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SEPTEMBER 2015



dr. kat
LIFE. LOVE. SEX.

Hiya,

Apparently my newsletters are going to appear in fits and spurts. Summer just seemed to get the best of me. So thank you for being open to my randomly timed musings. I got super caught up in crazy kid summer schedules – my first official one as my kids are almost 4 and 5 years old. I also went through a bit of a health scare that I have to admit I wasn't too stoked about addressing with everyone.

Let me confirm that all is good but my damn **PTSD** did get the better of me at times. So, I figured that this was a good time to talk about **anxiety** of all kinds. When working with clients (and myself), I've found a little trick when it comes to addressing the **negative self-talk** that always precedes anxiety. Almost 20% of the population suffers with a diagnosable anxiety disorder, whether long-term or situational. Anxiety can be a normal reaction to **stress**. However, when it begins to affect your quality of life on a regular basis

reaction to stress. However, when it begins to affect your quality of life on a regular basis it can be overwhelming. It inherently takes us out of the present moment and can cause bio-chemical reactions in our bodies like increasing **cortisol** levels and suppressing our immune systems, which is not altogether **healthy** for us in the long run.

My trick is this. Most people are much more apt to help friends soothe their anxiety than themselves. When you are the observer to someone's **suffering**, our first response is generally to be **empathetic**. Conversely, when it comes to our own mental suffering, most of us just become more **critical**. But once you begin to become **aware** of the negative self-talk that is feeding the fires of your anxiety, you realize you **have a choice** in how you react. Stuffing or denying that you feel this way can be unhealthy and beating yourself up over it only makes the cycle worse.

I say **acknowledge the fear by talking to yourself** (in your head or verbally) **as you would a friend**. Use the **third person** when referring to yourself. For example, "Kat, I know that you are scared of a cancer recurrence but you've have five doctors tell you everything is fine. You are just triggered. It's ok. Learn to trust yourself and your doctors."

I find that doing this regularly enough allows for it to eventually become the default. It takes a little practice but everyone deserves to hear the voice of reason from his or her own best friend.

Toodles,
 xoxo

The Overworked Pink Pill



My colleague, [Dr. Petra Zebroff](#) discusses on [HuffPo](#) what Addyi is really about and how women are once again getting the shaft -- and not in a good way.

"After so many trials and tweaks this overworked pink pill still does little more than act as a placebo. Women with low desire deserve better. And this drug is distracting women from getting the help they really need.

So what works to increase desire? A survey of over 8,000 looked at the key factors common to women who reported high desire. [This is what we found...](#)"

 **PRODUCT OF THE MONTH**

LELO Insignia Ora Sensual Oral Pleasure Massager



I know that this product is expensive, but holy crap – I would not waste your time on something that wasn't innovative, eco-friendly and mind blowing. This is the best cunnilingus (that's oral sex for those of you out there aren't interested in 25 cent words), simulator product that I have ever crossed paths with. And because many women out there are more orgasmic during oral sex than not, this product is for you. Just don't blame me if you lock yourself in your bedroom all weekend with your hot new friend.

 **DR. KAT IN THE NEWS**

Check out a few of the latest places where I've shown up!

- [Glamour](#) -- Pink "Viagra"
- [Shape](#) -- Touchy subjects for guys
- [Women's Health](#) -- B&B travel sex
- [Fashion Times](#) -- Sex beauty secrets
- [About.com](#) -- Married with an STD
- [LGBTQutie](#) -- Romance month ideas
- [Yahoo News](#) -- Is Bill Cosby a somnophiliac?
- [SheKnows](#) -- Sex in your 30s
- [Bustle](#) -- Multiple orgasms for her
- [Men's Health](#) -- 60 second orgasms for her
- [AlterNet.org](#) -- Multiple orgasms for men
- [V for Vadge](#) -- More romance in the bedroom



 **SOCIAL MEDIA LOUNGE**

[The New Yorker](#) nailed it again. They have no idea how true this cartoon is



"It says it will increase my sexual desire but not necessarily for you."

have no idea how true this cartoon is when it comes to the supposed "female Viagra" Addyi. The proof truly will be in the pudding and I think the pudding is going to be fairly lackluster, indeed.

 **CRUSH**



Warning...shameless self promotion here! I'm crushing on myself. You've asked and we've complied...
Sex Chat is back!

Ross and I have FINALLY gotten off our asses – or actually back on our asses in the studio with a strong cocktail to re-launch the (incredibly still popular? WTF?) [Sex Chat with Dr. Kat and Gay Boyfriend podcast](#). Give us a half hour of your time and we will educate, entertain and probably embarrass ourselves. A million subscribers despite a two year hiatus must not be wrong, n'est pas? [Subscribe now for our weekly show](#) and please "LIKE" our [fan page](#) on [Facebook](#).



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