

Season 3 Episode 6 of No Body Asked for This With Nicola Salmon

Kendra

Hello listeners. Welcome to yet another episode of nobody asked for this a diet culture takedown. I'm your co host, Kendra

Megan

and I'm Megan.

Kendra

And I know you're really thrown because we sound like we're different people. That is us. Hello.

Megan

Surprise. It's Actually your American co-hosts

Kendra

don't worry, we will not make you suffer any longer through those accents.

Megan

No.

Kendra

Oh my gosh. But here's the deal, y'all this episode with Nicola Salmon.

Megan

from the UK

Kendra

from the UK. And we're just super inspired. You're gonna love listening to Nicola speak

Megan

for so many reasons

Kendra

for so many reasons. But you know, because of her accent, let's just be the most American we can be here.

Megan

We Love an accent.

Kendra

So Nicola is an author of fat and fertile and a fat fertility coach, and you're going to get to hear her pretty incredible story of how she ended up in this work when we get to that part of the episode, the

interview part. we want to say that you're going to hear a shut the fuck up intro from us. Because there have been big old new developments since we recorded this episode with Nicola. so just get ready. Nicola's part of our shut the fuck up. And so we will fully introduce her when we get to the interview.

Megan

Right.

Kendra

We just want you to know that we really, really wish we could speak with a British accent better than we can.

Megan

We really do.

Kendra

So before we get to it, we want to let you know that what we talked about in this episode is fertility. We talk about PCOS, we talk about experiences with that. And we might get into a little like, capitalism take I don't know. Because doesn't it all just come back to that.

Megan

that doesn't sound like us.

Kendra

No this doesn't sound like us. so take care when you listen. Or don't if you need to not listen.

Megan

This podcast is for entertainment number one. And then number two, probably information number three education. So if you

Kendra

probably met order,

Megan

probably in that order. If you want to talk to somebody and you want some advice, see a therapist if you need medical advice, find yourself a hase aligned doctor or nurse practitioner.

Kendra

All right. Here's the episode

Kendra

in this upcoming shut the fuck up. We talk about Adele, with Nicola. And we recorded this again, like everything you've heard so far this season. What a year ago

Megan

it was really early 2020 Like maybe January or February 2020

Kendra

for real early ago, a long, long time ago. And Adele had, you know had been quiet and not posting for a long time. And then posted some photos. And her body looked different. And she didn't mention anything about that she was posting about where she was or what she was up to. And people could only comment on her body.

Megan

Right.

Kendra

And so that is what we talk about in this upcoming and what you're about to hear for shut the fuck up. But of course since then, and actually just recently, Adele's new album 30 dropped. And in the course of promoting that she did this big concert and interview with Oprah for CBS. I have to say I watched it, I recorded it. The concert is really good. And in this interview with Oprah, for what I believe is the official first time she actually answers some questions about this because of course Oprah is asking her

Megan

I'm just laughing right now because first of all, if you're not listening to maintenance, a maintenance phase, listen to maintenance phase. It's such a good podcast, and they frequently bring up Oprah and like of course we all love Oprah. Yeah. But boy has she done a lot of harm in the weight diet eating exercise arena.

Kendra

Yes. Oh, yes, she totally has. Oh, yeah. That's unfortunate. And of course, Oprah asks Adele about what do you think about people commenting on your body? So we just want to respond briefly to that before we get into the rest of shut the fuck up. And there's a few things that Adele says that are right. And Correct. And then there are some things that are not right and correct. I think it's important early when she's kind of talking about why kind of how it even happened was that she never set out to lose weight. She was trying to deal with her anxiety. And being in the gym and lifting weights is how she was able to get a handle on that. And she even says, like, I literally had nothing to do. And the stability of a routine of going to the gym in the morning, and then going on a hike was really important for my mental health. And I think that's a really, I'm really glad that's how she's, that's how she led out this conversation.

Megan

me too. And I think from my future therapist hat, like, what I know about anxiety is there are there's this thing called tips, it's a what acronym or whatever, if you're in it, if you're in an anxiety attack, if you are super dysregulated. In that way, each of those letters stand for something that you can do in the eyes for intense exercise. Because that is a way to regulate your body and decrease things like anxiety and panic attacks. So she's doing an evidence based intervention.

Kendra

Yeah. But then she makes the comment. It's well, let me say this. It's also I guess, maybe not that surprising that Oprah is surprised that it wasn't about weight loss. But yeah, that's just a sidebar. She makes a comment that I think needed, need some clarifying, essentially saying that the weight loss led to her mind getting clearer.

Megan

It's not the weight loss. It's the structure of your day, the structuring of your day, the exercise that you're doing that helps regulate your emotions, and your affect it's not the weight loss.

Kendra

And it was such a quick comment that maybe, maybe she didn't maybe she meant the whole and not that case, but it sounds to me, in reference to weight loss. I just think we need to clarify.

Megan

Yeah. Or at least the way Oprah responded to it, she kind of framed it that way as if it was the weight loss. And let's not ignore that it was probably also the the very positive responses she was getting for people Adele was getting from people

Kendra

Sure,

Megan

while her body was getting smaller like that, is that that sort of social praise for losing weight is very impactful.

Kendra

Yeah, but I mean, I will say she, I mean, because she's never really responded to it. I mean, she and she made the comment about it being like, people have always scrutinized her body, that's always been people's MO,

Megan

right,

Kendra

no matter what she looked like,

Megan

right. yeah.

Kendra

And then towards the end, she gets into talking about, you know, she makes the comment of I was body positive then and I'm body positive now, now that I'm back working, and I don't have the kind of free time that I had, I might gain weight, I might lose my mind weight might fluctuate, and that does it. That's okay.

Megan

Right.

Kendra

That's an important statement for her to make. Because she's right. That is true.

Megan

She's absolutely right. And I something that I just want to name like sitting here talking about this, as you know, like I really felt for her watching that interview, because you see her say, like, my body, like you just said, My body's always been a topic of conversation. I was too thin, or I was too fat, or I was all these things. And then I'm thinking, Well, gosh, here we are talking about her body.

Kendra

Yeah.

Megan

But I think there's something to be said about the nuance of because we talk about representation and how meaningful fat representation is to us, because there's so little of positive representation in our media.

Kendra

Yeah.

Megan

And so I think when you when you have such a platform, you have bigger responsibility there. And I think something as fans as people who seek representation, what we have to be careful about is when we find these people that feel representative of us, that doesn't mean that we have ownership over them.

Kendra

Yeah, exactly. Yeah, that's a great point.

Megan

So while our feelings about how the public is receiving her now as a smaller person, are valid, because I think there's sadness there, for me, at least, because it's like, oh, people are showing their real values. If they're happy that she's smaller, but maybe my desire for her body to change is something to explore and be curious about. And what do you think?

Kendra

Yeah, I think she made a comment about the it isn't her job to validate how other people feel about their bodies. And she's right.

Megan

Yeah.

Kendra

I mean, she's right. That isn't her job to do that. And yet, you know, in the position she's in offering any even a word of validation or a word of acknowledgement, that that is happening. Yeah, I mean, I do think that we, we put a lot of additional pressure on people who are just trying to be artists, you know, because that's where we are in society. And I'll tell you right now, I love Adele. I love her new album, I love her old albums. I don't care. She makes good music. And, and what I what I have noticed is, at least as far as her public perception is that she is still she is still who she was, you know, right. She hasn't, like, changed how she talks or what she talks about. She's still talking about the same way, you know, and I think that's, to me, that's I don't know, maybe I want I want to believe that that is some picture into the fact that it really wasn't about some sort of image thing,

Megan

Aprepoe to the conversation on our last episode, where we discussed how we had to take an episode down. And you may or may not know about the circumstances surrounding that. The difference here, vaguely is Adele is a singer, singer. She's a performer, she's an artist, when you are doing work around liberation, you need to be very intentional about who you're centering in that work.

Kendra

Yeah.

Megan

And who if your body represents a lot of privilege, then you need to be extra careful.

Kendra

Yeah. Alright, so now listen to our thoughts from a year ago with Nicola salmon.

Kendra

So now we've come to our segment, shut the fuck up, where we talk about diet culture in pop culture. And today we're going to talk about Adele. Because recently, she's been posting some photos about her life. And people think that the one and only thing that needs commented on is her her weight loss, which she is not commenting on at all. She's just posting photos about her life. But there are now like articles all over the place trying to figure out well, how did she do it? And what is the secret and blah, blah, blah, blah? All these like, I don't know, it's a it's like in all the tabloids and all the things and if you go read comments on these posts, oh, it's just kind of sad.

Megan

Like a little diet culture microcosm to look at all those comments. Yeah, I don't know that I'm using microcosm correctly. I think that's appropriate. Because Thank you. All everyone is saying like, yeah, Kendra, she said nothing about her body. And whatever caption she's writing, and pretty much every caption is either way to go. You look right. Or I'd like to better bigger. Yeah. Which is like, equally tough. Yeah. What do you think, Nicola?

Nicola

I'm so grateful that she's not come out and said, Here is my expose on how I lost all this weight, bah, bah, bah, bah, bah. But it's so sad that that is all people are commenting on and caring about when she's just out there living her life and doing her thing. Like, she is totally allowed to do whatever she wants with her body, she should have complete body autonomy. But the same goes for everybody else. We should just mind our own flippin business, right? Because her body has got absolutely nothing to do with us. And it just shows so vividly how obsessed we are with other people's bodies and what we make that mean, about our own bodies. And, yeah, it's just really sad.

Megan

I agree.

Kendra

I agree.

Megan

And compliment what happens when we complement someone's weight loss is, first of all, you have no idea why that happened. So so people lose weight sometimes because they're really really sick, or they have an eating disorder. So you might be complimenting someone's sickness, or their eating disorder, and that is not good. And then even if you know they are happy with the change that they've gone through, it just reinforces fat phobic ideals.

Kendra

Right. And the thing that I think is really interesting is that all these like the comments, I think in some ways, unfortunately come to expect them to be what they are, but the the articles that are being written As if like, she's uncovered some magic pill or something like, all of a sudden, she has dropped out, whatever however much she's dropped and, like, well, so and so overheard her tell somebody this blah, blah, you know, it's just like, it's probably all made up. But there's all these like articles being written about it. And I worry for the people who are, who buy into that and are like, Oh, okay, well, if that's what so and so heard so and so say that Adele said to them, then maybe I should try that, you know, like to buy into, like, that's the only way to find worth in this world, you know. And I'm really glad she isn't commenting on it. And when we were talking, just before we started recording, Nicola you had a great point that it's a bit sad, like, not not necessarily just the comments, but as somebody who made it to Adele's height in her career, and like, was this, you know, the biggest pop star won all the awards, in while she was in a bigger body, she was kind of, you know, this representation. And now that's been taken away. And there is some grief in that, I think, for those of us who have kind of look to that for, like, that was encouraging to see, you know,

Nicola

we need more bigger role models, you know, thank God for Lizzo. But we need people to be representing as in all areas, like recently I did a post about so I talk about fertility a lot. And one of the people who I was working with couldn't find any pictures of her body size, how to inject medication into herself, or something you got to do through IVF. And you couldn't find that representation. And that meant that she was panicking, because she didn't know where to inject drugs and what that would

mean, and whether there was a right place or a wrong place. So we need these people. Because we need to normalize our bodies. And when people you know, its sad, and you know, I do not want to deny her that right to change her body. Because, God if you think about the pressure that we're under to change our bodies, like that must be a million times more for her because she she will get it everywhere from everybody. Being in the public eye, like, we just have to take the comments on her weight loss, for example, like everybody has to chime in with their two cents. And yeah, like, I can't even imagine the pressure that she must have felt like, you know, for the span of her career, because she's been here a long time now, like, gosh, I can't even think how long it must be at least 10 years of like her music being around and she was a long time.

Megan

Yeah. Yeah, that's a lot of pressure. I can't imagine. something that you just said Nicola, about the needing the representation of literally how to inject IVF. So it's not just it's not just that we need representation in order to like change our brain and how it thinks and to feel more accepted. When it's literally an access issue. It's systemic, it's affecting healthcare in a huge way.

Kendra

Right

Nicola

And it's, you know, if we have representation and pop culture that feeds down that, you know, as we start to normalize people, and people see people of all shapes and sizes, in the media and in the magazines and on the television, you know, that makes other companies realize like the people who make IVF meds, they kind of realize that they need to see a diverse representation on bodies in everything. And, you know, that filters down and this is a big way of just bringing awareness to the fact that we all exist, we're here. We need meds, we need this, we need that, and we need to be able to see ourselves in those things as well.

Megan

Yeah, totally agree. And we're actually in the majority. Yes, people thought, right, right. I mean, it's, it's baffling. And it just shows how deep that phobia goes to know that we're in the majority but still, capitalism doesn't want to serve us and profit off of us. Because fatphobia runs so deep,

Kendra

not to Adele, but to the sole focus on any of her Instagram posts that are solely around commenting on her body we say

Megan

shut the fuck up

Megan

Today, we are very excited to be chatting with our friend across the pond. Nicola Salmon who is a fat fertility coach, and author of fat and fertile welcome, Nicola.

Nicola

Oh, thank you so much for having me. I'm so excited to be talking to you guys.

Megan

We're so happy you're here. So the first thing we like to do is just ask you what your preferred pronouns are.

Nicola

My preferred pronouns are she and Thank you for asking,

Megan

and what do you what is your preferred size descriptor for yourself?

Nicola

So I 100% of facts. But I would describe myself as a small to medium fat. So for me in the UK, that's, I can get clothes sometimes and most high street stores, but mainly I shop online,

Megan

and our High Street store what our high street stores.

Nicola

So we have so in our towns and city centers and things there, we've got a few high street shops that will like shops that will access give me access to clothes, but most of them will be like a tiny, tiny section of the shop. And there is like maybe one shop that caters to plus sized people in my city, which is fun. So yes, thank God for ASOS.

Megan

Thank God. And simply bee is English to isn't it?

Nicola

Yes, yes, yes. No, it's so nice to finally be able to have a selection of shops, you can shop online for so long, it was really, really poor.

Kendra

So I would say it's probably it sounds like it's harder in the UK than it is in the US like that. We may have some more brick and mortar stores that are

Nicola

I think you do Yeah, I think you know, because you have the big malls and you've got I think more space like, because of the way our country's grown, I would say like we got like, the shops are a lot smaller, and they're not as centralized. So like shopping areas are very spread out. And it just makes it really difficult because you can't find multiple stores. So if you if I want to go shopping for an outfit save like an event I've got I struggle to find anything when I go to like a, where all the shops are, which is

ridiculous, because it's like you said, I'm a average sized person. This should not be difficult for me to find clothes and give people my money. So I can think that I want to wear

Kendra

right. Yeah. So how did you get into this field that you're a part of.

Nicola

So it's a bit of a twisty turny story. The key points, I was diagnosed with polycystic ovarian syndrome when I was 16. And told that I won't be able to have kids. So at a really young age, I was kind of thrust into this idea that fertility might be really difficult for me it were really difficult for me to get pregnant. And I didn't really I didn't really do anything with the information that I thought at the time. But looking back now I can really see how much it impacted my confidence in my body, my self worth. Just even like choosing partners like it really impacted how I saw myself in the world. And that really escalated. I already knew that my body was different. But this really escalated weight loss for me. So the doctor says you have PCOS, it's like losing weight really helps. And so that kind of really kick started. A lot of the yo yo dieting behavior then went on to have for the next 10, 15, 20 years of my life. I did the whole uni thing went to uni, got a job. But then when I was working in my first kind of professional job in London, a guy got shot outside my flat. And it was quite traumatic for me. So I ended up suffering from PTSD from that. Then, I tried lots of different things to kind of support me with it because I was struggling to go to work and I was having nightmares and really lonely. And then randomly I went into a therapy center asked what would help they recommended acupuncture for me, which I'd never tried before, didn't know anything about. But after six sessions, I felt more like myself that I had to in four months. And I was just so taken aback by the impact that it had on me that I decided to train as an acupuncturist, which is what I did for the next four years. And then because of my own stuff around my hormones and my fertility, I decided to specialize in fertility for acupuncture. And then kept going in that kept understanding a bit more about that I trained as a coach, because I really wanted to support people mentally and have more their mental health because I saw a really big gap in my knowledge around that. And then I got married in my personal life, and we're starting to get ready to have a family and I got pregnant really easily, really quickly. Even though I still was in a bigger body. I was still having 100 Plus day cycles, like my PCOS was so rampant, but I got pregnant and I spent my first pregnancy terrified that something was gonna go wrong because I was told it's gonna happen. But then I got pregnant again really easily. And yeah, I have my two sons and then when they were born and when they started being aware of like the world around them and what was going on. I really, really was hyper aware of what I was eating, and how I was talking about food and how I was talking about my body. And I was like, You know what the fuck it enough is enough like, I am not going to pass this on to them, I am not going to be one of those mothers who constantly talks about the diet that she's on and how horrible her body looks. And I just did not want that to happen. So I said, No more dieting. I'm never gonna weigh myself again, I smashed my scale. That's right. And then I was left with this big hole in my life, I was the person who was trying to lose weight. And who am I as a fat person make it told that we've got to be always chasing this ideal of being in a smaller body. And then really, luckily, for me, I must have been joining Instagram around this time, I happened upon people who were talking about how happy they were in their bigger bodies, and I found the health every size movement, body positivity movement, intuitive eating movement. And I just just I could like, it was I kind of just had a big sigh of relief of like, oh my God, thank God, there is something else, thank God, I can be okay in a bigger

body. And I can see other people doing the same thing. And the more and more I learned about it, the more and more I realized, oh my god, you know, like, I have been lied to my whole entire life. And now, with my work, I just couldn't keep showing up as a fertility coach in the same way, because I knew there was so much rampant dying culture in the fertility world, like every every search you do about fertility, fertility diet will pop up, or the juice cleanse or a restriction or don't eat gluten, dairy. And I was just like, there is no body talking about how it's okay to be in a bigger body and getting pregnant. It's all lose weight, lose weight, lose weight. So I was like, Okay, well, if there's nobody else doing it, then I'm going to have to step up and do this, even though I didn't feel ready. I didn't feel qualified, didn't feel that, you know, who was I, I didn't really know what I was going to do, I but I just decided that I have to do this. And I had to show up for these people. Because I knew in a parallel universe, that would be me, that would be me, not being able to access the health care, I needed to have my babies. And I knew that these people don't have the energy to sometimes advocate for themselves. Because we are told over and over again, it's awful. It's our fault that we're bigger. It's our fault that we can't get pregnant. If you could just lose weight, you'll be pregnant, and it'll be fine. And it'll be easy. And the guilt and the shame and all that is laid on these people. And they don't have the will to fight it because they don't understand that they can or that it's not their fault that it's the diets. That's the problem. And so yeah, so that's got me to where I am now I know a lot more than when I started. But still, you know, I've got so much more to learn and so much more ways that I can support these people. Because God like the stories that I hear these people need our help.

Megan

Yeah, yeah, that is so powerful and encouraging. And I hope everyone listening, that is in a bigger body. And you know, thinking about fertility. I hope that that gives them some peace of mind. I have PCOS, I'm probably not going to have children because of other reasons. But there have been times in my life where I was devastated. Because I was living in a bigger body with PCOS. And you know, thought, well, I probably won't be able to have children. And especially for women, when so much of our value is tied to our fertility because of patriarchy,

Kendra

and purity, culture,

Megan

and purity culture, and everything else. It's, it's such a grief for that option to just be taken away. So I'm so excited to talk to you about this. And so I'm just honored to have you on that. And hopefully, this will be like a helpful thing for people.

Kendra

I do not have PCOS. And I'm not in a place where I'm think where I'm like, Okay, let's have children or anything like that, though. I'm not necessarily in a place where I'm like, Yeah, let's maybe having a kid right now something I want. I want to have the information about my fertility ability options, I don't even know the right way to talk about it, but so that I can have all the information to make an informed decision. You know, if it is something that I want down the road, or is it even something that is possible, you know, for me, and so, I'm just I think it's important that we're talking about fertility in general. We should be talking more about women's health is not talked about enough and certainly not given

enough research and studies and not you know, any backing to help propel it into the 21st century either. So

Nicola

yeah, because we don't have a penis, right? We don't like it enough to be researched medically and supported medically. And, you know, for most people who are, who have vaginas who have female reproductive organs, yes, it's something periods is seen as an inconvenience until you want to have children. But actually, it's an integral part of who we are and part of our bodies. And it impacts us every month in different ways that we are never taught. So we're taught the basics at high school, right, we're taught about kind of the basics of the cycle, and we're told to go near boys, if you have sex, you're going to get pregnant. But actually, there are like six days in your cycle when you can physically get pregnant. And your hormones affect everything about how you show up in this world. They affect your mood, they affect your appetite, they affect when you want to exercise and how what exercise you want to do, what ways you want to move your body, they affect how your right brain and left brain work. And when you're going to be great at some stuff at work, and then stuff but the world is not designed for us. The world is designed with the patriarchy in mind. So it's designed for people who are assigned male at birth and have those hormones that reregulate in a 24 hour system so they can get up at the same time, do the same work come home, and they'll just go every day every day. And it doesn't work like that for us. But we're not told that. So we feel because we're crazy, because one time we're feeling great. And then the next day, we're feeling like well, I can't do anything at work today. And I'm just gonna sit here and pretend like I'm typing, because my brain is just not functioning. And we feel like there's something wrong with us when actually we're just not given the instruction book as to how our menstrual cycles work and how it will impact us on a day to day basis.

Kendra

Yeah. And I want to know, I really appreciate your distinction of it is it is people with you who have uteruses that this affects it's not just women that this affects, we always want to acknowledge that too.

Nicola

I'm trying I'm really, really trying to do this work. And it's really, really important to me, that we're trying to make that distinction.

Megan

Yeah. What myths do you come across about getting pregnant while fat and your work?

Nicola

So the main myths that I hear is that you have to lose weight in order to get pregnant, and that if you get pregnant in a bigger body, a it's going to be harder, and b you're going to be putting your potential future babies at risk. Because there is so much in that, that you are putting on people who want to get pregnant, right? You a, you're making it almost impossible for them to do that. Because you're telling them time and time again, you can't have children, you can't have children, you can't get pregnant. And then they're putting it off, and they're putting off and they'll be like, okay, when I've lost X amount of pounds, I'll be able to do so I'll go on this diet, and I'm going to get to this. So there again, it's the you know, they're putting off and they're putting it off. And we know age is a factor. So the more that you

can bigger bodies are putting it off putting off, they are reducing their fertility, because they are waiting, and they're waiting. And it's the same when they go and see a doctor. If they go and see a doctor and they say, you know, like we've been trying for a year, things haven't happened, can you can we run some tests or find out, Oh, well, you're still too big, it's your weight, go away, come back in six months, we'll try again. And again, it's putting off putting off putting off because that six months, especially for someone who may be in their 30s, early 40s, that six months is going to have a far significant impact on their ability to conceive than any amount of weight that they usually if you assume that weight is going to have a thing Oh, which we know isn't right. But the research that the fat phobic research they have, even if they drop X amount of pounds, still wouldn't have the same impact as being six months younger, if that makes sense.

Megan

That does make sense. And it's mind blowing. I mean, it's not my mind blowing, because I you know, know that size, you know, isn't correlate to fertility. But the fact that the time does so much and the fact that doctors are just ignoring that.

Nicola

Yeah, they just it's that blanket, not even really thinking about it. And it's, yeah, there's so many ways that kind of weight stigma shows up or really, obviously, in this area, because we're talking about life, right? We're talking about creating new life and passing on our genetics, and people don't want fat people in the world. Right? And it's, you know, that genetic component of passing on your genes to the next life. I think some people they kind of package it as Oh, well. If you get pregnant in a bigger body, your child's future child will be at risk of XYZ, they're going to be fat, they're going to be unhealthy, they're going to get diabetes, you know, like, all this stuff. So of course, that's like terrifying because you want the best for your child, you want the child to be healthy and well, and, but that just creating this story around the fact that your pregnancy is going to be awful, you're going to get all these problems, and then your child is going to be unhealthy. And, you know, the guilt, the shame that they're already feeling about being in their own body, and then you label this on their future child. This just, it's a way of stopping people from bigger bodies from reproducing. it terrifying.

Megan

I had never thought of that perspective.

Kendra

Yeah, me either,

Megan

that people are probably actively trying to stop it so that those genes don't get passed on.

Nicola

I mean, I don't know how conscious that.

Megan

Right, of course,

Nicola

but the result is the same, right?

Megan

Yeah. Are there health behaviors that people wanting to have children can engage in, that are unrelated to weight? That can What would you, What would you say increase their fertility?

Nicola

So yeah, I mean, yes, totally, there are. And the thing with fertility is it's not a separate system, we don't have our reproductive organs, separate from our body, like it's all together, it's all smushed in there, with your digestive system, and your liver and your kidneys, and everything impacts everything else. So how your menstrual cycles working, how your fertility is, is really just another reflection of your health. So supporting your health, supporting your body in the best way that you can get for where you are right now, is going to give you the best chance for kind of getting pregnant. So it's, you know, all the great health promoting behaviors, regardless of whether, you know, however it impacts your way, those are the things that you want to focus on. So moving your body in ways that feel good. Drinking plenty of water, making sure you're hydrated, make sure you're getting enough sleep, making sure you're prioritizing your own needs over work, people in your life, you know, like doing things for others, you know, like making sure that you're getting all your needs met, is going to be the best way to support yourself and getting pregnant.

Kendra

So we know that here in the US, our health care system is abysmal? Is that the word of Choice? It's pretty terrible. It's built in capitalism, and it's not actually interested in helping people. The general public, it's more interested in putting money in insurance company's pockets. So yes, that's a statement I've now made. And

Megan

abort abort. ha.

Kendra

And so obviously, the health care system in the UK is different. I am not highly versed in it. But I wonder if you can speak at all to how it treats, families people, or is it a system that is built for all people? I mean, maybe that's the place to start?

Nicola

Well, we're not too far behind you in terms of, you know, like, what, as much as our government says, We're not privatizing the NHS, the NHS has been privatized right now. So I imagine in a few years, we're not going to be that dissimilar from your healthcare system, unfortunately, but at the moment, we still have an NHS, which is a national healthcare system. And this provides free access point kind of health care for people, regardless of their age, class, you know, like, anybody, anybody, and everybody can go and get health care when they need it, which is amazing. It's phenomenal. But as it's a limited resource, they have to make sure that they are being effective, quote, unquote, with their the way that

they are dishing out the money, so to speak. So at the moments, it's people can go and see their doctor and get tests and basic tests and basic treatments. And then if they all come back fine, and there's nothing that a doctor can do for you, then you'll immediately be given like access to IVF for the majority, so we have like, like rules and guidelines around what each area should give. And the guidelines say, three treatments for every couple, but based on like there's some exclusion criteria, but the way that the healthcare like the areas have decided to interpret this is now they're only going to offer one per couple. And if your BMI is over 30 Nope, you don't get anything. So anybody under 30, even if it's a male factor, so even if you're a head cup or heterosexual couple, and it's a problem with the sperm, the woman is fine woman is healthy, there's no issues with her. They found you still don't get done. You still get to access that cycle because the woman is in a bigger property. How fucked up is that?

Megan

so fucked up and we know that the BMI is bullshit.

Nicola

Yeah, like it's a completely arbitrary cutoff. And it doesn't even mean anything anyway, it's just like, oh my god, guys, come on, please.

Megan

It's just discrimination. Right? Y

Nicola

es. Basic, plain and simple. Like, yeah, discrimination against people in bigger bodies.

Kendra

So what is the a lot of like the Registered Dieticians that are now anti diet registered that we talked to are, they come out of their programs and then and they've, they're like, well, we read a couple of things related to like Health at Every Size or intuitive eating. And it's only once they get into their practice that they go, Wait a second, and then they do some more kind of on their own and then find this new, new lens of which to practice through. And I'm curious if just if that in the education of doctors registered dieticians is similar in the way that it is here that it kind of teaches towards fat phobia? Yeah. And if that's the same in the UK.

Nicola

Yeah I mean, all doctors are put through like a seven year medical program, which is very patriarchal, very fat phobic, very steeped in like this capitalist, all men are Gods kind of thing. Our dietitians are kind of different, we don't really have we have registered dieticians but not in the same way. Like it's, I think the way that our kind of, you know, names are protected are very different. So you could call yourself a dietician, I think, or a nutritionist, I don't quite remember the names of the rules, but it's a little bit different, I think. But yeah, we don't really have many healthcare providers that are health at every size informed. In fact, I don't even know if that's something that's covered. Getting with our midwives, again, without, you know, many healthcare professionals, I say would not have been educated at all, in any of the health at every size movement, which is such a shame. But something that would be amazing to

change. But like it's so entrenched, like this fatphobia and this patriarchal system that, you know, it's like walking through mud, right, again, just like one foot in front of the other slow, slow, slow.

Megan

I'm curious to know, if you think that you talked about how you think that the NHS will be privatized? Do you think that that's because of Brexit and just like a general? Like how most countries are sort of swinging more conservative?

Nicola

Yeah, I think it's a lot to do with our conservative government. And I think that social media is playing a big role in this actually, I feel like the way that our media has evolved, and the way that our media can be targeted at specific people and their specific views. I feel like there's a lot of fake news around and a lot of manipulation of people's point of view in our country, so that we have had, you know, recently we've had a new election, and it's conservative majority. And it's terrifying, to be honest. And now that Brexit is going ahead, you know, I'm thinking of emigrating. But, yeah, I think it's basically just to make more money for the people who already have the most money. And it's, I hope to God, this is like, capitalists like capitalism is last kind of grab at trying to grab power before this new system evolves and can kind of form of, you know, more gentle, more feminine, more nurturing, and supportive and community and you know, all that stuff. But it's impossible to know, these days, like, things change so quickly. And so surprisingly, like when first voted for Brexit, like, I was in a little bubble, and everybody was like, cause we're not voted for Brexit, the most ridiculous idea in the world, but then it went through, and it's just like, oh, fuck, you know, like, what country Am I living in my that's, that's the thing that people want. And that just makes me so sad. So yeah. It's all intertwined. You know, it's all like, feeding this hate and this fear of people who are different from us, and then you know, like trying to separate out people so people in fact bodies, people in brown bodies, people in like, you know, gender queer bodies, which they're trying to separate those groups out so that that these groups are small, and they're not able to, like, form together and create this kind of mass rebellion that we need to really create a better world for everybody.

Nicola

It's intentional.

Kendra

Yes, yeah.

Megan

And kind of like I was saying earlier like this is systemic. So idea. What if we could find and uninhabited but inhabitable island

Nicola

like a planet then

Megan

You know what, let's just go with it. And we can all immigrate there. And we can be the first we can do Try our very, very, very best to not be fat phobic to not be transphobic to not be homophobic to not have a white supremacist society to not be ableist Are you in with me?

Nicola

hell to the Yes.

Kendra

I think that the people that should be running that are the native people. So just like people have plans

Megan

to planet that we're going to have. Yeah, there yes.

Kendra

But I'm saying the ones who are here that we've all taken land from we should take them and let them run

Megan

indigenous people. Yeah.

Nicola

Can you imagine if indigenous people around the world like it would be phenomenal, right?

Kendra

I mean, it really would be. Yeah, all of

Megan

this speaks to how important intersectional ism is.

Nicola

Oh, I have to tell you guys, I went to a show yesterday. It was the most phenomenal thing I've ever seen in my whole entire life. It was like this. It was called the world is on fire. And it was like fat people, trans people, gender queer people. Singing, performing. Oh my gosh, and the room was full of gender queer, fat people. And I was just I just felt like I was home. I felt like I was normal I loved and the just the atmosphere was insane. And these people who put it on so we had Jess Baker.

Kendra

Yeah, I saw her post about this.

Nicola

like royalty. Comedians, Sophie Hagen, and Megan Jane craft for body posse Panzer and nominal people were there. And it was, you know, that's how I could imagine our world running from these people like true representation across the board like non binary. And it was just like, yeah, utopia.

Kendra

Yeah, we need to do something like that here in the US for sure. For sure. I'm wondering what your like what your peer situation is? Does that make sense? Like in that in your field, like, do you? Like do you have peers that see the world the same way you do?

Nicola

I seek out peers that see the same the world the same way I do, Yes. So when I first started, I've kind of created a community in the facility kind of coach fertility support world. And when I started talking and being more visible about the message that I knew I was here to talk about, I came up with some resistance, a lot of people saying you can't talk about this, you can't do this, this is wrong, you're going to be hurting people by talking about this message. And that was really hard, especially when I was starting, I wasn't confident, I didn't really fully understand the nuance of the topic and the research behind it. And it was difficult for people who I respected to come out and kind of they would do trying to do it in a kind way. But they weren't, you know, like, when I see them, now they blank me. So they were obviously like, felt very strongly that what I was doing was harmful. And that was difficult because I didn't have any other peers at the time. And now as I've learned more about the movement, I've reached out to people I've spoken with people, I have created my own network of people that I know and trust and love, who are either talking about HAES talking about PCOS, talking about health care, and having them in my life has made this work so much easier, because I they are really just demonstrating to me that you don't have to be perfect all the time, I am going to get this wrong so many times. But I need to keep showing up, I need to keep correcting myself, I need to keep apologizing, I need to but I need to keep doing the work. And that's really important. Because I think for me as like a good girl growing up, like I was so afraid of putting the foot wrong, so afraid of offending somebody that I will just not do anything. And that's the easiest thing to do, right. But this needs to change the systemic nature of our healthcare systems, which are excluding people needs to change. So please keep talking, you need to keep doing it. And we need to just keep going and keep doing it. So yeah, I'm so lucky to find people who get it people who I can talk to about it, people who are supportive and understand how difficult it is. And I've actually really found some great support within my acupuncture community, because in the UK is quite a still quite a kind of on the outskirts of medicine. So it's not really accepted as clinical evidence based medicine still in the UK. So that has felt quite safe because they understand what it's like to be on the outskirts and research and on the outskirts of what people feel is acceptable or kind of understood so that and they have been so supportive of my work and they've been really interested in learning more and been really open which has been the real difference between those and people who are already kind of To the medical facility world, so, yeah, it's been but so important for my work, especially because I do it alone to have that network of peers around me. .

Kendra

Yeah. That's great. So you had to be really proactive and like searching that out. Yeah. that's a lot of work. That's a lot on top of trying to keep up the Yeah, to keep the message up in that. Yeah. So ,

Nicola

but yeah, I mean, it's it reaped its rewards for me, because I'm just so lucky to be able to ask these people questions. Or if I come up with anything particular, just have a good moan about how bloody awful it is to be talking about this stuff. Sometimes when you're getting trolled, or when somebody is,

you know, like, just not understanding and it's, yeah, it's the nuance of it, that's so difficult, because we are going to get things wrong, and we're gonna have to own the harm that we've done before. And that that is hard that it's really hard in a culture where doing it right, and doing it well. And doing it doing and doing and doing is the thing that is valued, right.

Megan

Yeah. And apologizing and reflection isn't really valued.

Kendra

Right.

Megan

I'm, I'm so grateful for you.

Kendra

Yes, me, too,

Megan

and the work that you're doing. And I think it's so ironic that people would be upset because they think that the work that you're doing is harmful, when in fact, the work that they're doing is harmful.

Nicola

Yeah. I know the irony. Right. Right. But, you know, I really believe that we, people who come into this profession are coming into it with the idea that they want to help people, right. So it's, you know, I'm not discounting them, I'm not shouting them out, I'm just, you know, I really want to call them in and invite them to read some of the stuff I've been reading, and I'm trying to, like, you know, I know that their intention is good, but diet culture is so everywhere that you know, how can they not, you know, like, I have only found this because of the desperation, I felt that I could not diet anymore. And that was just a just had enough. And if people are in smaller bodies, and they will never have felt that and they will feel the pressure of cycling, they will feel the pressure of having to have this body, but it's just not the same as the systemic fatphobia. And the way that that plays out in your life when you're in a bigger body.

Megan

Absolutely. A really good conversation.

Kendra

Yes, I've learned so much. Thank you so much. for talking with us and sharing your story and your work. It's so important, and we support you 100%. And we're so grateful,

Nicola

that mean's so much to me,

Megan

tell us how we can find you how we can hire you what you're up to and your social media.

Nicola

So I am most active on Instagram, my handle is fat positive fertility. And also the same on Facebook. If Facebook's more your jam, I do have a free group on Facebook, which is actually a really, really lovely place. It's called fat and fertile, if you just kind of search that. It's like a diet free weight loss free zone of people just talking about their experiences. And you know, me chiming in whenever I can support them with doctor's appointments and whatever is going on for them in their pursuit for prep for parenthood. I've written a book, it's called fat and fertile, it's on Amazon, if you want to I self published it. So there are a few typos. But it was just the easiest way that I could get this book out that I'd written. I mean, sat in my desk for like, months, because I was too terrified of like, the thought of putting out there and being this fat person because fat phobia is still strong sometimes in ourselves that internalized? Yeah, well my God, if I'm the fat fertility coach, that means I got to be fat for the rest of my life. And does that mean I'm never going to be happy, you know, the voice the voice. So that's out there that's on Amazon. And if you want to work together, I take on one on one clients kind of fertility support, where we talk about what health looks like without weight loss and dieting, and how you can advocate for yourself with your doctor, we've had some really really amazing stories about people who've been able to change their doctors mind and get support for fertility, once we've given them the research and like, kind of just kept pushing and being different, and demanding the right care that you deserve. And it is hard, and it's not something we should have to do. It's not something we should have to take on that responsibility for. But it's just the situation that we're in right now that we have to do that. And it's about reversing those beliefs that we have been told time and time again that our bodies can't get pregnant. So a lot of good stuff. Yeah, so yeah, so that's kind of mainly what I do. I have a free guide if anybody wants to learn a bit more about it. It's like the fat Person's Guide to Getting pregnant. So that's on my website. And yeah, I think that's all the goodies and stuff we've got going on at the moment. Tell us your website, address Nicola Salmon, so N-I-C-O-L-A salmon like the fish S-A-L-M-O-N.co.uk

Megan

Do you serve any clients outside of the UK?

Nicola

Yeah, I have clients in the US I've clients in Australia all over the world because unfortunately, fat phobia is everywhere.

Megan

Thank you so much we're fans. Yeah, we're big fans.

Kendra

Let's talk about snacks, baby. Let's talk about you and me. Let's talk about all the sweet things and salty that we eat. Let's talk about snacks.

Megan

Hello, and welcome to our snack segment. We are here with Nicola Salman. Am I saying everything correctly?

Nicola

It's brilliant. Yes. Thank you so much for having me.

Megan

Yes. And we, if you can't tell she's from the UK. Where are you? Exactly.

Nicola

I'm just outside London in Surrey.

Megan

amazing. So we want to ask you about snacks that are English that we might not know about. Here.

Nicola

Oh, this is such a tough one. Because I love snacks. Obviously, all the snacks are amazing. And we're a big snack household here because honoring our hunger. But the thing I've been snacking most on at the moment is actually an American snack, which is chocolate covered pretzels. I only just got them like six months ago. And I had no idea like that I was gonna love them so much. But like that is pretty much what I've been snacking on for majority of the last six months.

Kendra

So that's not a thing. That's not like a thing in the UK.

Nicola

No, it's not a thing like a like thing, like I know. And the weird thing is like, the whatever the brand is, I can't quite remember the name of it. But I have been seeing it on really old episodes and things like Friends. And I've just been like, oh my gosh, how have I not known about this my whole life? I feel like I've just been missing out on this big snack celebration of like the sweet and the salty. Yeah,

Kendra

we're all about that over here.

Megan

Do you have pretzels?

Nicola

So relatively recently, I would say it was like a thing I had growing up but like, yeah, we've got pretzels, like couple of brands of pretzels, but they're not super popular. We have a lot of what we call crisps over here of like Lay's walkers. But again, another thing that I'm loving to snack on recently is like, like prawn crackers into like Chinese takeaway type things. They sell them in packets in the supermarkets, and also they do like tiny little poppadoms, which are really delicious.

Kendra

What is that?

Nicola

they're like, um, you have poppadoms or like Indian takeaway over here. So like curries and they haven't read like mango chutney, which is a dip. I think they're made with chickpea flour. So it's like this really different flavor. But so good.

Megan

Are they kind of like samosas?

like crisps. They're like, I've got like a like a really kind of snap and then quite thin and round. In the Chinese restaurants. I mean, the Indian restaurants that we have are quite big. They're like the size of a dinner plate.

Megan

Okay.

Nicola

And then you've got all these different dips that you put on but yeah, you can get them in like tiny little things now and they like sell them as a snack, though good.

Kendra

Okay, so I lived in South Africa for a hot minute. And there's a lot of British snacks in South Africa, I guess. Yeah. Colonialism, and our Kinder eggs a big thing?

Nicola

My boys love kinder.

Kendra

Okay. I'm obsessed with a Kinder Egg. And they only came to the States not very long ago.

Nicola

Really

Kendra

Yeah, because I couldn't bring any back when I'm like, almost 10 years ago now. I couldn't bring any back. They weren't allowed in the States.

Nicola

It may have to do with the toy inside them. I thought I'd read that somewhere. Namely, that you can't have like, a food item that also contains like something something.

Megan

Okay, so Kinder eggs, Nicola, tell us what those are. Exactly.

Nicola

So they are it's like an Easter egg really. So it's like an egg shaped thing. It's that white and milk chocolate and then inside, which is the thing that it really buy it for is like this tiny little cheap plastic toy, which obviously really bad for the environment. They get thrown away after about five minutes. They last longer than a day. But they love them. They're like obsessed. It's like if they have any pocket when it's the thing they want to buy as these Kinder eggs with these cheap little plastic toys in them and then I just yeah, let's get on with it and learn but the environment kids

Kendra

and they have the they have like the ones that I always got had the little like Nutella e balls in them. Oh, like hazelnut? Maybe? I don't know

Megan

they have that and a toy.

Kendra

Yeah, so you open the plastic egg and one side. Is this like creamy chocolate hazelnut. Like goodness and the other side you open up in has the toy. That's the kind I always got, but I know they make some other versions too. But that's the one.

Nicola

I've had to make that version for hotter countries because I think the version that we have in the UK because Got a thin layer of chocolate. Now unless it was kept in like the fridges the whole time.

Kendra

Ah, fascinating

Nicola

that would make sense to me.

Megan

Also fun fact about Kinder eggs that I've learned from working with many, many children. There are 1000s of videos on YouTube of people unwrapping Kinder eggs. And it's it's very, it's this very specific thing. It's almost like ASMR because you really just see their hands, and they unwrap it like kind of slowly, and then get the toy out. It's and these videos have millions of views.

Kendra

Oh my word, subculture.

Megan

It really is.

Nicola

A vocation in life. This is how we're gonna be making a million.

Megan

unwrapping Kinder Eggs online. So in England, crisps are what we call chips.

Nicola

Yes. Yep. Yep.

Megan

And then cookies. Kids are what we call fries.

Nicola

Yeah, but we have. So we have almost like two types of fries. So we have what we call chips, which are like fat potato chips. So like, for example, just today, I had fish and chips. That should be like, going to take away having fish and then it's like chunky, kind of quite wide chips. And then we call french fries, which is like the thin version. McDonald's fries. why we've got to differentiate between I have no idea but

Kendra

so we call them wedges then. Like potato wedges is what we would call your fish and chips

Nicola

we have wedges as well. Which is like, always, like if you were to do a potato and then like almost like an angle.

Megan

Yeah, like a wedge. Yeah, yeah. Good. Like that kind of. Also, maybe steak fries is what we would call

Kendra

Oh, yep.

Megan

chips. Just the size and thickness. Yeah.

Nicola

Yeah, you'd have a good chunky check with it with a steak over here for sure.

Kendra

Well, here's the other. One of the other things I love is having a cookie with your coffee. You only call them biscuits, I guess.

Nicola

Yeah, like coffee. Yeah, I mean, I'm, I'm really weird. I'm a really weird British person. I don't drink tea or coffee. Which is really unusual over here. Like, I'm from the north of England and tears like I'm like an institution. But yeah, so many people have like, biscuits with their tea and coffee and I've dunked

them in like even like the chocolate ones. I'm like, but the chocolate melts and goes in your tea. Like not revolting, but

Kendra

oh in tea, they dip them in.

Nicola

Weird right? weird?

Kendra

Yeah, that is very weird. I eat bespoke I call them biscuits when I eat them with my coffee as well because I have a biscuit with my morning coffee every morning. The cookie with my morning coffee.

Megan

Is there anything that you call cookies?

Nicola

So chocolates I think like this gets a chocolate chips in or like the big like chewy. Yeah, or like maybe like oatmeal and raisin.

Megan

Okay,

Nicola

it's kind of like round with the bits and we call those cookies but we have so many types of biscuit over here. There's like shortbreads

Kendra

digestive something or other

Megan

What's that?

Nicola

that's a bit boring digestive. It's like it's like a round biscuit. It's quite sugary, but it's quite almost like brown flowery homely type escape. Okay, but we've got custard creams, Jammie judges, just like so good to have open biscuits, think wafers like, you can go on for hours talking about biscuits alone.

Megan

My whole education for any of these things is the British baking show. That's my only reference here. But I feel like it's taught me a lot.

Nicola

Yeah. Oh, yeah. I mean, like, they have got quite a lot of representation on there. Although they do pick some really weird stuff that nobody has ever heard of over here.

Megan

Really? I'm always curious, like, is this a staple? Or is this bizarre?

Nicola

Most of like, especially like the technicals are generally really bizarre things that nobody's ever heard of. So the contestants have actually no idea what they're making. But yeah, a lot of them are like, you know, really quite standard British kind of baking. So like the baton Berg's and the sponges and all those fun? Yeah.

Megan

I love it.

Kendra

Let's talk about snacks.

Kendra

You made it to the end of another episode.

Megan

Congratulations.

Kendra

We're so glad you stuck out you stuck around. We are very aware that this episode is coming out the day before Thanksgiving. And Thanksgiving is kind of like the kickoff holiday of family interactions and potentially, and lots of food talk and things like turkey trots. And, you know, people thinking you got to earn food. So I want you to know that we have an episode from a couple years ago, specifically a couple years ago specifically around Thanksgiving. It's season two, Episode Five and it is called

Megan

around the Thanksgiving table.

Kendra

A lot a good comebacks in there.

Megan

There's a skit. So there's the scenes of escape.

Kendra

There's a there's a skit, yeah.

Megan

Yeah, there's some songs there's a song.

Kendra

So if you feel the need to have friends with you on Thanksgiving,

Megan

give it a listen. It's honestly one of my favorite episodes that we've done.

Kendra

Yeah, it's a fun one. It's kind of variety show ask, what are you doing for Thanksgiving? Megan, what are you doing for thanksgiving this year?

Megan

I'm going to Pigeon Forge with.

Kendra

You are?

Megan

Yep, with 15 other family members. Hey, we're all staying in the gathered together. I'm actually super excited though. We might go

Kendra

that sounds like Well, that sounds like a good time. I hope it is.

Megan

Yeah. Yeah. Yeah.

Kendra

That's a lot of people in one place.

Megan

Don't think I'm not packing my karaoke machine.

Kendra

Oh my God. Are you really?

Megan

Yeah.

Kendra

You have a family that karaoke is?

Megan

Oh, it's a fun family.

Kendra

My family is not like, we're fun sometimes. But we are not. I don't even think there's 15 Total people that would go to a cabin and my family together at the same time. Sorry, family if you're listening, but you know, it's true. So for Thanksgiving, my parents are actually coming to where I live. And it's just gonna give us

Megan

you are hosting,

Kendra

I guess. Yeah, we are not cooking.

Megan

But are you ordering in? Are you catering? What's happening?

Kendra

I've already ordered. I'll be picking it up from and it's a place called Libby market here in town.

Megan

Okay.

Kendra

And I just ordered the meat and two of the sides in a pie. And then because my mom was insistent to not buy mashed potatoes because I could just get Bob Evans at the grocery store. So that's what I did. I got sister subert rolls.

Megan

I love that. Yes.

Kendra

It's like, yeah. And so what's really funny, though, I was like, I was just realizing I don't like have a dining room in my house. Okay, so I was like, Oh, I guess we're gonna have to eat in the living room. So I'm going to get I have a table that I can put up for the three. But the three of us it's a four person table to sit out. So they're coming with the dog. So it'll be the two dogs and the three of us.

Megan

Sweet.

Kendra

We might go to Williamsburg. I don't know, because it's pretty close. There pretty quickly. But yeah, we're like a real, we are a low key holiday family across the board. Like we are not we are not a family that feels the need to exhaust ourselves on the holidays. And I can really appreciate that.

Megan

Yeah, there's something to be said for that for sure.

Kendra

Yeah. So that's what I'm doing and you know, should be fine. It's just the three of us What could possibly go wrong.

Megan

Kendra,

Megan

uhh huh

Megan

what are you grateful for

Kendra

Well, I don't know, I'm going to be real honest, as I am really grateful for this podcast and for our listeners. But things going on around me are rough right now. So I'm trying to remain grateful. I we really are grateful for this community. Because it is that is what it is. And we hope you feel that when you listen and the things that we engage in with the book club and things like that. What about you, Megan?

Kendra

I'm really grateful for this community too. I think that it is to use some social work language, it is a protective factor in my life against the gaslighting of diet culture.

Kendra

Love it, we hope that you experience it the same. Yeah, and if you don't tell us because we never want to be. That's right. Creating any kind of harm and we are always open.

Megan

We're gonna mess up.

Kendra

We're gonna.

Megan

We know that. Yeah.

Kendra

And we want to be open one way open. Yeah. We love y'all. Take care yourself.