

Hey, welcome to another episode of swdta powered by helix interactive. Our guest Jennifer Beck, entrepreneur and first time mom. So listen, this episode has everything: pregnancy, baby blues, breastfeeding, lack of sleep, and we even touch on the tech side of the cannabis industry and CBD. Told ya it was jampacked And before you go tuning out because you think these topics aren't relevant, please give it a listen. You all had a mom, right? Time to learn more about the messy miracle of life and how we actually survived.

hi jen

hi mia how are you honey

i'm doing well how are you good we're going to tear this up folks as you heard in the intro these are topics that do not get talked about enough jen and i actually just did an interview recently about her company ge and she mentioned what we're going to talk about today and i was like oh girl that is shit we don't talk about right yeah

i'm so excited to be here

Mia

yes and i love giving the platform and the microphone to people that aren't heard enough because even if there's one person that listens to this today and it helps girl our work here is done. let me also start that if you don't like what we say here this is jen story this is her experience don't add us and fuck straight off. so just a quick backstory so jen and i met through actually we met through a group i had called crave denver so it's been about 10 years since you and i got connected and then it's funny because we have another friend named devin that i also connected with for you i'm going to have devin on the show as well so we have some long history of kind of maturing together

Jen:

that's a good word with our crazy story

Mia:

when i first met you you were Jen Gargotto which i love that name so now i'm speaking to Jenn Beck, you have a great story tell me first of all kind of what got you to this we're going to talk about you know what you were doing before the pregnancy and then we're going to dive into the topic so tell me your story a little bit there hon give me some backstory

Jen:

yeah thanks mia so i met my husband chase back in 2011 ish i don't really 10 years 2010 and we started a company together called cannabase he's a web developer as an online marketer and we got into the emerging legal cannabis market and had the first and largest at the time wholesale market connecting growers to dispensaries and edibles manufacturers so we were living as you mentioned yesterday in this this man's world this really intense technology space growing this company really rapidly with shifting regulations and very taboo kind of the first ones talking about we were bringing up a lot of data transparency before us it was all over the phone who wants to buy what so we were actually some of the first ones knowing what real prices

were which was throwing off some of the self reporting for taxes we were making some of the businesses angry so we were really bringing things out of the the old gray kind of black market and we grew Cannabase, sold it in 2016 to a larger conglomerate that rolled up a bunch of technology companies and made them kind of a super platform so that was fabulous and when we sold the company it was like alright let's let's try the next thing you know and you know i'd read that it could take a couple years and it we were so fortunate it didn't it only took a couple months and i was pregnant so i put in my year at the new company and right about the time that was up when emma was born and i moved into shedding this this world this identity that i had built and was really important to me and really defining to me and i have been really absorbed in and really found my power and found my passion and found so much pride and all of a sudden i was home and i was a mom and we had a really intense first year it's intense it was intense after that but the first year was a particularly traumatic experience

Mia

i think what's interesting when we talk about your experience before so yes this this entrenched identity into as we both said i said before male dominated in tech and then if you know anything about the cannabis industry it's so male and see their boobs and bongos it's nice to see all the tie right and then when you have a woman that's coming in in a tech executive level you know you get it get really hold on to that tight line to hold on to as well daily, of keeping, keeping your authority in that. And then moving right into this extreme difference with it too. And then there's also as we, as we said yesterday, that societal pressure to say, I'm gonna hit this mark and this mark, and now I'm gonna have a baby. And I wanted to ask you to know, did you have a difficult pregnancy? Like you got pregnant easy, but how was your pregnancy?

Jen:

my pregnancy was fine. I mean, I was a, but I didn't like being pregnant, someone loved being pregnant, like Chrissy Teigen, we've all followed her pregnancy, which has been a road for her. But she says she loves being pregnant, she never feels better than when she's pregnant. That was not me, it was really challenging. It felt like a nine month period, like I just was crampy tired brain fog, not myself. That shit we don't talk about! Oh, it was not fun. I mean, it was like nine months of low power mode. And that's not who I am. That is how I like to feel I like to be in my high performing place, you know, when I'm exercising and feeling really good. And I never was able to get in the flow or find my power when I was pregnant. So it wasn't easy for me personally.

Mia:

So there's stigma number one, we talked about that there's just so such a misconception. And as you all know, one of the main themes on my podcast is my new business. And if that's not how she's feeling, like, that's not how she's feeling. So I can imagine the pressure to not feel that shiny, happy Dewey, and people ask you about it. So then you feel like you have to tell the story. And that I was, I was wondering about that piece for you to how that that first piece felt.

Jen:

I think another thing about being pregnant, that was really challenging for me was being pregnant and working. And I was in a really intense job, because we had just sold the company. And so now I was at an executive role with a much bigger company, which had a completely different set of needs and responsibilities. I was no longer the boss in the same way. But I had more, you know, more things that I had to do for more people, I became the marketing director of the conglomerate that we sold to, and I was still running the cannabis division. And I was pregnant, which, you know, I felt a little bit guilty about of course, we hired her we buy the company, and now she gets pregnant. You know, they didn't say that they were very, very respectful. But you feel guilty. And you it's showing you're big and you feel kind of walk that that stereotype you feel like you're walking into a stereotype. And then I felt a little constant guilt about my stress levels with a baby, you know, so you get angry, you get worked up, and I'm a really intense person at work and was really intense with cannabace. And anytime something happened and I got upset, I thought, Oh, God, I just, you know, what did I do? Did I hurt her? Is she going to be okay? And I found I Wow, a real mind trip a real mindfuck because, you know, they're, they're inside you and you can't see if everything's okay. But you feel so much responsibility. And as a perfectionist and a recovering control freak, you know, you want everything to be perfect, especially this most amazing miracle that now you're responsible for the sense of responsibility for someone as Type A perfection was overwhelming to me. And then I feel anxious about my anxiety and then you feel anxious about the role that you're showing up for work. I mean, it is a spiral and meanwhile your hormones are not cooperating. I mean, you know, it's it felt to me like a nine month period, like I was just had PMS all the time. And brain fog. So operating and navigating. I felt there. I did not feel in control of the situation.

Mia

And had you heard anyone talk about it or read a blog or anything before when you're doing your pregnancy? Did you find any stories out there like that?

Jen

No, I mean, yeah, you know, it just wasn't. It's so the next step and you have this biological clock. It's like you have this career clock. I've been working for 10 years to get to this point. And you know, we did it all ourselves and you do it through raising your hand and saying girl believe in me and real belief in me and I'm worth it. So you know you're doing work the hard way and then all of a sudden these prime years you you want to be a mom, it's the time to do it. And it really for me didn't align with with my work life and my work persona and my work identity. The two, they clashed

Mia:

And I think that's the one thing another shift we don't talk about too is that either The meshing or the clashing of it too. And then you add in all the societal pressures of hit it by a certain date. And I've talked about this before I got married when I was 33, my husband was younger. And so then really, by the time we were kinda into marriage, I'm 34. And I this was this is while ago, babes this bit ago, but in the in the 90s. But it was so interesting to or know the 2000s. But it was so interesting to even then before social media to feel that pressure, and it's the you literally

can like that movie. My cousin Vinnie, my biological clock is ticking like this, right, and she stabbed her foot. And that literally is in your head, because you also do the math of well, if I get pregnant now, my kid will be I'll be this old when my kid is doing this, or he'll be this old. And so you got all these numbers swirling around your head. And then again, that societal pressure out there to feeling like you have to hit those benchmarks.

Jen:

And it was like, you know, you hit these milestones in your head, like, maybe I'll get on the 30 under 30 list. You know, you just have these, these ideas in your head about who you're going to be at what age and right. So meaningless. But we do the same thing with motherhood we do with our career, we just write, you know, keep comparing comparison is the thief of joy.

Mia:

It really is a phrase that resonates, and it means something, don't think it's an overused phrase, folks, because it really can steal your joy. I was just going to use that same ideology too of how you do get your present mind stolen, because if you think somebody else got that you can't see six months ahead, that one, they may fail or two, that it's a load of shit, which is why I think a lot of that stuff is a load of shit, too. And that it is, it is and especially being in social media for so long social media and marketing. It took me a while until probably about two or three years ago to really extricate myself from a lot of those groups where it's this big circle jerk

So. Alright, so get the pregnancy and then you're going through all that pressure. And and one thing you mentioned in our interview, too, was you just said it before to this hormonal thing, folks. You don't get like how that'll mess your shit up. And then you're also not prepared for it of all this swirl of the hormones.

Jen:

The hormones are absolutely enormous. I mean, for me, and I'm someone who's always felt my periods. And I don't live those waves as elegantly as some women. It doesn't seem to bother them as much. We plan the calendar around my calendar. Suddenly it's the whole thing is hormonal. And it does, add to the anxiety, the depression element, which, you know, for a couple days, you get your period, it's one thing but it's nine months, you're pregnant, and then you're out of you know, the pregnancy and what they say those baby blues, oh my gosh, any new moms or anyone that's about to be any mom, really, just be so gentle with yourself and be so ready. I mean, you've got the hormones, and then you have the sleep deprivation. Can we talk about the sleep deprivation of having the baby just as the preparation of having the baby when I had false labor the first night and so we were up all night, went to the hospital and they said no, they're Braxton Hicks contractions, you're not going to have her yet. You know, it's going to be another two weeks. It was a few weeks early. So we came home the next day. And that night at 10 o'clock, it hit again, and I'm like, Okay, I'm gonna go take a bath. It's fake. It's not happening. Turns out it wasn't fake. I was up all night. By the time I had it was six o'clock the next day. I hadn't slept in two days. I had a race. And now we have her and now guess what happens? You're up all night crying like in the hospital. I thought in the hospital like the nurse takes her and like some magical fairy comes. They don't.

Chase was amazing. The first night he stayed up for like, you know, four or five hours rocking around letting me sleep and then but then they start this like suckling things. So you're not making milk yet but they're just like sucking sucking sucking trying to get the milk started. Yeah, I didn't see by the time so this fake labor started on a Saturday. I remember the next Thursday my milk came in, and I and that's very painful. that's shit we don't talk about!

You got a week of suckling and no sleeping and then it starts to come in and it's it's really painful. I had no and I'm like "chase go to the grocery store get formula!"

Mia:

Abort mission!.

Jen

Crying and I realized that Thursday this it started on Saturday that I had slept a total of six hours. That's a form of torture says it's a form of torture. It's like the most physically grueling thing you've ever gone through everything. threads. You're in the mesh diaper. Everything's ripped up. You haven't slept in a week now your milks coming in? I mean, it is. Yeah. Physically intense. No, I was not prepared for the pain of the pushing

Mia:

Yeah, the parts we see in the movies. And so this is an interesting thing to go forward. Yeah, we're getting into the details, folks. So strap in - you need to hear this. Males and females Also, audience, I don't have children. And so I'm just kind of now the auntie and and I was glad I didn't have kids. I always thought by this age, I'd be like, Ah, shit I should have and now I'm like, No, I'm good. But I appreciate that. It does take a village to hear these stories and understand what people are going through. So Meghan Markle comes out of the hospital right? Remember this whole thing they made this big deal about her coming out and that she had the white dress on? And so somebody made a comment about it. I had no clue that one of my friends said Oh, no, you need like a boat size maxi pad because I didn't realize about the bleeding. Nobody talks about that.

Jen:

Yup. There's that. But Oh my gosh, I have an amazing husband like we had a random me together. I like to joke that our whole life together as a team building exercise. I mean, you go from company to co parenting to, you know, we've always lived have an alternative lifestyle. And we were really, really in sync and he's a really amazing partner. And it's but the problem is that first the pregnancy, the birth and the first year, it's your body, you know, sometimes Yeah. And so you have to kind of show up more and go through those waves. And it's a lot, it's a lot to process.

Mia

So did you have postpartum? Because I think I don't know what the percentage is. But do you have some stats on that? Or what are what what is it because I read that it's usually

like oh, three or five days. And so even doing a little bit of research before this. It was really not a lot of information. Just a couple stats, but nothing really specific.

Jen

You know, and I didn't even make sure that I as like postpartum depression really, I qualified as like baby blues. I mean, I was just so exhausted. there's no there's no way to even understand that word until you're so like physically exhausted and then and then exhausted. Knowing that and then you're so overwhelmed by this new responsibility. I mean, I actually didn't know what to do with a baby It was like now What now? What?

Mia:

“What this?”

Jen

Yeah, really great. Good. Support the head you know? So there's, there's so much you're taking in and I mean, if there is anything to talk away from this, it's to have compassion to have for new moms and the depths of like, like that confusing, exhausted aloneness, that that you're feeling? So we kind of a couple of weeks in I was very, I was down I was tired and processing this extreme shift in identity from being you can kind of a high performing career oriented person. And now all of a sudden, so out of my element and so out of my body, and and then we moved into a year of didn't have not being able to get rested, not being able to get back on track, and I couldn't figure out why. So she was waking up every day at four in the world. Like for the day, and then she would nap a little bit She'd wake up a little bit and I was so exhausted and I couldn't get it together. But again this is all normal. I mean everything I've described so far is considered normal it's just a childbirth story. And it took us about six months to figure out that she had a dairy and soy allergy So now that I have date more data on I think it's like about Okay, I'm saying this please Google this everyone, but I remember it being you know, around like 5% or something kind of significant. A baby. Yeah, I have a dairy and soy allergy and the majority of them clear up by the first year. But they reacted with three or breastmilk. What's really interesting about this is like alcohol leaves your breast milk and like a couple hours you can pump and dump you can get it out and even a little bit of alcohol kind of dilutes. They just so it's not it's not that big of a deal. You just you watch it, you're careful and kind of clean up the milk, dairy and soy and the breast milk last for two weeks.

I once this was diagnosed, and we knew this allergy is what was keeping her from sleeping. So long story short, I guess about six months to learn. She had this allergy. Once we did, I completely changed my diet and had to start cooking everything from scratch. Just what I needed. So we needed to start cooking all of our trader Joe foods from scratch, because nothing at King soopers is soy free, apparently. Yes. And once we cleaned up the diet, if I made a mistake, she would go back to not sleeping for two weeks

Mia

talk about restarting the clock holy crap. And as opposed to the couple hours and just wait a little bit. Since then, did you have to find that you had to find that out yourself too. And it sounds

like you really had to advocate rather than somebody coming and saying, hey, we've got some suggestions. You'd really advocate for yourself. And for me,

Jen

it was completely dramatic. We so with the story that we talked about our interview yesterday was how a couple days ago was how we so she had a dairy and soy allergy. I also later found out that I had postpartum hypothyroidism. So my thyroid had crashed after childbirth, and we which also happens. So if you are feeling really exhausted, and it's not getting better, go to a doctor and get your bloodwork done. You know, it's Yes, you're tired. And I just thought we're not sleeping, of course I'm tired. But that was actually you know, it's dangerous to be living in that state for a long time. And so I ended up having to go on to a Synthroid. And that really, really helped, but for about six months, my thyroid was completely crashed while we were dealing with this. And so I just kept taking her to the doctor, I said, she's just not sleeping. We're up at four. She's just not sleeping. Well, it's infants. They're fussy. They're this, they're that. Finally, I don't remember the trick was I think it was that she had a bad diaper at the pediatricians and they saw it. So I didn't know what baby poop was supposed to look like. Who knows what baby poop supposed to look like?

Mia

my god. That's right. I would be like, Well, shit, shit.

Jen

You know what it was? She had a streak of blood in her poop. That's why I took her in. And they finally I said, Bring the diaper in. So I brought it in. And they said, this is diarrhea. This isn't baby poop. I'm like, okay, I didn't know right? having diarrhea this whole time. And now it had created some like colitis that there was some blood triggered or they get them to pay attention to her diapers. At this point. Good. Had to get that bad to get that bad with bright red streaks of poop. It was about six months in I mean, so she'd been living this allergy for six months poor thing, You know, she sleeps for a second and then her stomach's getting upset because she's having these reactions to the the dairy and the soy.

and once they saw it, what they needed to do was test it. Now the problem is, it's in your breast milk for two weeks, it's right out of your breast milk. So what our pediatrician immediately wanted was to move her to formula. You know, we're six months old, I've made a lot of sacrifices to breastfeed. It was hard to keep breastfeeding and breastfeeding was so important to me

Mia

because that's like a whole other shit show by the way. like I because I've heard all the different things right that goes with this this huge world of breastfeeding and I but I get it too because that's part of your story. You think your journey as well. So I know that was a huge part. And let me just add in here real quick when we talked about thyroids. thyroids are assholes, people you got to keep an eye on him. They can act up all the time. So please, please pay attention. To what Jen said of getting the bloodwork done. And then real quick, I have also have another

episode on medical gaslighting. So please, I'm gonna put a link in here and go pay attention to that as well because what she's also talking about is a bit of medical gaslighting as well, of being told that it's normal, right or what, this is just what happened. So so then you're going through the breastfeeding thing, and that was a big turn for you as well.,

Jen

I mean, you know, I was really attached to breastfeeding too. I mean, hormonally, is your hormonally there's so much I know oxytocin, there's so much happening when you breastfeed, that I was incredibly connected to her and incredibly connected to the breastfeeding and especially during a time where she was going through so much physically, the breastfeeding was our life, it was how she got up at night, it is how she slept, it was how we did everything, it's a lot of the bond, it's a lot of the engagement. And the idea of just well, her stomach hurts, you know, we get an email from the pediatrician and let's just try some formula, you know, your milk is gonna dry up or it was I felt it was so devastated. And I remember crying and sending him this email. It was like an SEM. So it's just what the doctor wanted, how important breastfeeding was to me and and what else can we do? And then you start an elimination diet, it takes weeks. It was really, really overwhelming. Yeah,

Mia

I bet. I bet. So when did you so I know that the attachment parenting comes in. This is where a well, as I like to say, don't get me about this. I know this is part of your story as well. And one thing real quick, I said before we started as I read this article that kind of went through this whole timeline of the potentials that happened to women of hitting these milestones, and then the disappointment that you feel, okay, if you had to have a C section, then you miss out on this pit on this bonding and then if something else happens, and so all these expectations that gets set up to maybe lend to the story of it's not going well. So if I didn't hit this milestone, none of this it's going well, so then you also hit this milestone, like I said, of breastfeeding or taking out breastfeeding. And then tell me about the attachment parenting and how that came in, and how that worked for you all and how controversial it is.

Jen

So Attachment Parenting is and I'm by no means an expert, but what we practice is a group of parents who are really committed to keeping the baby clothes so a lot of baby wearing a lot of breastfeeding know putting them in a crib and letting them cry it out. So the most controversial part is definitely co sleeping sleeping with the baby. This was something that we stumbled into. Because of this exhaustion story in the beginning. We were so incredibly exhausted and she was up all night and what we found was and I think a lot of moms this happens you collapse into laying in bed next to them and they can free feed and you both sleep nurses sitting up with her at night and you're trying to stay awake and not fall asleep on her and never fall into a couch cushion or something. So we were suddenly sleeping and I remember that was like the only sleep we were getting and it was it was life saving it was life saving sleep so I began studying how a safe co sleeping because co sleeping can be very dangerous with blankets and sheets and they

can get stuff on them you know they they can't move their heads. It's but there is a biological sense that the baby's next to you you don't roll on them that really doesn't happen now you're in a lighter sleep than you are when there's no baby next to you. Like you're it's a very natural thing for you to both sleep next to each other and they Fifi free feed throughout the night so you eliminate blankets from the bed I wouldn't wear anything luckily it was she was a summer baby I'm not quite sure how it worked she was a winter baby for the first six months we practice pretty intensive attachment parenting I joined some groups on Facebook where I learned a lot from and really amazing parents really dedicated to their children really dedicated I'm gentle parenting strategies but of course like with everything can also become really extreme. I remember those groups talking about you know, I love my baby so I didn't have a babysitter till they were three years old they need mama and feeling a new sense of pressure about oh god if I have a babysitter for an hour if i if i wrecked her you know if i wrecked our bond I'm never letting them cry You know there's there's a spectrum and so the because of I think it was the allergy and thyroid dynamic that made me so exhausted that we really bought into this attachment parenting quickly. But the problem with it was she couldn't sleep without me. So she became used to sleeping on our bed kind of on the boob which is how they and so I was in bed with her two babies nap all day. And I was in bed with her all the time. I mean we were in bed, morning nap afternoon nap. We're about at seven o'clock at night we're in bed telling you know four or five in the morning whenever she got up, and I was so exhausted but couldn't sleep you know that feeling over the course of our attachment parenting and being in bed with her while she slept in bed. I watched 13 seasons of Keeping Up With The Kardashians. On because I was too tired to do anything smart but I wasn't it couldn't sleep because it's the morning it's 10am

They say that attachment parenting it can make them really strong and really healthy. I think. I think all babies probably, you know, that are just loved and taking good care of become very strong and very healthy. But sure, she did thrive and thrive in spite of she really though started to thrive when we finally stopped breastfeeding and put our own formula. I will say that I mean, I'm glad we made the sacrifices we I don't know. I don't know if I'm glad we did. I probably would have gotten formula sooner moms, I would have gone on formula sooner. Living on I it was really, really challenging. We did transition or to a crib six months, we got a sleep coach, we let her cry. She was okay.

there's a balance. And I felt a lot of guilt about that after being so deep in the attachment parenting community and then talking about the trauma of moving to a crib. But as soon as she started moving in the bed at six months, she started moving. I was like, nope, we're done. When she didn't lay there flat. I couldn't move and I could control the environment. It felt safe to me when she started moving. And it felt unpredictable to me. We were done. She was in a crib and she cried, and we transits

Mia

totally. So I'm letting you know we what I love too is y'all listen to this story because it just ebbs and flows. And so again, finding what works for you and then finding really good reliable people.

It is such a balance, though right Jen of like, okay, is this going to be the right thing? Or is this not going to be the right thing? And then that so you had the dietary thing, the sleep the whole the whole thing? So y'all we wanted to tell the story that though just one person's story of all the different variations of it, because I just think it's not getting talked about enough.

Jen

I mean, I it never until that bloodwork was done six months later and never occurred to me that I was dealing with a health issue until there was blood in her poop six months in and the reason this all combined when she was accusing a six month number, because right around when we started discovering everything, I had shingles! I woke up one morning and I thought a spider had crawled into my pants. I said, I've got all these bug bites. And I thought they were spider bites. And I went to the doctor and he's like, Oh, no, You've got shingles. I mean, this is this is real.

So, back to co sleeping – it's hugely controversial. There's guilt if you come in the crib, there's guilt. If you just go for breastfeeding, there's guilt if they're on formula, everything is guilt everything is guilt and you're in a really physically challenging place and compassion for new moms. And the strength you have to develop to really think for yourself because there's no way you're going to go for a straight answer.

Mia

And even it's interesting too, I love I love talking about as a non mom to a mom. And this this is my point as well of like when you said compassion for new moms. He does feel like it's against society that it's just more like you guys are over here and we're over here and it's just going to be you talking to each other and I think that's bullshit. I think we need to be really reaching out to people and wanting to understand that too. Because then there's the more understanding me even hearing this that's this is a new level of understanding for me to ask the right questions and to be compassionate. And with that on self care and so forth. This led to you we're going to wrap up with with Jihi which after now you got through the baby years and younger years you and chase have started a new company based on this experience.

Jen

Yeah Exactly, you know, pain into purpose. And our experience in the marijuana industry, we saw the cannabis CBD products coming out, we thought we could make something really innovative, really wonderful to use really high end. And let's incorporate it let's create a mission of self care and teach people how to how to same thing how to come within and find those answers. Because if you're looking outside yourself, it's just mixed messages, you have to come within and say what do I need, and to give yourself permission to to parent or to lead from a place of strength rather than martyrdom, I think that was a big thing I had to work through that year was letting go of the martyrdom of being in bed with her all day, you know, which I just could only do for so long, or the diet that we had to go on so that I could keep breastfeeding didn't work for me physically, if they're not foods that I liked, eating, my weight got really low, I was getting incredibly unhealthy. And it was easy to feel a pride in and I'm such a great mother. Look at what I'm doing for my baby. And I love her so much and and i'm on these attachment

parenting groups. And I've been doing this for six months. And I know that she's going to be the healthiest, strongest me because I'm making these sacrifices. And there's a point where you have to look in the mirror and stop drinking your own bathwater and say, This is not what I'm going to teach her. I am not going to teach her to be just broken. And I am and I have faith that even if she drinks formula for a few months, you know she needs a mom, we need joy. We need laughter I need to see, you know, we did when she had to cry it out and learn to transition to her crib. I mean, did I sit in the other room with my hands over my ears like I want to die. This is the worst day of my life. Of course. She loved her crib, and she started sleeping. And I'll tell you when she went in that crib. And when she started drinking formula, she started sleeping 12 hours a night. And what happened? Her milestones are going through the roof a little bit behind to being way ahead. And that made me see I could have just kept suffering and kept making it about what a wonderful mother I am and how small and frail I'm getting love.

Mia

Yeah, yeah. Meanwhile, you're you're dropping weight your doctors like Alright, that's enough.

Jen

Like we're done. And what happened we both got strong, you know, my strength. She She loved the same strength we bought, we got strung together, we found joy together, we started sleeping, we started laughing. It was the next step. And so I don't know how I could have redone those first six months or whirlwind of pain and problems. But it was wonderful to turn our pain into purpose and it gave it set me on a whole new mission of Wow, the power of when women tune in and say what do I need? How do I take care of myself? How do I love my family lead my people be a friend from this place? Yeah. So powerful.

Mia

Yeah, I love it. It's I mean, it's it's, and I thank you for saying that to like, I don't know how I could have done it differently. I can't change it. But then just moving forward. So I love this about Jihi. so that's the name of the company, you all and you can tell them what, what the name stands for. And then that also the big phrase is, you know, self centered wellness. fucking love that so much that that can't get any opposite of what we're taught as women, too. And also not just the cucumbers on the ice kind of shit. Ladies and gentlemen, this is more of the the full fierce. Well, you know, taking care of yourself. So tell me a little bit about that. And then we're gonna wrap up.

Yeah, so "Ji" is a Japanese word for compassion. The "hi" part means to spread joy and he means to ease pain. And so this idea of compassionate self care and then care for our world. self centered wellness, I'm really passionate about when I started working my way out of this time with Emma I began meditating a lot. So using that time to meditate for an hour or two at a time, which was brand new for me quiet and that coming within. And we all have wounds and we have things we're running from and have resistance and it keeps us in our ego. It keeps us in our control place it keeps us from our joy getting to get quiet and and face that was the beginning of opening the door to joy and to healing and to authentic living. And so the idea of self centered wellness is true wellness really coming from within and, and it takes a lot of G

compassion. It takes a lot of G compassion. You can't go in there like I'm going to fix me and then you can't, you have to go. You have to go and soft. You have to go in kind and it takes it takes time.

Mia

It is Yeah, and it's messy. It can be even the quiet can be loud, which is really tough too. So I'm gonna put a link to our interview that we had to so you can hear more about the company and the products I'm using 11 cbd based which are fantastic and you know another thing that I love obviously with being in the cbd industry it can be sketchy as fuck there's so much sketchy stuff out there so please do your homework please go check out them out:

Jihi.com

Jen:

three products they're really wonderful they're beautiful you know skin products and a wonderful sleep tincture that we you know we we would use without the cbd they're really fabulous a really fabulous serum and body balm and sleep tincture and then cbd has that amazing effect of helping bring us into balance and helping tone down the the the heaviness the i'm not gonna say anxiety it does not cure anxiety but if we add helps us helps us balance helps takes the edge off and it is a really really gentle supportive part of the journey of self centered wellness and these products are really beautiful gentle ways to support your journey

Mia

and fyi I use them and have been using them for a while I was not paid to say that because I love you all know I talk about shit I love and this is stuff that I love and the thing I love about cbd just to give you guys a really easy way to process it is it helps you put your body back in balance so it helps you heal yourself yeah honestly it really does so it's not healing a thing it's balancing the body so whatever's going on with that it can get healed easier big difference in what it gets sold out out there too

Mia

so babe I got one more question for you and well when I have a link to the gene the whole thing but what's your favorite swear word or phrase yeah we're gonna wrap it up honey

Jen

I love them all. you know probably just shit we don't talk about

Mia

yeah it's such a good bro that is shit we don't exactly exactly and there's so few swear words are just they relieve like literally I feel and I can't remember where I saw this this study of physically what happens to your body if you're saying swear word like the release I don't know if it's a tosun of some toward like the oxytocin or whatever but I certainly feel that when I when I address a swear word so

Jen

and i tell you a funny story really fast/ when i was a like a baby like i like in preschool i had a very italian family my dad had a really intense job sometimes there'll be swear words in the house and my parents got called into the preschool because i had said we all had to say a rule in our house and i said the rule in my house is we don't say motherfucking bullshit

Mia

that is the best that is the best answer to my question about swear words ever i love it it's in preschool

I love the italians - they always keep it real all right yeah we're gonna have all the links here please connect with jen she has g as well we have a facebook group that's also celebrating wellness and you know live your purpose y'all live live live out loud for sure and and i know those are overused cliches too but i also love that you when you're clipped into yourself then you're going to be so much more comfortable about questioning questioning your health questioning people and getting the right people around you right thank you so

Unknown Speaker 43:41

much for having me yes everyone on here have yourselves

Mia

yes absolutely self centered wellness y'all alright take care dang we need to show more empathy to moms don't we if you can relate to this we have a whole list of resources in the show notes and if you'd like to connect with jen and learn more about her company go to g.com that's jihi.com use the code mia 10 if you're feeling inspired to order their amazing products and hey if you are so fortunate to be able to hug your mom and tell her thanks if you liked this episode please do all the things like share with your friends subscribe and leave me a review especially if it's a good one if you really like the podcast and you want to show it head on over to shit we don't talk about podcast comm click on the patrons button and become a full time supporter of the podcast and if you want your very own podcast but you don't know where to start go to helix dash interactive comm and get yourself some thanks for tuning in see you next time bye

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