



## **PWE08: Endometriosis & Sex**

**Aubree:** Welcome to the Peace With Endo Podcast. My name's Aubree Deimler. I am an author, speaker and integrative wellness coach who helps women with endometriosis to naturally manage pain, increase energy and find peace with endo. This is episode number eight and on the show today we have a special guest named Kaylyn Easton. Hi Kaylyn. Thanks for being here.

**Kaylyn:** Hi Aubree. So happy I could join this.

**Aubree:** Tell us a little bit about your self.

**Kaylyn:** Sure. Absolutely. I am the founder and I call myself the "Chief Lube Officer" of Chiavare. It's an all natural, vegan, hypoallergenic moisturizer and lubricant that I created based off my own experiences with severe stage four endometriosis.

**Aubree:** Let's talk a little bit about your journey with endometriosis and how this all came about.

**Kaylyn:** Yeah. Absolutely. So I have had endo for as long as I can remember. I think I started my period about eleven and started experiencing symptoms pretty soon in the next, you know, few years going through that. My mom had endometriosis, so did my grandma. So, I wasn't surprised, and it was something I actually was anticipating. I wasn't anticipating the severity though of my case. I'm stage four. I've had multiple surgeries. The endometriosis grows on my kidneys, stomach, bowels, entire abdominal region, obviously fallopian tubes. My ovaries are pretty messed up, and so is my uterus.

So, it's a very severe case, but I've been able to manage it through holistic healing, is been the biggest success that I've had is just doing a lot of mindful eating, exercise and making sure my body has specific nutrients to help fight inflammation and it was from this holistic journey that I discovered my desire to create Chiavare and I was listening to my mom talk about menopause and the transitions in her life and what that was feeling like for sex and just her body and then my girlfriends getting married, having babies and talking about sex after kids and then of course my endometriosis experience I realized that there is a product that we could have to carry us through life in all stages of life and so that was kinda how I created that.

But my journey through endo, you know, as most endo girls know, it's never ending, and every month is a little different and you take it month by month, cycle by cycle.

**Aubree:** Absolutely. That's great that you've been able to manage it in a holistic way. I'm all about that. So let's talk a bit about the sex part of endo because I know from my own experience that can be painful, and from talking with other endo sisters in the community that's always kind of an underlying current there that's not always addressed, but that needs to be talked about. What's your experience with that and do you have any tips that can help ladies that may be struggling with sex with endo?

**Kaylyn:** Yeah. I've talked with a lot of women who experience pain during sex because of endometriosis, and the funny thing about endo is that it affects women so differently. You could have a very severe case and have minimal pain and you could have a very small amount endo in your body and have a lot of pain, and so, there's really no one stop shop in terms of sex and the pain and endo. It's really person to person. I know that a lot of women experience a lot more tenderness with sex when they're ovulating or kind of gearing up for another cycle. Most endo girls, it's like you can feel that in your body, and the sex is painful and it can happen during weird positions. Maybe there's a little bit deeper penetration and it just hits you wrong. Sometimes the muscles and tissues can be swollen and inflamed and that can also cause pain during sex.

One of the ingredients that I put in Chiavare is called evening primrose oil and evening primrose has been long studied as a great supplement or oil for inflammation and pain. So, that was one of things that I really wanted to put in Chiavare to help with the pain during sex because I can't tell you that it's going to stop it but it might reduce it, it might help it feel a little better, because the object is to get the inflammation down for intercourse to be a little bit more comfortable, and it's not just muscle and pain and tissue that can cause discomfort during sex, but you could also just be a little bit more dry due to your endometriosis or you've been using really big tampons, you know, because you do have a heavier flow, and that can dry out, you know, kind of the insides of that vaginal canal, and so pain with sex that's very common. If you are experiencing that as an endo girl. I would tell you you're not alone, and don't be ashamed to talk to your partner openly about that.

Communication is key for endometriosis and any type of intimate relationship. It's ok to say, hey you know what, I can't do this position tonight, or you know, I do need to use a little bit of lubricant to make this more comfortable for myself, or hey can we ease into this and make it a little slower and softer or not quite so deep because your body is going to respond differently every month and every time that you do have intercourse. So, I would just be very aware of your body and be very comfortable and open with your partner about what you need.

**Aubree:** Right. Absolutely. I agree. That's a big part of it. Communicating. I've been with my husband for over a decade so we're obviously comfortable with each other, right? But I can imagine for our listeners that are maybe getting into a new relationship or in those beginning stages of meeting somebody and getting into that

conversation of having sex or having things happen. Do you have any tips for bringing this up in a new relationship?

**Kaylyn:** Of course. You know I get this question all the time and if you are entering into a new relationship and I'm not talking about a one night stand. I'm talking about a relationship, a dating experience, a person that you could see a potential future with, whether that future is a month, or six months, or years, or a marriage. You know talking about dating somebody kinda monogamously, and when that happens the first thing that you have to do is talk to your partner about your endometriosis and while that can be very vulnerable, and it can feel very uncomfortable or maybe you feel weak or like something's wrong with you. It's the most important step you can have in to creating a transparent open relationship, because as you know, your endometriosis is going to affect you every day of every month. It's a disease that, you know, doesn't just go away suddenly.

Your partner, your boyfriend, your husband needs to know that you are experiencing this and what it feels like for you and a lot of guys, I'll speak specifically to guys, a lot of women who have women partners there's a little bit more understanding and transparency with the endo because women are naturally more comfortable talking about women's bodies and so this is kind of for relationships that are with men: your boyfriend, your husband, your fiancé probably doesn't know what endometriosis is. He probably doesn't understand it. So the first step is kind of saying, hey I have this disease. This is what it is. This is what it does, this is how it makes me feel, and then you can bridge that gap of Ok well this is what it means for sex, this is what it means during my period, this is what it means for traveling. You know going on date nights on the first day of your period with endo is probably really hard, and so I always tell women be super open about what that is and do not ashamed of it.

It's not your fault that you have endo. There's nothing wrong with you. It is your responsibility how you deal with it though and most men don't want to hurt you. Most men and partners they want you to be happy and comfortable in the relationship and they will do what it takes, especially a good partner will do what it takes to make sure that your experience is positive, and that's the number one thing with sex and pain and endo is that if you continually have pain during sex your biological and psychological response will be to no longer want to have sex because you'll associate sex with pain, and so you need to be very intentional about avoiding that and making sure that your partner is on the same page with you, what you need, what the experience is and if it's a good partner they will do everything in their possibility to make you more comfortable and to make you feel better, cause you know even when your loved one is sick it's not fun and you do what you can to take care of them.

**Aubree:** That's awesome advice. Thanks for sharing that. I'm on the same page as you about speaking up, expressing yourself, and being up front and honest about it, although I know that can be hard for some ladies, unfortunately being in society and

perhaps feeling some shame with a lot of what goes on with your period. It takes a little bravery to speak up and talk about it.

**Kaylyn:** You know I encourage women who are struggling with that and who feel put down by societal expectations of them or even just the expectations they have of themselves. You are not weak. You are not alone. There is nothing wrong with you and 176 million women around the world are dealing with exactly what you are dealing with and without a period people couldn't be born right? Menstruation, periods and the female reproductive system is essential for life. So be proud of that. Be bold with that and don't hold back when you have needs.

**Aubree:** Excellent advice. I think it takes a different kind of partner, honestly, to be able to stick around with a lot that can come up because, like you said, endometriosis is not completely understood and even if we explain it people, they're still aren't going to grasp everything that comes along with it. So, I think that's an important thing to note as well. It takes a different kind of partner.

**Kaylyn:** Yeah. No. That's true, and you know, my mom always said you're going to have to kiss a lot of toads before you find your prince and there's an easy way to weed out those toads ladies and that's to talk to them about endometriosis and see what kind of man he is, and the difference, the partner that you're talking about is compassionate. It's tender, it's loving, it's comfortable with honesty, comfortable about your needs and caring about you and if your man, or the person you're dating can't do that, then by golly they are not the one for you. No woman should be with a man or a woman or a partnership that does not feed their needs in that way.

**Aubree:** Absolutely. One thing that came up with my husband in the early parts of our relationship, before I knew I had endo, was some insecurities on both end. This can come up if you're not open about things. It can bring up insecurities like why doesn't she want to have sex? You know what I mean?

**Kaylyn:** Yeah. I agree. It does bring up insecurities and that's why the communication's so necessary with your partner and to let them know it's not about them you're still very attracted to them, they still turn you on. You desire them. You want them, but your body can't function in that way tonight, or today or this week, right? Listen to your body. Your body comes first, and ladies there are a ton of other things you can do to please a partner besides have vaginal intercourse. You know? It doesn't have to be all about just sex. So, get creative, and have some fun with it. It doesn't have to be sex especially if it's painful and a good man, a good partner will understand that and they will never hold that against you.

**Aubree:** Love that. Listen to your body. Nobody's going to enjoy it if there's pain. It's good to wait until it's the right time. Overall it's really about communication and education. Don't be afraid to speak up and express what you need especially if you want the relationship to last.

**Kaylyn:** Oh absolutely because if you think about the span of a life or the span of a marriage your endometriosis is probably going to be one of the most minimal things you're going to have to make decisions on, right? I mean you're going to talk about children, raising children, where they're going to go to school, where you're going to live, how you're going to pay your bills, right, in a marriage, and if you can't talk about simple things that affect your body it's going to be very hard to partner with that person long term for 50 years.

**Aubree:** Absolutely. I appreciate this conversation because, like I said, I think it's a big deal in the endo community and not always talked about, so I appreciate you coming on and sharing some insight with us. I would love to know more about your product, Chiavare, and how this can help ease some of the discomfort that can come from sex with endo. Tell us more.

**Kaylyn:** Chiavare is an all natural, vegan hypoallergenic lubricant and personal moisturizer. I created it, you know as I said, off of my experiences with endo. Sometimes you need lube to make sex comfortable and there's no shame in that, there's nothing wrong with your body. Every woman at one period or another will experience vaginal dryness. You're going to go through menopause, you're going to have a transition if you have a child. Life and the female body is full of transitions and changes and so Chiavare is a non-toxic, it's edible, it's totally pure, is an easy way to continue to create sexual satisfaction in the bedroom, but also it's a personal moisturizer so if you are feeling just a little bit off down there, things are discomforting, dry, itchy, irritated, you know some women have a lot of burning. You can put Chiavare on daily as a personal moisturizer and it will help supplement your body's natural lubrication and it will keep you nourished and moist naturally throughout the day. I have a lot of customers that use it for menopause. Menopausal dryness, thinning vaginal walls.

It's a great product because it is so healthy and all of the six ingredients, only six ingredients are all natural and they're holistic. So, I chose them for holistic female purposes whether it's vitamin E to repair skin or evening primrose oil, which helps with pain and inflammation. Each oil has a very specific reason that helps with skin care and overall female sexual health and the whole point is to make sexual health not x-rated but actually about health and Chiavare is a classy and easy way to do that to make sure that you're feeling comfortable at all times, no matter what the situation is day to day or during intercourse.

**Aubree:** Awesome. So, is this also good for women who are trying to conceive?

**Kaylyn:** Yes. That's so funny you said that. I actually got an email from a gal that has very, very severe endometriosis and she was so excited because she just conceived and she told me that she had taken Chiavare on her most recent vacation and had used Chiavare, you know, every time she was trying to conceive because it made sex so much more comfortable. When you're trying to conceive, especially with endo, it can feel more like a chore, something that you're doing, you know, just with the end

result in mind of getting pregnant. So, I've had a couple of women write in with endo saying that Chiavare made it more comfortable, helped with the pain, made sex more pleasurable for their partner as well and it was just easier. It just made it so much better. She told me, she was like Chiavare was there the whole time you've been part of the process and nothing lights up my life more than seeing a customer, especially with endo and the struggles that she had about getting pregnant, be pregnant and have success with the product.

**Aubree:** That's amazing.

**Kaylyn:** Yeah. It's an incredible product. There's a lot of love in that bottle. A lot of love.

**Aubree:** Awesome. So, do you have any advice on how to... say you're not used to using lube, you know. Is there a way to bring this up with your partner who may not also be used to it.

**Kaylyn:** Yeah. Tell them it's going to feel amazing. It's going to make your pleasure skyrocket. It's going to give you the best orgasm, right? Make it fun. Make it sensual. Flirt with it. Hey, we're going to spice up the bedroom. I mean what partner doesn't say oh no, I don't want to spice up the bedroom? You know? I mean especially men. Men love to have fun and they love to quote unquote like bring new things in and so if you tell them that there's a product that he is going to love and is going to feel even better for you. They're going to be totally open to using it. So, just try it out.

A lot of guys I know get uncomfortable because they say, well aren't I enough? Don't I turn you on enough? And that's one of those situations where you say it's not about you. You do turn me on, but there's no correlation between vaginal, natural vaginal lubrication and arousal. So you could be at the point of arousal where you're going to have an orgasm and not be wet and women don't understand that they think that if they're not wet then they must not be aroused and that's not true. That's biologically not true. So, you just have to explain that to a man, it's a misconception that a lot of guys have and you just say, you know, it has nothing to do with you. I'm super turned on but it's going to make my experience better and it's probably going to make me climax or it's going to make you feel better and you know what guy isn't going to say, yeah don't do that. They're going to say, 'perfect.' And the husband, I have a couple of husbands who have written to me and they love it because they don't have to reapply. It lasts the whole time, and they have told me that it feels so good. It feels so natural and feels so good that they can't imagine using anything else.

**Aubree:** That sounds great.

**Kaylyn:** Yeah. Lube is an easy way to have fun. It's an easy way to spice up the bedroom. It's very non-threatening, you know? It's not like you're pulling out whips and chains and handcuffs. You know? So, lube is very non-threatening and it's an

easy way to just add a different environment to intimacy if you're not used to using lube or maybe you don't really need it but you want to try it for more fun, that's Ok too.

**Aubree:** Awesome. So, how can people connect with you further? How can ladies get their hands on Chiavare?

**Kaylyn:** Sure. If they want to reach out to me they're welcome to use my email address. It's [Kaylyn@chiavareoil.com](mailto:Kaylyn@chiavareoil.com). The web site is [chiavareoil.com](http://chiavareoil.com).

**Aubree:** Great. I'll leave links to these in the show notes for those of you who want to check it out. I appreciate you Kaylyn for being here today. Check out Chiavare and let us know how it goes for you.

If you enjoyed this episode I invite you to subscribe to continue on the journey. If you want to connect with me further you can find me at [peacewithendo.com](http://peacewithendo.com) or on Facebook, Twitter and Instagram @peacewithendo.

I hope that you find some peace in your day today. Sending you so much love.

Bye for now.

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