



Episode 59: SaunaCast

Katie of WellnessMama.com and Heather of MommyPotamus.com talk Christmas, New Year Goals and all things sauna.

Katie: Welcome to the "Healthy Moms Podcast." I'm Katie from wellnessmama.com. And I'm so excited today because I get to introduce my co-host for the first time and she is one of my favorite people on the planet. And, she also has an amazing blog and has so much knowledge on so many really awesome topics that I think this is gonna be really fun. But also, just because she's my favorite person to talk about health stuff.

And so, we're gonna let you guys into the conversation. And if you guys don't know who it is, it's Heather from mommypotamus.com. She's amazing. If you haven't checked out her blog, you need to. But it's gonna be so much fun to chat with her today.

Heather: Oh, gosh, with an intro like that, I think it can only go downhill from here. I don't know if I can meet those expectations but I'm really glad to be here.

Katie: It's gonna be fun and we're probably gonna be awkward for, like, two minutes because we don't normally record our conversations.

Heather: No.

Katie: But then hopefully, we'll get in the groove and we also just said... So, we're coming to you from a sauna because we both sauna, and we thought it'll be fun, and also limit our talking if we... Because you can only stay in a sauna so long.

Heather: That's right.

Katie: To keep us from going on forever but... So we're coming from a sauna. So this is "SaunaCast Episode 1." But we were just saying we should also maybe do "WineCast" in between, which could also lead to fun conversations.

Heather: Super fun conversations.

Katie: So if you guys are listening to this then it is the beginning of the year in 2017. So I thought it'll be fun to jump in and just talk about Christmas because we just got through Christmas. And I know, Heather, you and I, are on the same page a lot about Christmas.

Heather: Yeah.

Katie: And giving experiences. So do you wanna talk about what your family did this year?

Heather: Sure. So, well, we live in a very small house since we moved to the country, about a really small farmhouse. I Kon Married my house a couple of years ago and I did keep my iron, even though it does not bring me joy, along with a lot of other things that don't bring me joy.

But that whole experience in living in a small house has been really amazing because we learned how much stuff was affecting our daily life. Just kind of cluttering not just our rooms but like our thoughts because there was so much effort to maintain things. So, with our kids, even when we're giving them gifts, we really try to focus on experiential gifts and gifts that build skills.

So like, for example this year, we gave our kids archery sets so they're gonna be learning archery. And that may not be like a lifelong skill that they necessarily need but, I think, the really cool thing about those kinds of gifts is that you begin to give them the skill of acquiring skills.

At least as a parent, I don't feel like I know how to prepare my kids for what's coming because the world keeps, like, changing and then you figure it out and then it changes again. And so, I don't really know what skill to give them to get them prepared for the future. And so, I've really focused on just helping them acquire whatever it is they need. So, you know, in that sense, archery is just as good as just about anything else. Although, there are some essentials like cooking that we're also focusing on. And so, most of our gifts were like that. So like archery sets, sewing, and music, and stuff like that. So things that they can take with them, skills that they can build into experiences. And also, I mean like music is amazing because we'll be doing like little family music things, I won't sing.

Katie: Yeah, I don't sing either.

Heather: Yes, but...

Katie: Yeah, I love that. I think you said that today earlier and that's an amazing point about teaching them to learn new skills.

Heather: Yeah.

Katie: Because I had never thought about that. But that's probably, at least from, my own childhood, one of the things I'm most grateful for, that my parents did. Was like let me have the freedom to learn new skills and to learn that I could learn new skills. And you said your mom did that also with you.

Heather: Yeah, she really did. She modeled that. She was very much like it never occurred to her that there was something that she couldn't figure out if she needed to. And I loved growing up in that and having that modeled for me. So what you guys did for Christmas?

Katie: Yeah, similar. So I know we'll link to it. I know you and I both have been checking out Udemy for all the courses because it's amazing. Like you can find topnotch people in almost anything that teach courses on it. So in the last year, we've done as a family, like learning how to solve Rubik's Cubes and learning... There's a really fun one on chess that was fun to learn and our kids are doing ones on coding and so... Like finding things that are supportive of that.

So for my son, he's really getting into robotics and so there's robots that you can program with a computer. So it's a very hands-on way to learn programming languages and things like that, and then we have talked about getting into the archery. I think we're gonna wait until the kids are a little older just because our younger couple tend to be a little...

Heather: Yeah.

Katie: But the older ones would love that. So my husband is really into camping and outdoorsy stuff. So from him, all the kids got like legit backpacking backpacks that they could take when they travel but filled with outdoorsy, camping stuff. And everything from compasses, to like a lantern, or emergency blankets, and all the things they might need. So, he even, last year, did a trip with them where they stayed out in the woods for a few days with no tent, and no electricity, and no water. They, like, cleaned water from a river to drink it. Like they caught a rabbit and ate it. It was very much... And that's their type of thing so.

Heather: And did you stay at home with the baby and snuggle while they were doing this?

Katie: Absolutely. Although, we did go visit, I took the little kids to visit...

Heather: Awesome.

Katie: ...during the day. But, yeah, I wasn't gonna try to sleep in a makeshift, pine-straw tent with a baby.

Heather: No, no. When you have a baby, you just sleep when you can sleep.

Katie: Exactly. Yeah, in fact, she slept almost 10 hours last night by herself and it was that the first time that's happened. So I'm super energetic today.

Heather: Yeah. You know like you joked that we share a brand sometimes? But we actually did the robotics thing this year as well to worked on coding.

Katie: I didn't even know that.

Heather: And I may have gotten that from your holiday gift guide, that idea.

Katie: Awesome. But I think we're both doing the digital photography one too.

Heather: Yes.

Katie: My oldest daughter is doing that and all of yours are doing that, right?

Heather: Mm-hmm. Well, no oldest two. My young son is napping, that's when we do most of our skill building stuff. The archery, he's gonna participate in. But most of it is a lot easier to work with just the older two.

Katie: And you did it so awesome so you could wrap up like the keyboard for the music or the sewing machine for the sewing. Like you can wrap up the physical part of it.

Heather: Right.

Katie: And then the skill part like actually keeps them interested in Christmas gift all year, which how often does that happen?

Heather: Exactly.

Katie: Yeah. I'm excited. I'm like, hopefully, I can be consistent in keeping them consistent with it. I feel like it's made my life easier actually because like with the digital photography, I gave them old cameras that we had that we weren't even using. And to them, it's the most amazing thing ever and they're learning. And especially, since we both blog, if we have kids that end up good at digital photography, how awesome would that be?

Heather: Exactly. I know. Like with my daughter and we're working on skills in the kitchen and stuff and, like, she's my little sous-chef now. She's helping me recipe test and I love that.

Katie: Oh, on that note, okay. So how much do you love the "Kids Cook Real Food Course" from Katie Kimball? I am in love with that course.

Heather: Absolutely do. You know, my kids if you hear them, they actually like... What is the word? There are some phrases like "up and over soldier" and stuff like that just... My nine-year-old works with my three-year-olds. And I'll just catch them in the kitchen like making a snack or something and they're using those phrases. Because, you know, Katie's course, it really does like stick in their heads. It's just, you know, like you teach them once and you think that you're just gonna have to be going over it and going over it. But she's so good at what she does. She's like... I don't know, she just stays with them and it has really, really been a good thing for our family. Like we've gone from that family where you're like, you're letting your kids "help you."

Katie: Right.

Heather: Like the "helping" where you're like dying because you just wanna get through dinner and like get everything wrapped up for the day. To where you're like just, sort of, sitting back and watching it, kind of, mostly unfold. And it's just really, really great. I love that class.

Katie: Seriously. We both have been cooking for a long time. I didn't think it was gonna be new to me but she teaches it in such a fun way that I'm enjoying the class. And like I wanna be at Mrs. Kimball's class.

Heather: No kidding. Like I remember when Katie and I first met, I was afraid to cut food in front of her because I had no...

Katie: Oh, gosh.

Heather: ...knife skills. I mean like I was basically just hacking my food when no one was looking. And so, the class has been really helpful to me as well. And actually, this year, I got to be a grownup. I've had the same set of knives since I was a newlywed and this year, I finally upgraded to a set of real, like all-professional knives. And so, my dull knives they were actually a little bit more dangerous because you really did have to hack things. So this has been the year of just, kind of, like actually developing those skills and embracing them. And now my, kids actually can use these super sharp, like professional knives in a safe way so it blows me away.

Katie: Yeah, that was amazing. Like I think you saw it when we were getting lunch ready a few minutes ago and our two daughters were cutting Brussel sprouts and strawberries. And like a decent amount of both of them, and they just did it with sharp knives, and it was great.

Heather: And we were like, just on the other side of the kitchen lane.

Katie: Yeah.

Heather: Was saddling with the baby and...

Katie: We were like holding the babies and yeah.

Heather: ...mostly just I'm helping the baby defy gravity who's throwing things on the floor and me... You know?

Katie: The gravity thing?

Heather: Yeah.

Katie: Yeah, actually, that's a good point too. So, a friend of mine, who has a bunch of kids, she made a great point about that. Because with one of my older kids, every time they would do that, I'd be like, "Oh, stop dropping things on the floor." She was like, "You have to think about it from their perspective." They're learning about the world and they're actually conducting an experiment about gravity, which is what they should be learning from that experiment. But all they're learning if you're getting mad is that, "This makes Mom mad" then you're actually

stunting their, like, ability to experiment. And so that really reframed for me of like trying to be patient with that.

I feel kind of dumb but my mom did this for me and I'm grateful. Like even when they're little and 10 months old, explain like, "Look that's gravity that makes it fall." And like, of course, they're not repeating that word but it's like, those seeds are in there somewhere.

Heather: Right.

Katie: And it causes them to ask questions and to want to understand the world instead of just like, "Oh, don't throw things on the floor."

Heather: Somebody finally told me that. I think it was like I was three babies in by the time someone explained that to me. But they were like, "You know children are basically...babies are like little scientists and they're just testing you and experimenting." And I definitely see that now looking back And it's really cute but it's also cuter when it's your baby because it's your floor.

Katie: Yeah.

Heather: And at night, you sleep.

Katie: That's right. That's excellent. Awesome. Okay. So, like, let's move in forward. So, now, it's the New Year when people are hearing this. For us, it's not quite yet but what are your goals or resolutions for next year?

Heather: Oh, okay. So my not-serious goals are things like stop spelling things in front of my kids because my kids can spell now. And I just need to really break that habit because they're figuring it all out. And, oh gosh, I don't know. I didn't prepare for that one.

Katie: Oh, sorry, that was, yeah.

Heather: No, that's okay. I just don't...

Katie: I don't think [inaudible 00:11:12].

Heather: I just don't know. What are my goals? Well, I do have a super-secret project that I haven't actually gone public with yet. But I'm in the middle of getting it ready and I can't wait to share it. So, I don't know. Maybe that's a little too esoteric. And then, that's it.

Katie: I can't say anything but I can't wait to share your project either because it's awesome.

Heather: All right. So, what are your goals? Let's deflect.

Katie: So, more family time because I'm inherently bad at that. I've been trying to actually like really evaluate our family recently and I've realized... So we did the 23andMe testing. I know you guys have too. And it turns out my husband and I are both homozygous for the MAO-A, which is they call the "Warrior Gene." Which means, sorry kids, they have all got it because we're double for it.

But one of the things is it makes you very driven and very type A, which we certainly both are. And so, for a long time we worked because we had to absolutely and we still, obviously, do have to work. But when it was a point of like literally putting food on the table or not putting food on the table, we stayed up all night and worked. And we worked constantly and, like, we still were involved with our kids but not to the level I would like us to be.

Heather: Yeah.

Katie: And so, trying to make family time that doesn't involve work. Like not just a family vacation but a family vacation to Florida that doesn't involve us working three hours a day still. And just really prioritizing that. And also, realizing both of our personalities, we don't... Like think I mentioned this to you earlier but both of us don't like to fail at things because of the "Warrior Gene." We have to win.

And so, in the past my husband never liked to set goals because he felt like it was...like it's too high stakes if you can... If you fail at a goal, you lose and whereas like... So we have decided this year was gonna be the year of experiments. We're not gonna have goals where if you didn't accomplish it, it's bad. We're gonna have experiments where, like, let's see where the result is and this is what we think or like our hypothesis is gonna be. But if it doesn't happen, we just learn from it.

Heather: Yeah.

Katie: And that has helped to like reframe it.

Heather: I really like that, that's really cool. Because you are looking... I mean we're all scientists like not just babies. And if we look at it from the standpoint of experimenting and being willing to maybe get a result that wasn't what we were going for, but you can always learn something. That's a cool way to frame it.

You just reminded me of a goal I have and that is, since I do actually sit in the sauna like almost every day, I've listened to every podcast I love and I'm already done. And now, I'm actually pouring through all my books and so almost through with all of those that were on my list. And so, I'm going through Carol Tuttle's book on personality types of kids, like energy types.

Katie: Awesome.

Heather: And I am working to identify all of my kids' energy types. Because like you said, one of the things that I'm always trying to dial in, but especially this year, is like connecting with my kids. As they get older, they're becoming more and more their own people. And I'm trying to figure out how to help them be comfortable with who they really are. Because I think all of us have gone through that journey where we try on different skins and we try to figure out how we fit into the world and what our skills are. I'd like to be able to honor what it is my kids are and help them build that at an earlier age than you know? Because for a while, I really fought my nerdy, introverted, sciency nature. And really tried to be what I thought I was supposed to be.

So, I'm going to be going through that whole book. It's like my husband burned it on DVD for me or a CD, it's like five CDs. So I'll be getting through that, and trying to identify that with my kids, and relate to them more specifically than I have right now. It's kind of like not Blinkist approach. But there's like three of them, there's one of me, you know? Sometimes, I just do what I have to do.

Katie: No, it's so true. Yeah, it's, kind of, like optimizing motherhood. Because I feel like with the kids, it's like you figure one out and you think you've figured out motherhood. And then you have another one and they're totally different then you have to figure out motherhood all over again.

Heather: Completely.

Katie: And so that when you have like three or six, like you are parenting in six different ways...

Heather: And then they change. They don't even stay the same people.

Katie: Exactly. Yeah. I think that's gonna be a lot of grace for my own parents realizing that, obviously, parents do the best they can and that like obviously... Like my parents were so good in so many areas. And the areas that I wish they had done differently, it's just my personal opinion on these things.

Heather: Right.

Katie: And like giving them the grace of realizing they really were awesome parents too.

Heather: Yes. I definitely had those moments where I just needed to email my mom and say thank you again. Or just like reframe something from the past and express my gratitude because she was super patient with me. And it's a hard job.

Katie: Yeah.

Heather: I see that now.

Katie: It is a hard job. It's so true. And so, if we sound stressed, we should point out, it's 153 degrees in here and we're like dripping sweat. So if we sound like we're stressed, that would be why.

Heather: Yes.

Katie: Let's transition and talk about saunas then because maybe people are wondering why the heck are we sitting in a 153-degree box right now.

Heather: Yeah. Okay, why are we sitting in here? Well, you know, I have always joked with you that I should start a second blog called "Things Katie Made Me Do." Because you have talked me into some crazy things. Not just this podcast but like cryotherapy and some other really, really loud stuff.

I actually remember, I got my first sauna after reading your podcast. It was a little portable sauna on the benefits of heat therapy and I ended up loving it so much that... But I was, kind of, hunched over in the sauna and like...

Katie: A little claustrophobic?

Heather: A little. And not only that, but like it was in my living room so I was like... It was awkward. Let's just say it was awkward when people stopped by. So anyway, we ended up investing in one and it's been my... It's up there with my top two. It's like when you have kids and you can't pick a favorite child. So like I have two favorite purchases I have ever made of all time for my personal wellbeing. That's my bed and my sauna. And it's so amazing for everything from stress reduction to...

Well, I mean there's the scientific side where we're talking about like the production of heat shock proteins. And we know that like people who live past 100, they have a genetic change, like a genetic mutation that allows them to produce more heat shock proteins. And we know that even in worms... What are those worms? The *C. elegans* worms?

Katie: Yeah. I don't know to pronounce it.

Heather: I don't either.

Katie: That's the problem thing is a blogger... Is all these words that you read and then you have to say them out loud and you're like, "Uh."

Heather: Oh, my, gosh. Do you know how many times my husband has stopped me in the middle of a cooking video to be like, "I don't think you say it that way." I'll be like, "I'm sorry, I'm trying to cook and not burn this." Anyway, but, yeah, like they found that. They exposed those

little worms and they extended their lifespan by like 30% by elevating their levels of heat shock proteins. So for me, it's not just about longevity. It's about biological age. It's about being the best version of myself at every stage of my life. Because I am very much a type A, grab-life-by-the-horns kind of person. And I need to be in top form to be able to do that.

Katie: Yeah. Well, I've always thought it's interesting because I used to love... I still love the heat but I've gotten also more cold tolerant in my old age. But just the researching of how... You think about it logically. Until even just pretty recently and in some countries even... I mean in countries and even states even now, like you don't have a stable temperature all year. Like this is actually a pretty odd thing that we have the ability to be temperature stable all year long. And there's a lot of researchers who say that that's actually negative and it's having a harmful effect on our DNA over the long term. Because we're not being exposed to these things that we adapt to or like cause our body to have certain physiological changes that are good for you.

Heather: I know. I feel like it's so true in like so many different areas. Like, we have achieved stability and now, we're sort of learning that certain types of stability are maybe compatible with our biology. So like we're not necessarily supposed to be in the same temperate environment all year long and then there's other stuff. Like we're used to all feast and no fast, like no famine kind of mentality where there's not seasons of lean times and then seasons of abundance with food and stuff. But that's historically not how we worked. And I just have been reading up a lot on how fasting, on occasion, can activate certain metabolic things in the body to like trigger cleanup mode in the body. And are you checking temperature?

Katie: Yeah. I'm just making sure the recorder is not melting.

Heather: Yeah. So we're melting and we don't want the recorder to. Yeah, that makes sense. But it feels like in every season of life, like our bodies are designed to go through periods of abundance and then periods of leanness. And that actually has like a function in the body where during those times of leanness, the body cleans up and begins to get rid of stuff like excess waste and junk. And, you know, same thing with heat. Like it triggers that same cleanup mode. But if we're always comfortable like in our own lives, it's just like in your personal growth. If you're always comfortable, you're not really growing or adapting. And if our bodies are always comfortable, they're not being triggered to do those things that ultimately draw us towards greater health.

Katie: Yeah, exactly. And I think for me, at least, the heat and the sauna is easier than the cold therapy. Like I can do the cryotank for a couple of minutes but these people who take ice baths for an hour, I just...I'm not there yet at all, like even remotely close to there so. Like cold showers are still like a mental game for me so.

Heather: Yeah. I think I almost texted you the photo of me doing snow angels last year in the snow. Because I know your husband has, kind of, teased me about my fear of the cold and stuff

but you're right. I mean when it comes to cryotherapy, I can handle a couple of minutes but I much prefer the heat.

Katie: Yeah. And I think, at least, my husband is the exact opposite. Like if I get in the sauna with him, 10 minutes, he's good, he's still talking. Anything after that and he's like just lying there like looking. And especially if like it's cool outside, just like longingly looking out the door with like, "Please, cold air."

Heather: Yeah, mine's the same way.

Katie: Yeah. So okay. Did you have a question somebody had asked you related to sauna since we're on the topic about showering or something?

Heather: Oh, okay. Yeah, yeah. All right. So, I did get a question about whether or not I...how long I take. That would be my dog running into the sauna. How long I shower, wait to actually do like cleansing and not just rinsing, and the answer is...or after I sauna. So this is kind of like vitamin D thinking in reverse. Like there are a lot of experts who think that when your skin is exposed to the sun, vitamin D is produced on the surface. And that you should give it a period of time, some people say two hours, some people say to days, to absorb into the bloodstream. So that you're not rinsing off the vitamin D that your body just made. Some people disagree with that and say the body makes...the skin makes it under the surface but that's like a whole another podcast.

But for me, I think there's definitely a ton of PubMed, like, accessible research that says that our bodies sweat out like heavy metals, and xenotoxins, and all kinds of stuff. And so, you know, I wash with soap like immediately as soon as I get out. Because the last thing I want is to make the effort to sweat all this stuff out and then to reabsorb it so.

Katie: Yeah.

Heather: Right away, that's when I do it, right away.

Katie: What's your normal sauna routine like? I think you are better about it doing it every day than I am so.

Heather: Oh, my, gosh. You know, I think for some people who have like a nutritional deficit that they're working to replenish, sometimes they crave things until that deficit is met. But I got my sauna a few months ago and I've literally been in it probably almost every day. Maybe I've skipped a few days just because our schedule didn't work out. But like for me, it's been an almost everyday thing because my body just...I feel amazing when I get out.

So, I usually like do it toward the end of the day. It's a transition between like late afternoon when my kids have done their activities whether that's... Well, it'll be like bow hunting or

whatever it is we're doing, I'm not sure. And then transitioning toward dinner. They usually play pretty well at that point of in day so I let them just... They're right outside the window. Or I sneak off if my husband's home and just do a 30 to 40 minute session and, yeah, it's great. How about you?

Katie: Yeah, that would be my ideal. Although, I don't think I've worked up as much to the temperatures you have. I think you're beating me there for sure but we try to sneak out. It's a little harder because we're trying to do it together to get away from all the kids. But we're up to like 20 minutes roughly, like most days, or at least like four days a week which I noticed the difference from that. So I can only imagine doing it every day.

Heather: Yeah.

Katie: That's gotta be a great feeling.

Heather: And know they say that like really after 30 minutes, there's not, like, a measurable benefit. For me, that just seems to be what feels right to me. And this is definitely one of those things that you just will listen to your body. There isn't like a rule or a schedule that any one person...that's gonna be like a one-size-fits-all for everyone.

Katie: But it is cool because I think in your post, you talked about like you can literally burn how many hundred calories just sitting?

Heather: Yeah. So the research says like 600 in about 30 minutes which is awesome.

Katie: You can't do that running and I would much rather sit here and die of heat than run, so.

Heather: Also, there's a great Harvard article that just basically says, I mean, that there is a passive cardio aspect to it that really does benefit the cardiovascular system. Like your heart is really pumping and you're getting a similar effect as to what you do when you're doing, you know, real cardio.

Katie: Right. Which along those lines then, we should probably say like there's some things that you wanna do then while you're sauna-ing because you are sweating more than you realize. So like what do you do while you're in the sauna to not dehydrate and all that?

Heather: Yeah. I usually bring in some kind of electrolyte-rich drink. So whether that's water with like a generous pinch of salt or our homemade electrolyte drink. I know you have a recipe on your blog and I do too.

Katie: Yeah.

Heather: They're very similar. And then sometimes, I like to do just like fruit-infused water with another pinch of salt but it's a little more interesting.

Katie: Yeah.

Heather: Dr. Rhonda, do you know her last name?

Katie: Is it Rhonda Patrick?

Heather: Yeah, Dr. Rhonda Patrick also says you can put some kale in a smoothie that kale is actually really electrolyte rich.

Katie: Yeah.

Heather: So you can, you know, finish up with a couple of leaves of kale in a smoothie. I haven't tried that yet but...

Katie: Yeah. You said fruit water, it reminded me, I like cucumber water, cucumber-lime water. I could just live on that I think.

Heather: Yeah.

Katie: Especially in a sauna. It's funny too how like your priorities change. You could be like super busy from your day and thinking about all the stuff you need to do. And then like 10 minutes in the sauna, those start to fade away. And by like 30 minutes, you're like, "Oh, lemon water." That's all I'm thinking about is lemon water like...

Heather: It is a complete reset in so many ways. You like reprioritize everything.

Katie: Yeah, exactly. So which sauna did you end up getting? Because yours is more recent and I think that yours is awesome. I saw it, it's really cool.

Heather: Yeah. We ended up getting a Health Mate and I guess, for us, it was kind of like a decision between just what we wanted in terms of features and our budget, and it was the best fit for us. And I wrote a post on, you know, all the reasons that I chose them. They're really good. Actually their parent company owns the cedar company that sources, I guess, a lot of the cedar for like the whole industry. So they get a really good price and they pass that on to their customers. But I wrote a post on why I chose them and then there's also a discount. I got a discount on mine and I negotiated the same discount for anyone that wants to, you know, order there. And so, you can check it out, if you want to.

Katie: Yeah and we'll link to it. It's on your site. You know, they can probably Google like "Mommypotamus and sauna," and it'll come up.

Heather: Oh, I'm starting to feel that passive cardio.

Katie: Yeah, we're both like, "Okay, words..."

Heather: So you need water.

Katie: Yeah and then like talking about drinking... Oh, my gosh, that's hot. Okay, my water bottle is on fire. So, yeah, I'm not sure. We actually have a whole lot of questions and the goal of this long term is gonna be that we, like, answer questions from our blog. That like maybe there's not enough to say to earn a whole blogpost but that we really wanna talk about. So, in the future, we're gonna, like, definitely intersperse these episodes, And as much as you wanna be involved on interviews too, to talk about any questions readers...or either of our readers answer. But I think we're also gonna realize that we're gonna hit a...

Heather: It might not work that way.

Katie: Woo. We're gonna hit like a 30-minute window with this because we're pretty hot right now. And I think we, at least, touched on some fun stuff, and we'll have all those links in the show notes. But I'm feeling like we should probably wrap up before we both forget how to say words.

Heather: I'm gonna have to agree with you on that.

Katie: Yeah. So thanks, you guys, for listening. I'm so glad to get to introduce Heather. She's one of my favorite people in the world and I'm really gonna look forward to these episodes, and I know you will too. So please tune in to the next episode of the "Healthy Moms Podcast."

Heather: Bye.