33

Kimmmie

Yeah I Really appreciate that and I think it's also still finding the words to like what I tell people like oh , I'm I'm in a place now where I feel like yeah I'm I'm able to hold space for it like it for myself in a way that feels a little bit more at peace.

09:34.10

Abbie

, yeah, oh no I I'm grateful that you did. I think there's a lot of people listening that are probably going through the exact same thing or even in that anticipatory stage you know and.

09:37.14

Kimmie

So yeah I appreciate you letting me talk about it here.

09:46.99

Kimmie

Yeah, right? Yeah, exactly like to take care of yourself. It can feel like taking care of yourself is not as relevant or important.

09:51.32

Abbie

Needing that permission to just be and rest.

10:03.66

Kimmie

In those moments, I feel like it's more important if anything. Yeah.

10:08.40

Abbie

Yeah, it has a process. , you know you know you kind of talked about the physical but has it made you reflect on anything in terms of how you want to spend I think the most profound thing that happens to me in those moments is like.

10:15.84

Kimmie

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10:24.87

Abbie

I Get a little more clarity on how I want to spend my time and energy. Yeah.

10:28.10

Kimmie

Oh My gosh? Yes, yeah, well, it's really I mean it's so wild because I think it's just kind of like , put into perspective the way time can go and like where I am in my life and. Yeah, like life is so short like I you know like we hear it all the time.. It's so Cliche and also just , watching somebody kind of decline and then get to that place where they're no longer here. It's just a reminder that yeah like each moment each second is so precious. And I think something I try to encourage to myself and to my clients is being present and like really living for this moment. It's the only one we have and so it's a constant reminder and I think it feels even more important right now as I work through this.

11:19.49

Abbie

Yes, I feel that so deeply I was a person for so long who did feel like that was Cliche like the idea of presence and like living for this moment and we don't know if tomorrow will come and it always I mean I've been.

11:26.22

Kimmie

Move this. Yeah.

11:36.00

Abbie

Like an anxious hand for my whole life since I entered this world right? So anxiety has yeah anxiety has you living in the future right? constantly and so you're missing out on everything and I also think like that was so true of my eating disorder right? I like it.

11:36.99

Kimmie

Oh my gosh. Yeah like I don't know life without anxiety. Sorry yeah, yes, it's true. It's so true. Yeah yes.

11:53.90

Abbie

It always had me in this kind of and the same kind of anticipatory defensive way of living life like trying to stave off the pain of the future this future you're making up and so I oh I live by that now like that there is.

11:56.17

Kimmie

Yes, same as. To write it. Yeah pray? yeah.

12:12.15

Abbie

Joy aside from right now like that's the only access joy is in the moment and it's funny. It's just not funny haha but interesting that this came up because I was meeting with one of my groups last night and this same topic came up.

12:21.89

Kimmie

Is.

12:29.82

Abbie

In the context of you know, healing our relationship with our bodies and food is like when someone in our life passes or we have something that reminds us of the impermanence of our existence and makes us.

12:46.32

Abbie

It makes us pause and say oh my God, is this the way I want to live? I want this one precious life that I have to be consumed by body shame and disordered eating thoughts and that it can shake us a little bit. You know how to think like that.

12:48.13

Kimmie

And here.

12:58.99

Kimmie

You know. , yeah, yeah, right? I mean I think it's you who bring up such a good point because , there is a way that I feel like eating disorders can thrive on like.

13:05.97

Abbie

This isn't I'm here, this isn't the purpose of life for me to be obsessed with my body and food and letting it dictate everything.

13:23.93

Kimmie

This weird relationship we have with time and how it can feel like it really? yeah, it can just give this illusion of being able to control the future or yeah and take us away from this present moment and so I think there is a way that like food and body and this illusion of control can show up.

13:25.20

Abbie

Yeah.

13:42.96

Kimmie

And it's so I mean it's so hard. But I think that's what kind of recovery gives you is like it really does give you this present moment back and yeah, it can be. It's so beautiful and it's also so painful when people are sort of like first stepping into it.

13:56.93

Abbie

Yeah, and because presence can be painful too like to be present is to like being willing to sit with whatever is coming up. It's both joy and being willing to experience joy. But that also means like.

14:03.19

Kimmie

, yeah.

14:13.75

Abbie

We can't avoid the side effects of being human which is like that life is hard. You know? Yeah, yeah, yeah, and if you brought up you brought up a great point that eating disorders really do function in that way of trying to.

14:16.45

Kimmie

Yes, exactly and the unknowns of the future are like still going to be unknown and we can sit with that. Yeah yeah.

14:33.70

Abbie

Protect us from pain. You know like they're a way of trying to stave off suffering or discomfort or fear or shame but they don't work long term you know I would love to hear a little bit more about your experience with that because I know I'm sure.

14:40.80

Kimmie

Yeah, brave. Yeah yeah, it's true. Yeah, right, right? right? yeah.

14:52.70

Abbie

You have a story like we all do and I really want to talk to you about pc os in this podcast like at some point but I think it would be really wonderful to hear more about what brought you into this work but first more specifically like. What has your experience been with food and your body even starting as a kid.

15:15.94

Kimmie

Yeah, yeah, oh my gosh. Okay I love yeah I love going back to that place because I can think of some fun memories of growing up like in the 90's and. Some of the fun like I just attended a 90s themed birthday party for a friend. So like she gave she gave these really fun favors that had like dungaroos and gushers and all these 90s snacks in there and so yes, truly the best and so fun.

15:42.13

Abbie

The best snacks are Dungaroos Oh God It Love dungaroos.

15:48.91

Kimmie

Yeah, it's yeah, the nostalgia there. So I feel like I had that presence but then I also feel like 90s and fat phobia towards children and adolescence. Unfortunately, it was so strong and so

pervasive. And that's also when a lot of misinformation started to come out and fear mongering towards parents. So I feel like that was very present in my household. Both of my parents sort of like being lifelong dieters. Just yeah, it was. It was very much the norm to talk about bodies and weight. And food in a way that I now know is really disordered and not good for children to be around or to hear and that definitely influenced my ideas around what it felt like to trust myself with food and like not feeling much autonomy around food as a child and. It was really confusing and I think that I kind of felt really pulled into this world of dieting or trying to eat healthy while also just like seeing how my brother who was then didn't have that same experience at all. And how it just felt like oh it's because of my body. That's why I can't have that autonomy or freedom that my brother has so yeah, definitely felt very tumultuous from a young age and so disordered eating was very present. But I think it was.

17:13.76

Kimmmie

It wasn't until later like it was in college that I really developed my eating disorder and I really know that a huge part of it was related to like all the unknowns of adulthood and all the unknowns of like yeah figuring out what like what I do with my life like . Google is stressful and hard and makes me face all these big questions and doesn't feel like there's a perfect Answer. So I think that yeah the way time came up was definitely very present in my eating disorder and similarly like Pc Os very present. I Think this is why lots of folks with Pcos Struggle is , yeah because there are ways that it can affect body image and the symptoms of facial hair or like the way you gain weight. , whatever else it is, just yeah, can make it feel very complicated to have a healthy relationship with food. I Think that combination felt very much like a perfect storm for this like the college student younger version of myself that felt really overwhelmed with everything I was looking for something to control.

18:17.76

Abbie

Yeah, ah I relate to that. , that time period in particular giving rise to disordered eating behaviors happened for me too right around then? yeah.

18:22.14

Kimmmie

Yeah.

18:27.91

Kimmmie

Yeah, it's so common around that age and like we're finding ourselves around food and yeah, so common then.

18:38.00

Abbie

Yeah, and I feel like anxiety which we both mentioned earlier is also like ah part of that perfect storm right? because if we're we're just we're just more we're less likely to be able to cope with uncertainty uncertainty is hard for everybody. But I think when you.

18:39.73

Kimmie

Yeah, me.

18:52.91

Kimmie

, you know.

18:55.40

Abbie

Struggle with true anxiety. It's much more debilitating than the idea of uncertainty in the unknown. , it's not just like oh this is hard and uncomfortable. It's like oh my God This feels like a threat to my very existence right.

18:58.42

Kimmie

, oh yeah, yes.

19:07.67

Kimmie

Yes, Oh my gosh. That's it. Yeah, that's definitely a really good way to put it and yeah, it felt like there was yeah like that anxiety. It was very very overwhelming and it felt like almost all choices felt like a wrong choice. In some way And yeah, yeah I would yeah it's , yeah, it's It's interesting to look back at now because yeah like there there was probably so much that I needed then that I didn't even know how to get support for.

19:27.41

Abbie

Yeah.

19:42.51

Kimmie

Right? Like I don't think I really understood it as anxiety. I didn't know how to really seek out help at that time. But yeah, it's hard to look back. But yeah, well I don't think they either had a great understanding of.

19:49.21

Abbie

And did your parents notice? What Did you think when you were a kid?

19:59.43

Kimmie

How to support somebody struggling with their mental health like not going to get up and go into their stuff. But I think it was just sort of passed down that you just kind of try to you

like you just , push through you know, try to push through. But then you're still struggling right? like we talked about it. You can't really push through.

20:13.17

Abbie

Yeah, right.

20:16.88

Kimmie

Right? Like there's that illusion that you can so I don't think there was a lot of support in that way like I didn't know how to really seek out support but it wasn't until after I finished college like right after that I started to feel like okay I'm feeling really stuck and that's when I yeah really started to. Find support which is when I was diagnosed with my eating disorder and started recovery and wow. Yeah, what a time. What a time it was, yeah.

20:40.38

Abbie

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20:43.69

Abbie

God What a time. Yeah I'm curious about that experience during college when you started when you had some you know the unknowns you said were difficult and how did they.

21:02.51

Abbie

When did disordered eating starts for you like was it a diet that you did was it were strict just purely restrictive on your own had your had your parents introduced you to dieting by the way given that they had been dieting. Yeah.

21:12.28

Kimmie

, oh yeah, I Yeah absolutely I mean I feel like dieting in some capacity started like ah from maybe like childhood.

21:28.41

Kimmie

Onward but I think it just became much more vicious with each kind of diet cycle and so I think by the time I was in college it was something that yeah like the food rules became so much more strict where there were just a few foods.

21:46.56

Abbie

, yeah.

21:46.83

Kimmie

That felt even safer and then dieting wasn't working and yeah so I think it was kind of that cycle of diets not working. Oh so I must be hard. I need to get harder on myself than that not working And yeah, yeah, so I think and thinking that I was the only one that.

21:56.35

Abbie

Right? right? I got to work harder at this? yeah.

22:06.11

Kimmie

Didn't work with so I don't think I had access to the information that I do now where I know like oh yeah, diets don't work and I yeah I wish so I wish someone told me that back then.

22:13.49

Abbie

, it's too common. Yeah, just the blame is the individual responsibility for not being able to change What's truly unchangeable. Our body right? like our body size is so it's such a.

22:24.49

Kimmie

Made.

22:30.67

Abbie

Having such a blueprint genetically and it's such a crime that we're framed as something that we're responsible for when it's you know it's. It's really effective if you look at the long-term.

22:48.21

Abbie

Rates of failures of diets which is, you know, roughly like ninety five ninety eight percent right I mean like we really need to start looking at it as something that is as unchangeable as our height right or art right? It really is.

22:48.84

Kimmie

Then more.

22:58.90

Kimmie

I Hear you? yeah like we need to be transparent with people and I think that's where it's like. It's so unfair that diets are being recommended without that disclaimer of like oh this isn't going to work for most people.

23:03.91

Abbie

Right.

23:15.55

Kimmmie

And everyone goes into it feeling like they're wrong if like their last night didn't work and thinking this one's going to be the magic solution.

23:15.61

Abbie

, right.

23:23.71

Abbie

And what's yeah and and what's even more kind of violent about it is that the diet cycle that you've named is like that kind of yo-yo dieting and the weight cycling of losing weight regaining weight constantly feeling like what did I do wrong.

23:32.54

Kimmmie

, and then.

23:41.34

Kimmmie

Yeah.

23:41.96

Abbie

Go on to the next one, try to work harder and it keeps coming back and feeling like shame for that like you're not doing it right? but the thing is like that I was trying to get at is my mind is everywhere. We have so many thoughts but the thing is like the attempt itself.

23:56.40

Kimmmie

, yeah.

24:01.39

Abbie

Is it harmless right? like we know that not only psychologically does it put somebody more at risk for eating disorder but like physically it harms like it's harming the body every time you go through that cycle every time you diet right.

24:03.31

Kimmmie

, oh yeah, yeah.

24:11.66

Kimmie

, right exactly? Yeah and I think that's even where it goes back to that disclaimer like we need to tell people. Oh not only does it not work. But you're actually risking it.

24:23.94

Abbie

Right.

24:25.67

Kimmie

Your health, your well-being, emotional and physical. Well-being here and so it's really that people aren't truthful. like like , how do yeah yeah, like they're not able to really consent. They don't know what the actual outcomes are likely to be.

24:34.57

Abbie

, consent. Yeah, right? Yes, oh God I'm so I'm wondering about going through that in college.

24:43.41

Kimmie

Yeah.

24:49.37

Abbie

, well actually you said before we recorded you met your husband in college right? How did that happen? How did that play out? Do you remember that? How did that happen? Oh okay, okay.

24:54.90

Kimmie

, yeah, yes, Okay, so I know you have an editor so you know I don't talk a lot about him like I think just publicly. But yeah I feel like he was a really good support system. But I don't yeah. I Don't talk a lot of him Publicly. So I don't want to? Yeah I Want to just yeah for sure. Yeah, okay, yeah, , sure sure.

25:13.12

Abbie

I'll cut this? Okay, okay, I'll cut that question and we'll jump back in. Okay, 25 minute okay hold on I'll I'll pause for a second to come in with a clean question. Okay, so with everything that went on during college you said that it got more intense. Kind of dieting and disordered eating. But you said you eventually got help. , so what was the turning point for that?

25:35.35

Kimmie

Yeah , oh my gosh. Well I think for me just emotionally, it felt like I really needed more and I Just yeah I knew that it felt like there was something going on mentally. But I really didn't

understand mental health. At all and I was just like okay let me try to find some support and it was kind of bizarre because I was also like I didn't really know how to find an eating disorder provider and yeah, so had some interesting experiences but I ended up working with a team that was really helpful and really. Yeah, just really instrumental in my recovery, but then it also kind of felt a little bit confusing because I think that they were doing their best and they weren't fat Positive. So I think I also felt a little bit confused. But

26:26.95

Kimmie

Does recovery really work for someone in a larger body like it felt like there was something missing and so eventually like sometime later I did kind of like move to a more fat positive team and it just kind of felt like it was a missing piece. It was okay like my questions are being answered now and I feel like this. But the conversations that were kind of solely attributed to body image stuff maybe about systemic oppression. There was finally space to talk about it so it felt like the missing link in my recovery.

26:59.90

Abbie

Did you step into or towards recovery after the Pcos diagnosis?

27:04.54

Kimmie

Oh my gosh good question so I was diagnosed with pc os in college and it was at it. Yeah yeah for sure. Yeah, like I just I went for my first like appointment with an ob b UYN and

27:13.50

Abbie

, can you talk more about that like what happened. Okay.

27:24.00

Kimmie

I was telling her a little bit about my some of my experiences and I I think she kind of mentioned quickly like oh yeah, you might have pc os and she said it and she was she's like you might have trouble conceiving one day and she was kind of running out the door as she was saying this and I was like wait. What. I think it was rough around 19 So I wasn't really interested. Yeah I was like what did I just hear this correctly and I think she said the full like polycystic ovarian syndrome I was like wait. What did she even say? I don't understand. Yeah yeah, she's like well we'll get you a pamphlet and.

27:42.38

Abbie

Stay, stay and talk to me!

27:53.17

Abbie

Yeah, it's a big word isn't it. Yeah.

28:00.73

Kimmmie

They did get me a pamphlet and I think I kind of did a Google search and I just had I was left with more questions and answers because I didn't. I don't think I experienced all of the symptoms that I later experienced and like pc os does change. As people are kind of like moving from adolescence to adulthood a little bit so it was yeah it was the diagnosis was given I I just kind of responded to it with a question like Mark like I don't know what this really means. But then yeah like through my healing. I did learn more about how it was affecting my relationship with food and body. And yeah I think like my for me like the lifelong recovery. really includes taking care of my pc os and honoring my body's needs around pc os. And so I imagine that there are ways that it kind of exacerbated my eating disorder but I didn't really understand it. Yeah I didn't have the verbage too I didn't really get it. But yeah, that's such a good question.

29:01.39

Abbie

I want to talk about that. , in a second I Want to talk about how you've seen that if you're just in your practice and in your experience like hold on let me pause.

29:14.70

Abbie

Oh ok, so with that you receive the diagnosis and it sounds like without a lot of explanation. , and you also mentioned about just the co-occurrence of eating disorder.

29:33.87

Abbie

Behaviors and thoughts alongside Pcs and how you didn't really see that connection as much back then but I'm sure not only do you see it kind of in retrospect, but it sounds like I'm sure you see it in your practice too as I do the recommendations around Pc Os are so rooted in weight stigma.

29:47.14

Kimmmie

, oh yeah, definitely. .

29:53.10

Abbie

And fat phobia and really restrictive ideas of nutrition and health. So yeah I definitely want to go there and talk about that.

29:58.23

Kimmmie

Yeah, no, yeah, absolutely oh my gosh. So I know something I've experienced and many of my clients experiences like this feeling that you can't manage your pc os and. Really like nourish your recovery you have to choose between the 2 and 1 thing that I found I found I continue to find really important is knowing that like the 2 are always going to be intertwined whether you realize it or not whether your providers are telling you or not so it's going to be really hard. For you to manage your pc without really nourishing your recovery and vice versa right? So , yeah I think like 1 ah 1 thing that can be really confusing about that is a lot of times you'll have providers that unfortunately don't know a lot about pos. And I don't know a lot about eating disorders giving these sort of blanket statements like limit this food or like limit these numbers of calories or whatever else and so people are just taking that as like oh gosh like this doesn't support anything around my recovery. And this is where I kind of like to bring it back to like if deep down you have that feeling of like oh this doesn't sit well this isn't going to support my relationship with food listen to that wisdom because you probably have an idea that something here isn't making sense.

31:26.50

Abbie

Oh I love that you said that just bring it back to like your own intuition about what's going on with your body and knowing like your mental health is a very crucial part of your health right? like pcos is 1 thing i.

31:34.52

Kimmie

, here.

31:39.21

Kimmie

Yeah.

31:43.18

Abbie

You know I have a lot of I've been open on this podcast about I have a lot of chronic illnesses and we can't reduce down our well-being to a specific condition that we have we have to honor our whole experience as a han and that involves our recovery if we are if we are healing from a really.

31:47.32

Kimmie

Pages.

31:53.97

Kimmie

, man right? Yeah exactly and more people like PcOs .

32:02.76

Abbie

Complicated relationship with food in our body.

32:09.43

Kimmie

Kind of increases your risk of having an eating disorder. So it's something that a lot of people that have Pcs sometimes don't even know that they do have an eating disorder and yeah, it just sort of adds a lot of complications to one's layer with food in those moments. Yeah.

32:11.32

Abbie

, yeah, so.

32:24.97

Abbie

Can we do can we do I realized sorry fam listening. Let's do a quick can we do a quick definition of Pc Os Okay, amazing. Yeah, let's do that. Let's start there. What is Pcs , let's start there.

32:29.12

Kimmie

, yeah, oh my gosh. Yeah, let's do it? Yeah, ah so oh my oh my gosh I Hope let me know if I get too nerdy because sometimes I get excited about it.

32:41.29

Abbie

I wish you all could see Kimmie right now. She's on video with me and she just got situated in her chair like so excited like take I like let's go let me tell you.

32:47.49

Kimmie

Yeah let me let me talk about this? Yeah, okay, so pc whats is a syndrome like it sort of like endocrine. So , syndrome that really consists of having at least 2 of the 3 following experiences right? so. 1 is , higher androgen levels. The other one is irregular periods and the last one is like the cysts on the ovaries. So keep in mind that although it's in the title you don't need to have the cysts on the ovaries to have pcos. You can just have the other two criteria. , so you need to have at least 2 of those 3 criteria and you can have all 3 and so something that I wish people understood is that pc os effects much more than just sort of like. What it might look like at surface level like it. It affects more than having facial hair or struggling with fertility. There's also this metabolic component where insulin levels seem to be affected as well and so people with pc os are also likely to struggle with insulin resistance. Having those higher insulin levels can affect weight gain, having higher testosterone levels can affect how and where people gain weight so there are a lot of things that can show up around the body and dieting that can just sort of , throw a little bit of a wrinkle.

34:12.24

Kimmie

Into a relationship with food that's already tainted by diet culture. Yeah.

34:17.66

Abbie

Yeah, that's so helpful. Thank you for the definition because I feel like that's so helpful. It's just like a foundation as we talk about it a little more and I can see how similar you are with your experience with your own diagnosis. .

34:23.59

Kimmmie

, yeah, of course of course.

34:32.60

Abbie

That that you could know at that time, especially while you were in college and your dieting and disordered eating had kind of peaked how confusing this must have been.

34:35.81

Kimmmie

, yeah, oh my gosh So confusing I think it also like at that time my periods were. Bit irregular but I ah it also was like through ever since I first started having Periods. So I Just like didn't fully understand it like I'm Indian so facial hair is like a thing I knew I would have like in my adulthood and so yeah I think like a lot of people that are given a diagnosis. Aren't kind of given this additional information of how Pcs can and will change and there is a big focus only on fertility. I Wish that there was more conversation about how it affects food overall because a lot of times people are told like oh make sure you eat a certain way. So your fertility. .

35:15.42

Abbie

M.

35:29.10

Kimmmie

Like so you don't struggle with infertility but then a lot of times they're not talking about how even like that recommendation alone to someone with a dieting History can be really harmful but sorry would you say.

35:40.28

Abbie

And the idea No no, It's okay I was going to say in the idea yet again I mean we see this over and over in , in the nutrition. And Health spaces like over and over diet are focused on as a way to quote unquote manage or treat disease and we have very little evidence to support that in a majority of cases right? aside from something like Celiac disease.

35:58.38

Kimmmie

A and.

36:10.69

Kimmmie

In a hole.

36:12.75

Abbie

Right? Things like that are specifically about the body's Immune response to a specific food right? like allergies like the idea that I mean it layers on that. Ah that additional weight of it's your responsibility. To manage this disease because what's embedded underneath that when you pin it on Lifestyle quote Unquote Lifestyle choices is this idea that oh you probably did this to yourself because if it's about Lifestyle and your food choices then this was avoidable right? like that's the message it sends.

36:39.97

Kimmmie

, oh exactly? Oh right, right? right? yeah.

36:51.45

Abbie

Right? And it's so harmful and so can you tell me you say you said I want to talk about the fertility thing in a second but let's focus on the food piece. So what are some of the misguided recommendations that center on food that you've seen with pcs.

36:57.86

Kimmmie

, yeah.

37:05.10

Kimmmie

Yeah, you know I think the biggest one that comes to mind is people being recommended to cut down on carbohydrates and I find that for most people with pcs the relationship with starches is already a bit tumultuous. Because they're given that information and then also because of the insulin resistance. They're most likely experiencing some intense carb cravings so they might already feel out of control with that food and so a lot of times what I will encourage folks to do is like. To really explore the relationship with some of those starches that they might feel out of control with check in the context of maybe , like how how they're having them are they feeling are they going into that meal feeling like they shouldn't be having it is there. A lot of shame coming up. Are they having a complete meal like having protein fat fiber with it? , and sometimes that doesn't feel accessible for folks depending on where they are. But I think sometimes when people are being told just kind of to cut down on these foods. There's just such a really narrow view that providers have right? like if you look at the big picture There's so much more that's going on even if that were accurate. You need to keep in mind that there are a million things affecting this person's ability to even access making a food change and then.

38:33.31

Kimmmie

To kind of run with this idea that you need to cut down a whole macronutrient group. It's just so absurd and.

38:38.80

Abbie

And so unhealthy because you know research shows like how you and I were talking about this before just just how harmful restriction is physically to not just mentally and emotionally but to even the progression of.

38:46.82

Kimmmie

Yeah, exactly.

38:56.26

Abbie

Any kind of you know, medical condition right? I mean it doesn't dieting a it doesn't work but B it's not helpful for our metabolism. It's not helpful for our body's ability to regulate blood sugar, right? like it's.

39:12.33

Kimmmie

, and.

39:13.90

Abbie

And it increases the likelihood of that restricted binge cycle which is not good for insulin resistance like so the more you tell clients to cut out a food the more shame and fear instilling the more likely they are to continue to feel out of control around that food.

39:18.25

Kimmmie

, yeah, right? Oh my gosh not at all. Yeah.

39:30.48

Kimmmie

Click sample.

39:32.51

Abbie

And never be able to access that food peacefully and in an attuned way.

39:35.35

Kimmmie

Yeah, and it's like Pc Os like unfortunately somebody's Pc Os isn't going anywhere and so to set them up for a lifetime of feeling really conflicted about having this like a major macronutrient group.

39:43.93

Abbie
, yeah.

39:52.29

Kimmie
It's just yet such a harmful thing that unfortunately so many providers recommend and it leaves people feeling really confused. You know.

39:58.21

Abbie
, yeah, so if someone's listening and they've heard that and they've developed understandably most of us already have a complicated relationship with carbs because after the 90's carbs became the devil right.

40:11.14

Kimmie
Guys. Yes, like yeah, but's so funny I'm thinking of all us silly like low fat marketing in the night yeah

40:15.91

Abbie
, it was fat for a while but we've successfully transitioned ah like it's oh my God I Just remember like the just The. Yoplait. Do you like the Yoplait Yogurts and the snack wells and the oh my God It was just bizarre so we're here with the carbs. Everybody has a complicated relationship with carbs for the most part right? like.

40:34.95

Kimmie
3

40:40.87

Kimmie
Yeah, oh yeah.

40:43.32

Abbie
They're demonized in so many ways and so then you get a condition where you're specifically told like this is for your health. You need to cut down on this macronutrient see this happen with my clients with diabetes too. , then it.

40:57.80

Abbie

It becomes a lot then you're layering on that shame like you and I were talking about So no longer is it just about kind of the diet culture message around thinness. It's also this added component of like I'm irresponsible if I don't do this because this is about my quote unquote health. So.

41:15.21

Abbie

If someone's listening and they've been really feeling that kind of messaging around their Pcs insulin resistance like how can you help them think about this differently like how would you recommend someone take a different approach you already kind of said like examine your relationship with carbs.

41:33.56

Abbie

But if they go to a doctor's office and that's what their doctor says, what's the next step?

41:35.14

Kimmie

Yeah, so I would recommend that this person keep in mind that unfortunately most providers don't know a whole lot about nutrition. They also usually know even less about Pcos So like to put it into perspective. It's.

41:48.87

Abbie

, Amen Ah yes.

41:54.74

Kimmie

Unfortunately the case is that this provider doesn't know much about nutrition and Pc Os so just keep in mind that this might not be a great place to get information like if you just saw a physician or you like your pcp and so just like yeah, keep that little nugget there. , that.

42:04.95

Abbie

Oh my God I Love that you said this? yes.

42:13.38

Kimmie

I Would also say that like I said before, like whether you're in eating disorder recovery or you're just you're really healing your relationship with food that you're not going to be able to push that aside to.

42:32.40

Abbie

Oh I stopped being able to hear you Kimmie I don't know what happened oh that's okay so start again, what you were saying? yeah.

42:37.29

Kimmie

I Oh no I think I accidentally muted myself. , okay so , did you catch the part when I said that doctors don't know a lot about PCOS and nutrition. Yeah, so.

42:51.66

Abbie

Ah.

42:51.88

Kimmie

Another thing I'd keep in mind is that you might find yourself feeling really drawn to listening to that diet advice and wanting to cut out carbs or to do something else, but really keep in mind that whether you're in eating disorder recovery or you're healing your relationship with food. You can't put that aside or neglect those parts of your well-being to manage your Pc Os the 2 are always going to be intertwined whether you want to hear it from me or not you know so like that reality is going to his exist and so keeping in mind that you can't manage your Pc Os. Without also nourishing your healthy relationship with food. Thank you, Thank you? Yeah yeah, but I am someone who yeah at many times had those urges like oh my gosh. Forget the healthy relationship with food I Just yeah, feels like.

43:28.64

Abbie

I Love that Kimmie. It's so well said? Yeah yeah.

43:44.82

Kimmie

Everything would be solved if you could just follow that like quote unquote advice but it's so much more complicated.

43:51.14

Abbie

, yeah, many years into my own recovery like I was at a very stable place like really so much happier and freer and I had yet another.

43:59.74

Kimmie

Down.

44:04.29

Abbie

Chronic illness diagnosis and a doctor told me you know, gave me some really misguided recommendation around like an elimination diet for managing symptoms and it almost pushed me back all the way and I had to catch myself because.

44:13.28

Kimmmie

, are yeah mother.

44:18.87

Abbie

It's so sneaky right? You think you can maybe handle it. You're like well I'm in a better place now. So maybe let me just try this. I slid back so fast and I realized no this is not the path I can choose. There are so many other ways to manage this condition and food is not evidence-based.

44:22.93

Kimmmie

Right? right? right? yeah.

44:37.27

Abbie

Way to manage this anyways. Regardless of what this doctor says so it's It's very real. I Just want to share like even when you feel like you're in a really really good place. You have to be so aware like you're saying about continuing to nourish that part of you because it's there. It's so it's it's.

44:56.40

Abbie

Going to be there and and it's easy to trigger it again with some of these recommendations.

45:01.59

Kimmmie

Oh yeah, and that's where I I might have said it before too like I Very much see recovery as like an action that is lifelong like even if you're at a place where it feels like your eating disorder is really far Away. It's something that. I Really think it is like an active maintenance like to keep it to to keep yourself in that place that feels good and safe in your recovery.

45:26.97

Abbie

So we talked about carbs and this actually just this managing like your recovery alongside a pcs diagnosis. The other thing that tends to come up in that same space is like the recommendation of weight loss.

45:39.28

Kimmmie

Oh yeah, that's a really big one and this is terrible advice for anyone but I think it's but what makes me really upset about it with Pcos is that because of the elevated insulin levels like your body. Sort of responds to that with wanting to hold on to weight in a way that a lot of times people with PCOS will eat , just like find themselves eating much less at other dieters because they're like why isn't the scale moving and they don't realize like oh yeah, Pc Os is at play here. So it's.

46:08.73

Abbie
Means.

46:15.61

Kimmie

Ah, dangerous recommendation for anyone but especially dangerous when you start having to do these things that are really unhealthy to try to lose weight and then you're already at an increased risk of developing an eating disorder.

46:28.84

Abbie

Yeah, why do you think so? Why do you think that I mean we could talk about this all day right? Weight Stigma and these assumptions about weight loss actually being effective when it's not .

46:32.72

Kimmie
Yeah.

46:40.37

Kimmie
, and.

46:40.95

Abbie

Why do you think so many doctors are still stuck on this in particular when it comes to p us.

46:46.49

Kimmie

Well you know I think it is a reflection of where they're kind of stuck on in many areas of like a lot of chronic health conditions if they can notice the pattern between people and larger bodies. And that condition or if they can try to find some weak link in the research they really went into, I think it's really similar to what you said, like people look for any reason to blame something else. I I think that sometimes doctors and other providers and people. Really struggle with holding empathy and kindness towards themselves and then they in turn like project it onto their patients or clients and I think if there can be kind of that sense of personal responsibility and judgment coming up. It really shows up through fat phobia in Healthcare settings.

47:32.85

Abbie

It really does and we know like statistically we know research on weight Bias in medical professionals and the rates of eating disorders in physicians I mean both are really high right? So they're not just carrying weight bias.

47:45.76

Kimmie

, and we.

47:50.71

Kimmie

Oh yeah, .

47:51.72

Abbie

Into their profession. They're trained in weight bias in school like we are in the dietetic space too right? Whether it's in therapy spaces and physical therapy and it's everywhere. But then on top of that. There's so much pressure on physicians and medical professionals to try to uphold.

48:01.43

Kimmie

, yeah, oh yeah, .

48:11.23

Abbie

The aesthetic of health that our society pushes forth and so it's even further embedded in their own personal beliefs and then they sit with a client and they like you said use that correlation research that doesn't actually show that there is a causal relationship. They just see the link and assert that.

48:30.85

Abbie

Weight loss will be an effective way to treat the condition when people get Pcs and all types of bodies right? And so if thinness was the cure then people in smaller bodies wouldn't have pcs.

48:36.84

Kimmie

Oh yeah, oh definitely? Yeah, exactly? Yeah, no, there are many people that are thin that have Pcos and I couldn't agree more that it really does start in the training.

48:47.42

Abbie

Yeah. With you.

48:53.91

Kimmie

And unfortunately whether it's in med school, whether it's through dietetics training, those environments Really really Harbor so much fat phobia so much body shame where people in all-sized bodies. Don't even feel like it.

49:01.64

Abbie

Yes.

49:08.50

Kimmie

They can eat in a way that feels comfortable or it will really start to project it onto others and so it's kind of like bouncing around the room in so many of these classrooms.

49:18.83

Abbie

Ah, hundred percent and I think going back to thinking about the person who might have p us or maybe is going through the process of the diagnosis and going to these appointments and fearing that kind of weight bias and fat phobia from their doctor and maybe getting the recommendation of weight loss.

49:36.40

Abbie

1 of the things I always suggest is asking them like well what would you suggest to someone in a smaller body with the same condition. Is there anything else that you would give any advice you'd give somebody listening in in order to like handle that conversation. .

49:39.37

Kimmie

Very. Yeah.

49:52.39

Abbie

Do not let that information or that recommendation send them astray in terms of managing their PCOs and maybe how to respond.

49:57.84

Kimmie

Yeah, oh I'm so glad you asked that question because a lot of times The attitudes that can show up both kind of like internally within sometimes from providers is that like they're pushing off prescribing medication. For say like managing blood sugar or managing PC Os because they're like oh just do X Y and C Lifestyle Fact , Lifestyle change and it'll get better

and it really increases the risk of developing like some of the complications and like kind of like comorbidities that can exist with Pcos.

50:35.24

Kimmi

So really having direct conversations with your prescribers say okay if I were thin would you prescribe medication or like what are my other treatment options and that's something that you might find yourself trying to not go into because you're noticing some of that internalized like fear fatphobia showing up. That would be a big recommendation of mine

50:58.10

Abbie

I'm so happy you said that as someone is someone who takes a whole whole bunch of medications every day like I find myself. Do you have your pill case? Oh my God I have the same one? Yes, ah yes, ah.

51:14.40

Kimmi

Yeah, it's good because you can fit so much in there like I have a lot of supplements too. Yeah, it's very big. Yeah, not sponsored I know if you.

51:18.79

Abbie

Oh yeah, it's a great one. so not sponsored. But maybe we should be , sponsor me. you know Kimmi this comes up time and again for me with clients is just this hesitation to go on medication.

51:36.71

Abbie

And that you know coming back to this theme of shame that we've talked about around Pcos and other medical conditions. There's shame in taking medication and feeling like that means you've failed to handle it on your own or that you've done something wrong or just.

51:43.10

Kimmi

, yeah.

51:51.32

Kimmi

I am great.

51:53.50

Abbie

Medication in general is so stigmatized and more so the more marginalized identities that you hold right? Because we know that it's that much more difficult to hold. So how have you come up against this in your own experience? Did you struggle with that? yeah.

52:05.72

Kimmie

Oh my gosh he has definitely it was something where I think similarly I was just like oh if I can do these things I won't need medication and I I think like just starting to realize like oh I'm actually putting myself at so much more risk.

52:16.90

Abbie

Right.

52:21.84

Abbie

Yeah.

52:23.87

Kimmie

By trying to, I think it even goes back to time like by wasting time not taking medication because I'm like giving myself this illusion of oh I can I can just like but snap my fingers to do things differently. Yeah, yeah.

52:34.84

Abbie

Yes, God I went through the same thing I'm so I just I'm so I know I know and it.

52:40.61

Kimmie

Yeah I Wish yeah we need to talk about it more right? like just generally speaking I think it's something a lot of people do. Yeah, a lot of people experience it. Yes.

52:50.70

Abbie

It's infuriating because we don't feel that way about so many other procedures and surgeries and don't even get me started on the people who have shamed people about medications but are like all about the ozempic craze like just it's unbelievable. As.

53:01.30

Kimmie

Oh my gosh I know it makes sense of yes Yes, yes right? I agree.

53:06.79

Abbie

As soon as it's about thinness. It's great right? like my god I'm like give me a fucking break. It's like it's it's I love that you mentioned the wasted time that hit hard for me Kimmie like yeah like.

53:18.25

Kimmie

Yes, yeah, save save I'll never get that time back where I could have been taking care of my body in that way. Yeah, yeah.

53:23.58

Abbie

Good. Our bodies need help. Yes, yes like I sometimes I try to just think like how many millions of things. My body is doing it for me every day and the fact that I take a couple medications to support a couple specific things.

53:32.70

Kimmie

Bringing it.

53:40.58

Abbie

Kind of chemical interactions and hormone production issues like like it's actually amazing that I'm not taking a million more right? like.

53:43.15

Kimmie

Yeah, right? I couldn't agree more, yeah because it's like our bodies are doing so much. They're up against so much. Yeah, yeah, no, it's very true.

53:56.18

Abbie

So much. Ah.

53:59.85

Kimmie

Yeah, and I think for me the reframe of like oh this is actually part of preventative care. This is going to be a gift for my future self. It was a really helpful reframe.

54:08.20

Abbie

Yes, yes oh my God Well okay talking to you has just brought me a lot of joy just so you know I Just you're just to me. Ah I.

54:17.70

Kimmie

Oh the same? Oh my gosh. Thank you? Likewise Yeah I feel like we have so many similarities and like things we've experienced around this. So yeah, so so great. Yeah.

54:28.67

Abbie

Yeah, ah I'm just grateful for you Kimmie I'm curious like I know that so before we fully wrap up I know that you've developed a course. , which I'm so excited about is for providers right? to help folks with pcs.

54:37.14

Kimmie

Ah yes, you did. So it's a provider course that can tell you a little bit about it. Yes.

54:45.11

Abbie

Yeah, tell me about it and kind of give me maybe just like what I mean. I'm assuming I can guess that like with everything we've talked about it's like there are so many gaps in knowledge and in training around this as you've kind of highlighted.

54:56.24

Kimmie

The. Yeah.

55:03.74

Abbie

And how important it is to equip people with evidence based information and compassionate trauma informed care approaches. So I can imagine that that gave rise to this but I'd love to hear about why you created it and then what's in it and yeah, just yeah, give it to us.

55:06.91

Kimmie

Are.

55:17.45

Kimmie

Yeah, oh my gosh. Okay so I think my personal drive to create. It was really driven by the fact that I should realize I do like gathering a lot of PCOS knowledge that a lot of providers don't have and like my inner nerd is excited to dive into science and like.

55:29.88

Abbie

Is it?

55:36.76

Kimmie

Summarize it to be to providers that really don't want to have to go through that entire process. But then also combine that with what I know as someone that has Pcos and works mostly with people that do as well. So yeah, a little bit more about it. Let's see. It's going to be a very deep dive on what pcs is. If It can cause Infertility. Why is it still around and we know there's a genetic component? Like really interesting tidbits about it there but then also , how

it affects so much more than fertility how it does affect body image. How people can work through recovery. Alongside Pcs management and then like lots of great information about. Okay, if you're not cutting carbs and what are you doing to manage Pcs and how to bring gentle nutrition in. So yeah, I'm really excited about it. , yeah I was going to be launched a little bit sooner but taking that time to grieve.

56:30.53

Abbie

Yeah, kimmy.

56:32.30

Kimmie

Has given me some nice time in like giving myself some space and creating it. So it's going to be yeah, probably in early March so if you I don't know when this is going to be up before then do you think.

56:42.57

Abbie

Yeah I'll get it. Yeah actually just knowing that it is good I'll get it out before then for you too. So the folks have contributed. Okay.

56:49.13

Kimmie

Oh Greg great yeah because registration is going to start in Italy yeah in a few weeks. But yeah, yeah, I'm , it's and it feels like a really exciting time and it's been really fun to put together like behind the scenes.

56:59.27

Abbie

It feels so energetically right? just hearing you talk about it. You're just like lighting up and I can tell how much you care and how much this is personally impacted ah like you and I you know I don't believe that we need to have personal lived experience with these things in order to help people with them. But I do believe that.

57:03.60

Kimmie

Thank you, Thank you.

57:18.67

Abbie

It makes us that much more magical. at supporting folks so which I deeply resonate with I think yeah I can just tell how much it means to you. So if you're a provider and you're listening to this I'm going to link. Ah I'll link your website Kim me and where to find that and everything the course.

57:19.19

Kimmie

Yeah, move.

57:34.47

Kimmie

Perfect. Yeah yeah, definitely yeah, head to my website and I have the waitlist up now for the course and I also have some other good provider stuff up there for you if you want to learn more about pcos.

57:38.60

Abbie

Okay, , okay, amazing. Okay, oh my gosh. Well like I said it has been a joy and to talk to you to get to see you face to face and you shared so much helpful information. So.

57:53.67

Kimmie

Seeing you.

58:01.33

Abbie

Besides the course, anything you want to add about where folks can find you and learn more from you.

58:06.24

Kimmie

Let's see, yeah I guess on Instagram you can find me at bodyhonor nutrition and on my website bodyhonor nutrition.com I think I think those are yeah that's it yeah yeah I think so yeah.

58:13.58

Abbie

Those are the main places to hang out. Okay okay I'm just throwing a random last question here for you hat tip to the podcast name again something that you're going to take off your plate today.

58:22.52

Kimmie

Yeah, ah.

58:26.39

Kimmie

Oh my gosh today you know what? Let's see. I think that a little bit later I'm going to clear out my inbox which feels like a huge thing I want to take off my to-do list and. After that I'm going to try to relax and rest then spend time with my cats and yeah, so I think it's going to be a really nice and nice evening.

58:49.29

Abbie

, oh that sounds so good hi to your kitties. They didn't come say hi I'm disappointed God ah.

58:56.10

Kimmie

Ah I know you know what you're lucky because they were causing so much chaos earlier this morning. I have like a tapestry on my wall and one of them was like trying to drag it down during it was so ah.

59:09.30

Abbie

Ah.

59:12.53

Abbie

I feel that so deeply. My dogs get into these like intense wrestling matches in the background and my clients are like trying to pay attention. I'm like I'm so sorry I'm so sorry this is so distracting. It's like MuFasa and Simba back there. Ah.

59:19.00

Kimmie

I know I'm like how do I like yeah listen to what you're saying and also yeah, they're funny because one of my cats names is Hiba So I'm so serious and he's the one who's such a troublemaker but so sweet.

59:30.60

Abbie

Just shut up. Oh my God ah.

59:37.52

Abbie

Ah, oh my god we'll say hi to them also say hi to your plants you know and you we talked about that off Mike but like plant mom to plant mom. , but I just think it's real. It's a real struggle but hugs to you Kimmie I'm just so grateful for you. Thank you for doing this.

59:40.89

Kimmie

Ah, yeah, it's a struggle. Thank you Thank you? It's been my pleasure.

59:55.31

Abbie

Have fun with the kitties tonight.

59:58.24
Kimmie
lf.