

# Embody Wellness

February 2026 Wellness Newsletter





Hi friends 🌟

Let's start with some updates before we get into the fun stuff.

### 🌟 **BIG NEWS — NEW HOURS STARTING NEXT MONTH** 🌟

March & April, **Embody Wellness will be open Monday through Wednesday from 9:00am–4:00pm.**

I'll still be working with **Sunbelt Solomon on Thursdays and Fridays through May 2026**, but after that... more hours to come 🌟

I'd love your input: **would you rather see expanded hours on a Thursday or a Friday?** Tell me what works best for you — truly, your feedback matters.

### **Scheduling & Portal Updates**

All appointment scheduling and portal communication will now be through Cerbo:

**<https://embodywellnessclinic.md-hq.com/registration>**

Existing clients should have already received an invitation email. If you didn't get one, please let me know and I'll resend it right away.

My **February calendar is officially booked**, and next available appointments will begin in **March**.

### Vacation Notice

I'll be on vacation from **Saturday, February 21 through Saturday, February 28**.

I will not have cell phone access during this time.

If questions come up, you're welcome to **reach out to Sadie**, but please keep in mind she may not be able to answer provider-specific questions.



## ♥ February = Hormones, Sex Drive & Desire (Oh My!)

Since February hosts the lovely **Valentine's Day**, this month's education focus is all about **hormones, libido, and desire**. Make sure you're checking in on our Facebook page — I'll be sharing ongoing fun facts all month long.

### 🔬 Peptides That Support Libido & Sexual Wellness

#### PT-141 (Bremelanotide)

*The most well-known libido peptide*

- Works on the **central nervous system**, not hormones
- Increases sexual desire, arousal, and satisfaction
- Helpful for both **men and women**
- Can work even when testosterone or estrogen levels are “normal”
- Used PRN or in low-dose scheduled protocols

**Common notes:** flushing, nausea, yawning (usually dose-dependent)

#### Oxytocin

*Connection + arousal peptide*

- Enhances intimacy, bonding, and emotional connection
- Can improve orgasm quality and sexual satisfaction
- Helpful for anxiety-related libido suppression
- Often paired with PT-141 for synergistic effects



## Kisspeptin-10

### *Hormone-signaling peptide*

- Stimulates the hypothalamic-pituitary-gonadal (HPG) axis
- Supports natural testosterone and estrogen signaling
- May improve libido, arousal, and reproductive hormone balance
- A more “upstream,” physiologic option

## Melanotan II

### *Libido + tanning effects*

- Can increase sexual desire and arousal
- Mechanism overlaps with PT-141
- Side effects (nausea, pigmentation changes) limit long-term use
- Not typically first-line for libido alone

## 🌶️ **Product Spotlight: PT-141 & Oxytocin Peptide Strips**

Yes — **strips**, not injections!

These dissolve on your tongue, making them perfect for travel or a little getaway with your boo ❤️

- Available for **existing clients only**
- Can be shipped directly to your home
- Box of 10 strips
- Only **1 strip per day**, so couples can share

**Price:** \$355

If you'd like these before your next appointment, just reach out.

Other peptide strips available (non-libido):

- Thymosin Alpha-1 (definitely coming with me on vacation!)
- BPC-157
- GHK-Cu
- CJC & Ipamorelin

Message us for pricing or more details.



## 🧠 Hormones, Lifestyle & Libido — The Real Talk

Our hormones play a huge role in mood, behavior, energy, motivation, libido, and overall wellness. But let me be very clear — **we can have the best hormone protocol on paper**, and it still won't work optimally if what's happening at home doesn't support it.

How you eat.

How you sleep.

How you exercise.

How stressed you are.

All of it matters.

And I don't want to give false hope that HRT magically fixes libido. There are **many external influences:**

- Are you and your partner connected?
- Are you chronically stressed or overstimulated?
- Do you feel emotionally safe?
- Are you on antidepressants or anxiety medications?
- How much alcohol are you consuming?
- Is the tone right for intimacy?
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All of these impact desire.

One of my favorite books — especially for women — is ***Come As You Are* by Emily Nagoski**. You've probably seen it in my office. Women are beautifully complex, and our desire works very differently than men's.

*Husbands: if you want to understand your spouse better, this is a great read — don't worry, there are cliff notes at the end of chapters 😊*



## Quick truth bombs:

- Men often use sex as a stress reliever
- Women need to be stress-relieved to feel desire
- Women take ~20 minutes to become aroused
- Men... about **0.325 seconds** 😊

For the partner who's always initiating: instead of "Hey, want to have sex?" (which usually gets a no), try:

- "Do you want to cuddle with me?"
- "Can I give you a massage — no expectations?"
- "Can I just hold you for a bit?"

Connection lowers stress. Lower stress allows desire to show up.

## **Hormone Cliff Notes: Libido & Mood (Men & Women)**

These hormones work **together**, not in isolation. High or low imbalances can impact desire, motivation, mood, and emotional regulation in both men and women.

### **Testosterone**

#### **Libido | Motivation | Confidence | Drive**

#### **In both men & women:**

- Primary hormone for sexual desire
- Supports motivation, assertiveness, focus, and confidence
- Helps with energy, muscle tone, and mental resilience

#### **Too Low:**

- Low libido
- Fatigue, low motivation
- Depression, brain fog
- Decreased confidence

#### **Too High:**

- Irritability, agitation
- Anxiety or aggression
- Sleep disruption



## **DHEA**

### **Vitality | Resilience | Mood Buffer**

- Precursor hormone that converts into testosterone and estrogen
- Supports stress resilience, energy, and overall well-being
- Plays a role in libido indirectly through hormone balance

#### **Too Low:**

- Low libido
- Fatigue
- Low mood, poor stress tolerance

#### **Too High:**

- Anxiety or restlessness
- Acne, oily skin
- Irritability

## **Estradiol (Estrogen)**

### **Arousal | Mood Stability | Emotional Warmth**

#### **In women:**

- Essential for vaginal lubrication, arousal, and orgasm
- Supports mood, cognition, and emotional regulation

#### **In men:**

- Needed in small amounts for libido, erectile function, and mood

#### **Too Low:**

- Low libido
- Vaginal dryness or discomfort (women)
- Flat mood, anxiety

#### **Too High:**

- Emotional reactivity
- Anxiety or mood swings
- Low libido (yes — high estrogen can suppress desire)



## **Progesterone**

### **Calm | Sleep | Nervous System Balance**

#### **In women:**

- Calming, grounding hormone
- Supports sleep, anxiety reduction, and emotional stability

#### **In men:**

- Present in smaller amounts
- Helps balance estrogen and supports nervous system calm

#### **Too Low:**

- Anxiety
- Poor sleep
- Irritability
- PMS or cyclical mood symptoms (women)

#### **Too High:**

- Low motivation
- Sedation
- Low libido

## **Cortisol**

### **Stress | Survival | Energy Allocation**

- Primary stress hormone
- Necessary for daily energy and alertness
- Chronic elevation suppresses sex hormones

#### **Too High (chronic stress):**

- Low libido
- Anxiety, irritability
- Sleep disruption
- Hormone suppression (testosterone, progesterone, estrogen)

#### **Too Low:**

- Fatigue
- Low motivation
- Poor stress tolerance



## ♥ Final Thoughts

Sometimes HRT takes **months** to influence libido — if hormones are truly the root cause.

I fully believe your **sex span increases your health span**. Intimacy supports emotional fulfillment, mental health, cardiovascular health, and neurological function.

Your midlife and later years truly **can** be the best sex years of your life — you're comfortable, connected, and free to explore what actually works for you now.

There are many supportive options I can't fully discuss on social media, including:

- Vibrators to improve vaginal blood flow
- Low-dose Cialis (yes, for men and women)
- Safe penile pumps
- Topical testosterone vaginal creams
- CBD and herbal lubricants for arousal and comfort

If you and your partner feel like you could benefit, I'd love to meet with you together. We can determine whether HRT, counseling, pelvic floor therapy, or gentle (but very effective) guidance is the right next step 😊

With love and spice,

Brittany

## Embody Wellness

Because we want to embody the life we want to live 🌱

