

Navigating Life with Ulcerative Colitis E43

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SPEAKERS

Sareta, Lesley, Dee

- S** Sareta 00:00
Welcome to the newest installment of the women who rebrand podcast. With captivating guests and thought provoking topics. You'll be motivated to recognize your growth and be compelled to continue on your journey to success. Allow yourself to become whole and love yourself fully with this season of women who rebrand. I'm so excited to have lady on the show today to share her story of living with ulcerative colitis. We'll be chatting about the symptoms, diagnosis, process and treatment. Plus, she'll be given advice to those who have been diagnosed with the same condition. Joining me in Lesley on this episode is D, a familiar voice our special guest host on women who rebrand is going to be a great show. So let's dive in. Obviously, this Episode Episode 43 navigating live with and this is where I need help D because you know me with my ADHD brain, I can never pronounce words. Ulcerative Colitis. Dan,
- L** Lesley 01:00
you got it?
- S** Sareta 01:01
Did I get it sound a bit weird though, right? No. Ulcer, ulcerative colitis?
- L** Lesley 01:06
It's a mouthful, isn't it? A lot of people just say you see? Oh, yeah. Okay.
- S** Sareta 01:13
You seem kind of makes it sound a bit cooler. Not gonna lie. In the house? No, no, no, I don't know. Me people, I'd say yeah, we are going to talk about you see a journey of long term health

management. It's not, I'm gonna admit, it's not something that I've ever heard of before. So I'm guessing there's not really that much information out there, which is why I wanted to do this podcast to highlight the issue and spread awareness. Because, you know, just because you have it, there's probably 10s of 1000s of millions of people that have it out there. And like me, there's just loads of people that don't really know about it. But also there might be people that have the symptoms, and have no idea and, you know, NHS we know sometimes with NHS and trying to sort out stomach issues there just as anxiety and send you away or something like that. So yeah, I'm really interested in discussing this topic today. So thanks, again, Leslie, for joining us. Let's just get stuck in

D

Dee 02:22

happy to chat about it. Leslie, you and me have been friends for a long time. And we bonded because we have our sort of slightly multicultural world citizen. Background, right. So tell us about tell us about your life and your your career background as well. What are you up to these days?

L

Lesley 02:43

Sure. Well, I guess a bit of an accent. Let's tackle that first. It's a Yeah, I'm a Londoner, but I've grown up everywhere else, as well as London. So I guess this is an international school accent that sort of leans on the British side, which nobody ever hears. But hey, you know, it's the mid 90s. Everybody's walking around saying hey, what's up, dude? And this is what happened. It's a nice mix of, I think everything. So yeah, International School accent grew up in the Middle East, the Caribbean. And back in the UK, here I am finding myself a maybe a little bit of a stranger in my own culture. Third Culture kid, as they call that, yeah. And do you teach Third Culture kid? I don't know if every anybody else knows the term but it's another cool club to be in

S

Sareta 03:35

that culture kid.

L

Lesley 03:36

Third Culture kids. Yeah.

D

Dee 03:38

You know, growing up with either parents from different backgrounds or moving around a lot and living in cultures that aren't your own. Or, like, I've gotten a double whammy of having parents from two different cultures. My mum being Belgian, my dad being Palestinian, and we moved around a lot never living in the countries that they grew up in themselves. So you have not only the generational divide between you and your parents, which is obviously normal, but then you have like a massive cultural divide to navigate you know, between your parents, between yourself has grown up. Yeah, like slightly you know, my parents have never grown up

in the UK. I lived here since I was seven. Leslie, you've got this as well. Haven't you like trying to fit into a culture while still maintaining yours and your identity and merging them in some ways and keeping them separate and others? It's it's a minefield, but it's also really unique and interesting and fun and lovely.

L Lesley 04:31

hella fun. Absolutely. And I mean, I guess like you've just got like an appreciation for everything and I can guess a third culture kid trait. And in terms of what I do, I am by day a customer services manager or for an amazing tech startup called open exchange rates. We've got like a cool variety of customers, we help them sort of data about currencies and by nights So I played a band, I run a label and I've got my own music services company. So music features like quite heavily, heavily there.

S Sareta 05:08

Wow.

D Dee 05:11

She doesn't I know she doesn't. She also works out intensely cooks all her own food, and she's just super woman. But I just want to point out that having seen Leslie perform in her band Midwich Cuckoos. She's just a legend.

S Sareta 05:26

A flower. In your band, would you sing? Or is it an instrument? Or is it both? I'm not a bad person. So I'm like, I don't know. I can't imagine what do you do?

L Lesley 05:39

So I play the guitar. That thing was dreams, right? About all that, and I do backing vocals. Yeah, that's, that's what I do. can play some other instruments, drums, bass.

D Dee 05:52

You were made for the stage that yeah, it's been out

L Lesley 05:57

of the game for a while. And the people in my band, I've worked with them for quite a while. And it was being set up and they said, Look, come and play. So they've got me back in the game. And it's just been MegaFon. I couldn't imagine not doing it. I don't know why, like I held

out for so long.

S Sareta 06:14

adulting responsibilities, but you need to do what you want to do and have fun with it. Adults still need to play. That's, that's my, that's my thing. So you need to do something that you enjoy. Something that brings you joy, and I'm assuming this does.

L Lesley 06:31

Absolutely. And like a bit of terrible. I think we'll get into that a bit later. But yeah, it's absolutely great. And they're just connecting with people and audiences and playing songs. You know,

D Dee 06:45

Leslie, you like you come alive on stage. You come alive. Like, it's just amazing to watch. It's so inspiring. And it's just amazing. I get major girl crush on you when you're on stage. Not gonna lie. Number one creepy.

S Sareta 07:01

Hey, always getting the girl crushes.

L Lesley 07:05

Yeah, man. Yeah. Yeah, for my enjoyment I do for other people's enjoyment. So like, if anybody takes it, like, that's just 10 out of 10 job mission accomplished for me, right? Yeah.

S Sareta 07:18

Yeah, yeah. So obviously, you are a bit of a musical, Superwoman. And techy person. And I'm running a record company as well. Like I said, I don't see how you have time to sleep or do anything or anything, anything. But all of this aside, when did you first notice there was something up? Like, did you start having symptoms? Was it a gradual thing? Or was it like an overnight? occurrence?

L Lesley 07:51

Yeah, for me, I think it was a gradual thing. And so I guess trigger warning, we're going to talk about poop a lot today. And this is why people don't know about ulcerative colitis, right? Because not everybody goes like, hey, how should we like did today? It wasn't me. But we don't chat about it. Right. So we, I mean, I would even daresay that a lot of people don't think about

it, it's that thing you do you for about an hour, however long a day, and then you forget about it, right? Like a lot of people don't even think about the sort of frequency, or the time that they go, you know, some people have like a sort of better, more natural hold of it. And some of us don't. And I would say that I didn't have like, as strange as this sounds, I didn't have a good relationship with my food. So the so really, it was a gradual thing. And I think like the telltale sign for me was when I was going to the bathroom was bleeding. There wasn't just like a little bit it was like a sort of fair amount. Slightly concerning and, you know, I just remember mentioning it offhand to sort of my boss and he's like, Oh, it was probably just like, you know, when you sneeze too hard or something and I thought, well, yeah, I mean, he's got a point there, you know, back of the mind back the mind back.

D

Dee 09:15

That that is something that they recommend you go to a doctor right away for right like if this is if you're listening to this and you're bleeding when you're pooping goes to your doctor asap. And we know it's not pleasant having to talk to strangers about your poop when you can't even feel comfortable talking to your friends sometimes, but very important PSA.

L

Lesley 09:33

Big Red Flag.

S

Sareta 09:35

Also, there's like a difference. So hands up someone that suffers with stomach issues for years. The difference between bleeding when you poop, so and I don't want to be graphic but obviously I want people to actually understand. So you know, if you're constipated and you wipe you see like the blood on the tissue, but it's The blood within the stool is that is there a difference there?

L

Lesley 10:05

That's a really good question. And absolutely yes, there is a difference. And you can see blood within the store. And then you can also have sort of blood around the store or sort of went white pink. And this is indicative of perhaps, where you might have a sort of ulcer in your intestines, which is further up who pretends to be more blood in the stool, if it's towards the colon, sort of like ulcerative colitis, it would be blood around the stool. There's also other signifiers as well, you kiss as well. So that there just might be I mean, this is the thing is, well, I think in the UK, even the style of toilets or being a third culture kid, I've had European and especially Dutch toilets, where you kind of can see your business, right? And actually,

S

Sareta 10:54

I've never seen that. Sorry, what's this now?

D

Dee 10:59

I'm demonstrating the Dutch toilets. Literally, you poop on this like platform, and then it washes away. So they give you the opportunity to look at like a shelf? Yes. Oh,

S

Sareta 11:11

yeah. Okay. Well, that's handy. All right. Yeah.

L

Lesley 11:15

I mean, it feels like UK called you to UK toilets. Like we should hide that or flush it right.

S

Sareta 11:22

away. Yeah. Never, never, never. No, no, no. Even like, I'm sorry, I'm going off the tangent here. But festivals and when you go to like eco toilets, it's like, down a massive hole into Doom, and then it's covered was sold as never to be seen again. So even then. Yeah, yeah, British way get over and done with hide it don't talk about it ever, never happened? Yeah, so

L

Lesley 11:44

I think it says a lot about our culture, right? Just don't talk about it. Don't think about it, it's gone. So I think like I and that's the thing, you know, just kind of like sort of wipe and go, Oh, that's not too cool. And it kept on persisting. You know, and in hindsight, there were lots of other things that were happening that was sort of gradual sort of fatigue. You know, sort of soreness, foggy, foggy head, and a lot of things that were going on that I sort of put down to other things and sort of, I guess, being young and inexperienced, right, like yeah, whatever. And like, you know, just bounce back the next day. So like, yes, if anybody is experiencing these kinds of things, like big red flag, don't just put it off to like, Hey, I was working too much, or whatever, do get it checked out, because these are sort of hallmarks with something going wrong. And it got to a stage where I was quite concerned like this the same no sneeze, right. So once my doctor they did, like sort of GP did a quick examination there and suggested that I go for a I'm going to do the thing now or I can't pronounce the word Kalon. Scobie? Yeah,

S

Sareta 13:01

yah, yah. Yah, yah, cola people want one cup

L

Lesley 13:13

of coffee. And so, that's

D Dee 13:17
all the words.

S Sareta 13:19
Right?

L Lesley 13:20
got it covered. So, yeah, I have one of those. And also, they took a biopsy at the time, and the results came in very quickly that yes, I have, you see, and they gave me medication. Okay, from an NHS perspective, I felt like that was it like, okay, so what is it, it's an immune bout as an autoimmune disease that affects the bowel area. That's basically my colon breaks out and ulcers. And it takes a while to heal itself. Mine's very mild. You know, Crohn's is one that is sort of further up the intestinal tract. And it also comes with other complications. Both Crohn's and Colitis, it can sort of lead to sort of bowel councillors later in life, if it's not treated properly. If you know people aren't in remission, some interventions can be made via medicine or actually sort of surgical. So some people have to have parts of their bout their intestine removed as well. So I'm, I'm in the mild category, and you know, very thankfully so, so I've been able to sort of manage my condition with sort of medication and sort of lifestyle intervention, as well. But I guess that was the start of my journey, just being diagnosed and, you know, immediately started taking the medication which did sort of relieve this terms, but I really wasn't seeing any changes there.

S Sareta 15:05
So when you say you mentioned, Crohn's, what's the actual difference between UC and Crohn's? Is it just the placement of the ulcers? Or is it different symptoms as well do you know,

L Lesley 15:20
are very similar symptoms. Crohn's tends to sort of be, you know, for the person that has it a bit more severe cramping, and yet, it's got to do with a placement that also has its own, like sort of symptoms, such as further symptoms. So as I understand all sort of colitis, Canada tends to be milder than Crohn's, but still can be quite devastating to somebody's, you know, sort of overall health and life.

D Dee 15:53
And how does it impact your life at the moment in your work,

L

Lesley 15:58

it really ranges, these will be honest with you. Because like, it's not something that like you sort of wake up and go, that's different, oh, it's really sort of cycles, it really absent flows. So fatigue, is something that I sort of struggle with. And, you know, having a sort of healthy lifestyle focused on my health I feel enables me to sort of counteract that fatigue, you know, I'm sort of losing blood, it's an autoimmune disease, my body's sort of fighting itself, in a way and it's just not getting that rest, and it's not able to recover. So I need to, you know, allow my body to heal as best as it can. Certain foods sort of can trigger it. I've spent a lot of time trying to figure out what those foods are. And nothing really like if I eat it, I'm going to feel unwell the next day, is sort of to do with my sort of general health. It's like, I'm really feeling unwell. And then I go Eastern french fries, I'll be feeling it.

D

Dee 17:00

Do you remember that time that we got really, really drunk in Kingston, I can't remember where we went. And then I have vague memories of being in Burger King, and then I woke up with a cheeseburger as a pillow. But the reason I bring this up is because we were talking about French fries, but also, also because you, you mentioned that you've had to make some lifestyle changes to help manage your condition. And they're quite drastic a say in that, you know, it's not what everyone else is doing when you go out when you're going to gigs and so forth. So tell us a little bit about that.

L

Lesley 17:36

Yeah, I mean, not being able to use like a Whoppers with pillow anymore is really affected my lifestyle, and it's just that bread, it's just so soft, right? Yeah, like it. It's, um, it's a struggle, because I think, what I started how I approach, sort of my wellness is really through lifestyle and diet. So when everybody's chugging beer around you staying up late, and really not moving that much, except for show. I have to kind of really pick and choose my moments like, Hey, I will have drink this weekend. You know, even I've got to consider like how much how much grains I'm eating because I've done some data research, like, you know, in trying to better my condition, I've had microbiome tests. So I've analyzed my booth to see like, sort of what is happening in my gut. So I've had blood tests to find out like sort of what's happening in my, like, my system and I can see that like grains are doing are good for me sugar and stress. I think those are the main three things that I got to stay away from like fried foods as well. Things like non alcoholic beer has got wheat in it. That's devastating. And you know what bars don't serve cold? Bucha they do not. And I'm lucky if they've got even to me like, right, you know, at the bar, and I am that person who's like, Oh, hey, do you have a decaf tea? Like a 10 a 10pm on a Saturday, Friday night. So yeah, it can be challenging and kind of a bit like killing the fun. But hey, you know, I've got like, sort of my friends. I'm having a good time. I just try and focus on like, sort of the good bits. And I know that like when I wake up the next day, I'm also going to feel good. That's amazing. I think that that's the focus, really,

S

Sareta 19:38

it's not necessarily going out. I think as we get older anyway, going out isn't necessarily always about like, how many drink let's get the shots in and all that. It's like you get to a certain point

and you're like I just want to enjoy the night. I want to enjoy my friends or enjoy the time. I want to remember what happened. I don't want to do anything embarrassing. I don't want to have three days. I know I got stuff to do tomorrow said I'm gonna wake up fresh so yet more bars need to have more coffee and non alcoholic drinks that's that's something that I definitely need to advocate for in my head.

D Dee 20:12

Leslie and I went to a festival in in Leeds recently ham fest It was awesome. And I was going up to her going just like the old days but slightly different something I've got something in my pocket that will help us get through the night. There was an all day festival little something something and and I was like that's something is paracetamol. Yes. Because we're all day festival in our like, I'm gonna be 40 You know, won't reveal your age. Leslie that's up to you standing up all day, paracetamol and I was so jealous of this other woman who was like, Yeah, I got caffeinated paracetamol and I was like, oh, legend this girl knows how to party. That's what I thought, Oh,

L Lesley 21:00

these women with their pharmaceuticals, you know helping the crowd like helping them on their end. It's a beautiful thing. I've got a you know, the nurses out there in the crowds they're they're highly valued on the

D Dee 21:15

shout out to them. See them all your

S Sareta 21:22

peppermint tea bags when I'm going to hotel I'm like, yep, pack that just in case. But yeah.

D Dee 21:27

Also, I will say be careful before you take medicine and quotation marks from strangers.

S Sareta 21:33

Yes, even if they do say it's paracetamol. But yeah, they

L Lesley 21:39

read the label, people read the label. You bring up good points. They're like, you know, it's okay for the evening. But like, what if you're on swore. So that I think that six years ago, we had a

compilation, my labor law, federal records for Crohn's and Colitis. And we reached out to people to sort of find out if anybody suffered from, you know, the condition if they wanted to, like split some tracks. And it was absolutely incredible the volume of people that came back to me and said, like, Oh, hey, I've got Crohn's, I've got colitis. And, you know, I would have never, like I felt like I was the only one up until that point like, and sort of reading the stats on it that sort of creative people, especially musicians tend to have sort of a high percentage of Crohn's and colitis which feels Yeah, yeah. Now, think about this going on tour. Was a bowel disease that a fun people know

S

Sareta 22:42

what's going on. All that all that?

L

Lesley 22:45

petrol station food, those kids through pasties? They're not sleeping, it just screams? Like,

D

Dee 22:54

that does sound bad? Do you think that, that there's a little bit of a stigma about it? Because it is like, you know, about poop and your bum? That there's a bit of stigma about talking about it? Are we helping by normalizing it by just talking about our poop and harass openly?

L

Lesley 23:12

I mean, absolutely. Like I said, at the start, you know, this is something that we all do, we should all just chat about it and get over it. And you know, just sort of sort of even in our sort of mindsets. Just kind of making a mental note of like a walkthrough Do I go, like, am I having a good time or bad time there because like, once you close the door, it's easy to forget about, and my relationship, you know, as a kid, and through my teens and 20s was not a good relationship, like I could be six times, six times a day or go two weeks without having to poop I know that's like that's, that's

S

Sareta 23:50

kind of the day I'm more like, my blind by that way.

L

Lesley 23:56

So yeah, frequencies that also another symptom of sort of IBS or IBD, that people should sort of be wary about. Sort of that there's a line where IBS turns into IBD irritable bowel syndrome turns into an irritable bowel disease, he is what's happening in your colon, but like some people, you know, will find that certain foods aggravates their stomach and they'll get like these symptoms, you know, so like, even if you are getting these symptoms, please do check

them out. Because there's things that you can do it's not necessarily that you have a disease, it's not scary if you also have the disease it's just better to have that knowledge and sort of get to poop checked out. So yeah, having a mental note of like your, your bowel health, like you would your sort of actual physical, you know, like I'm getting up and moving every day or you know, like your diet, you just take into consideration really,

S

Sareta 24:54

as I mentioned, I've got IBS, which is just essentially not the disease and which is something I think that they diagnose you with when they don't actually know the proper in and outs of just say, well, it's IBS. And you just go figure it out. And I'm like, thanks for that. But yeah, the thing with me is like, I always knew there was issues, stomach issues, like I'd feel bloated, I feel heavy, I feel tired. And I just have over for so many years, I just thought that's how everyone felt. But in terms of like, toilet issues, like I wouldn't go to do a poop for like a week. And everyone's just telling me what, because I hear people saying, yeah, go toilet like, two, three times a day. I'm like, Excuse me. So it's not until I had these conversations, I realized, hold on. This may not be normal, quote, unquote, normal. So when I was going to the GP, they're like, well, it could be normal for you. Just monitor it, send me back. And I must have gone to the doctors for years in and out in and out. And it just gradually got worse. So I actually went private in the end and had the cola Nasca pay for the property, then, yeah, yeah, had the tests. And yeah, they put it down to IBS. But then I actually had like a nutritionist work with me. And we went through something called the low FODMAP, low FODMAP diet. So you have a list of all these foods that you're supposed to not eat or avoid if you've got stomach issues. And then you kind of just see what works with you. And by doing that, I realized, I can't have gluten and I can't have dairy. And now I know but yeah, it's been a years years of consistently going back to the doctors. So yeah, for anyone out there. I just wanted to say, you know, you know, if there's an issue, you know, if there's something not quite right, to just be persistent with your doctor, and yet since I've cut out gluten and dairy, I'm like, so you're telling me this is how people feel you don't feel physically sick when you've had a meal. You don't feel like you need to have a lie down and sleep for like the rest of the day. You're not gonna pass out you're not gonna have stomachache, because I'm not you've been probably economy all this time. But yeah, what's it so it's like, such a relief. It's such a relief. But yeah, yeah, like I said, just the

L

Lesley 27:20

knowledge is power. Like all you have to do is have the cheese sandwiches, right? And then you're fine. Yep. Any cheese hasty heading your way? Just avoid

S

Sareta 27:29

love cheese toastie. That's my thing. Out make a cheese toast. Sandwiches, life. Gluten Free Stuff is a joke, but don't get me started on the gluten free, dairy free cheese. But anyway, yeah.

L

Lesley 27:44

Sorry to just like as you just quickly just as you mentioned there like you'll eat something and

Sorry to just like as you just quickly, just as you mentioned there, like, you eat something and you will feel a difference fairly quickly. Like, it's just so interesting, like how everybody's symptoms sort of manifest differently. Like, I'll eat something and there won't be that definitive. Like, oh, hey, that wasn't good, right? Like, it's an accumulation. So like, you know, like, as you said, yes, just, if you will know if something's not right, or something's normal and just be persistent. And, and, you know, check out with your sort of health care provider. Definitely. At WWE

S

Sareta 28:20

digital.com You'll find the women who rebrand podcast and bonus content to accompany each episode, plus, between episodes and seasonal breaks, you'll get access to informative articles and personal stories about health and wellness relationships and careers. Take a genuine path to become your most authentic self. Join our online community on Instagram and Tiktok at WW our digital also cuz chat sorry, because chat because they like to chat and obviously she introduced us than this wife got your new podcast says like, interesting story. I need to know more. And we were talking about and this is another term I need help with people. Fecal mic by toe, Trump basically a poop transplant. So I believe it's something that you've ever looked into or you had, but just for the people out there who couldn't write the cipher why said FM t because I think they just abbreviate everything because it's just easier fecal

D

Dee 29:24

microbiota transplant.

S

Sareta 29:27

Thank you. D thank you and volunteer

L

Lesley 29:30

in the house.

S

Sareta 29:32

I think tuna holes you see involves empty involves transfer of healthy bacteria in a mixture of prepared process stole from one person a healthy donor they say from their intestine, to the health, the insistence of the patients. So basically, it's a poop transplant, which I again have never heard of. I did not know this existed. I'm like, hold on. You're telling me we You can't even talk about poop. We don't have the clever shells. But you're gonna take poop from one person and put into another person. Is this something that you've done? Or you're looking into?

D

Dee 30:11

I volunteer my poop.

S Sareta 30:13

I would do my but I'm not healthy and unhealthy. Interesting. So I'm sorry, you can have my poop too. Welcome. Have you are you looking at?

L Lesley 30:25

I'm totally looking into this. This is my emergency. If this was in case of emergency break glass, this is definitely on the horizon. And something I'm considering and what this is a Frankenstein, right, like

S Sareta 30:39

a Franken function. All right.

L Lesley 30:44

Like I heard this from a friend like you actually have the procedure and he's like, yep. And he had his brother as its owner and

D Dee 30:54

that down is eat that burger is raising it in every every argument every family dinner. How's my pooping you?

L Lesley 31:01

Yep. All right, yeah, take my poop. And I think that's the thing. You have to eat it orally like they can inject that. Yeah, yep. You got to eat poop.

S Sareta 31:13

Wait, sorry, way, not fmt. In the house. I thought they would do it the other way round? No, you.

L Lesley 31:22

It's an oral application. So what they actually do is like, in the capsule, I believe that you can do it the other end, but it is more effective the other way round. And Alright, look, they get they get the microbiome from the healthy, fit person. They obtained the poop. And they basically

get like all the bacteria, all the cultures of that healthy person, kind of get rid of the bad stuff, right, the stuff that we don't want, and they give it to you in a sort of oral pill form. As I as I understand,

D

Dee 32:06

just like that Savitt the coffee, that's the coffee that's been eaten by the little crowd, they poop it out. It's just like, yes,

S

Sareta 32:15

but also I'm thinking about Yeah, cold, you know, those little yogurt drinks that don't taste like yogurt, that's from the healthy gut of people, whatever. But I guess it's the same principle. So when we were talking about this, I was thinking, no munching down on a piece of poop. But no, it's extracting the parts that are good. So not an actual solid thing, then? No,

L

Lesley 32:41

no, not even software, nothing. You know, you're down to weight down, right? Like, it's where we're, you know, we're doing full science lab. You know, it's kind of just filled, that I hope so little capsule have actually not seen what it looks like. And, you know, you can Google it, you see people with lab coats and test tube? So, you know, surely there's no brown anywhere. Right? So, um, you know, essentially, yes, it is like, you know, the bacteria that you get in Yeah, calls it the sort of other brands can bear as well. But the difference is, like, you're getting like this whole environment of gut, bacteria implanted in you, so you can, yours can thrive, everybody is born with a perfect amount of gut bacteria. The way that the environment of that is different between all of us, and that's down to sort of genetics and environment, right. But you are born absolutely perfect with your little jungle of good, bad and indifferent back to bacteria. But as you age, due to stresses, environment, and your genetics, it starts to deplete, sometimes worse than, you know, some people worse than others. And so you can actually lose whole sort of species within your God.

S

Sareta 34:14

See, now I can do a jungle like, yeah, colony, you know,

L

Lesley 34:21

you know, sadly, you might be sort of, you know, the the the orangutans might be low in your, in your gut. So, you know, you have an FMC and sort of new orangutans are sort of put in there making the biodiversity in your guts a lot better and I mean, this, I mean, like, okay, right, so like, my guts, all balance but like, what are the implications? You know, it's not that like, you'll just be pooping better, like it's shown to have a wide variety of improvements in people's lives. So we're talking sort of emotional, physical

D

Dee 35:02

So you basically get a personality transplant, you were telling me that you sometimes adopt some of the personality traits of the donor poop.

L

Lesley 35:10

This is legit Crazy, right? So I was actually trying to find these scientific papers like that sort of have this and I haven't been able to my short search, I've had anecdotal evidence and heard anecdotal evidence and some anecdotal evidence is mentioned in these papers. But sort of essentially, what they've been doing is they've been giving sort of older rodents, the microbiome of younger ones, and then these like older rodents, right? Like they're working out on the treadmills or the little hamster wheels a bit more, they're actually behaving like younger rodents. They're exercising more, they're waking up early, like there, it's basically sort of age reversal. So, you know, not only is microbiome addressing issues like sort of around inflammation, you're looking at, like people, the way that they're the sort of brains are working, they're sort of neurological synapses are firing off, you know, that the muscle fascia is regenerating more often. And I mean, I think this just sort of indicates like how important our sort of gut biome is to sort of our well being and you know, there's a lot of talk about, like, the sort of mind guts, access connection, right?

S

Sareta 36:32

Absolutely.

L

Lesley 36:35

So, it is, you know, I was always skeptic. I'm like, okay, yeah, that makes sense. But last year, I took a microbiome test, and I got like, a sort of map of what's happening in me. And so through diet and supplementation, I started addressing, like, the numbers of orangutangs, and Febreze and stuff in my guts, and I gotta say, like, one day I woke up and this kind of, I wouldn't say like, I'm super anxious. I have like, sort of had anxiety in the past couple of years. But like this kind of feeling of the something's wrong, just vanished overnight, like a couple of weeks later. Like, I was just walking around and what oh, this is new. This I felt like I had a happy tummy now. I don't know if anybody else can like this, what they talked about in the ads and stuff like that. Literally. I felt like my stomach was smiling. And it was

S

Sareta 37:35

wow. Oh, you got snakes in there you go around your tanks and tigers and Mowgli. Oh, I got you know, Mowgli back amazing

D

Dee 37:46

moment when you went for that test was super touching because and I remember you and I

moment when you went for that test was super touching because and I remember you and I having a conversation about this. Leslie, where you wanted to do this test? And it's not available on the NHS or not specifically for you at the time.

S

Sareta 38:01

Yeah, get it also. D Yeah.

D

Dee 38:03

So she's too shy to sort of talk about this. But Leslie is very, very much loved in her circle and in the community. And so she was asking, like, what I thought about her doing like a crowd surfing, not crowd surfing, she does that to crowd funding for the test. And I could tell if you don't mind me saying that. She felt like a little bit embarrassed by it. And you know, it again, a British thing asking for help is a no, no, isn't it? So, um, but she did some crowdfunding for it. And this test wasn't super expensive, what was it like 700 quid or something. And she got much more than that donated the rest to charity. And so everyone pitched in together to make sure she could get this test. And it's just so nice to be able to have such an impact. And we, I can only speak for myself, but I was just super grateful for the opportunity to be able to help out my dear friends, you know, so I will fucking give you a fiber. I think I gave. Yeah,

L

Lesley 39:07

thank you for, you know, advising me to like, sort of go for it. And, you know, it was in hindsight, sort of realizing that I had a lot of people ask me about the condition. I also had a lot of people sort of reach out and give their experience as well. Some that actually work in medical research, having a chat with them. And it was nice to sort of normalize and sort of start the conversation with people. I mean, not only that, like we totally smashed it on GoFundMe that people sort of reached out for more information and an interview. So like I was really, you know, really keen on sort of spreading the word and sort of making a bit of noise for Crohn's and Colitis UK as well. So like, I'm really happy to do that. And G was the Like, you know, everybody just like giving to five pound, sort of within the sort of punk rock scene was absolutely heartwarming, it just shows that like when people kind of put their minds to it, like we can sort of make a, make a dent and make some change. And, you know, I am continuing all this journey and will also continue sort of fundraising for Crohn's and Colitis. UK and spreading the word.

S

Sareta 40:27

Fantastic. So the the actual test, what was the name of the test? Sorry? Because I totally

L

Lesley 40:31

sure, yeah, it was, I took a private taste test, it was a microbiome,

S

Sareta 40:36

my colleague microbiome test. And so is it not readily readily available in the UK? Like you said, it's close to 700 pounds? Is it only a private thing? How do you even get it?

L

Lesley 40:50

So for certain conditions, the NHS will take out a macro microbiome test. But unfortunately, this isn't offered to people with ulcerative colitis, you know, there are a lot of things that I feel that could help the condition or could help me get further information, like I have stool tests all the time, but they're not going into the microbiome, they're just getting certain levels and certain information. They want even sort of give me a broad test. I'm very thankful for those tests, because you need that data. But it just wasn't enough to help me prevent what's happening. And it's basically my journey with NHS was just like, take his medication, you'll be alright. But you're not getting better. So that for me is not good enough. I need to manage my, my disease. Yeah. So I went and tested I've, you know, to get that data, so I can make make some changes, really?

S

Sareta 41:49

Okay, that's so interesting. I would love I mean, I would love to have that as someone with IBS, because it would just make so much sense. Because it's, I'm assuming it's like you said, you know, what bacteria is missing? So is it food that you change? Or is that what it is all? Supplements? What exactly do you how do you balance it? Knowing what you know?

L

Lesley 42:17

Yeah, I mean, it's, there's not one size fits all. And I think this is the problem. And I think this was probably we're sort of traditional Western medicine sort of falls short, you know, there isn't one size fits all. Q X Files music. No one knows why people get IBD. We don't know where it comes from. But sort of reading about it, there is that sort of mind, guts, issue. And, you know, autoimmune diseases, really do stress them from stresses, and perhaps, psychology of people like sort of how you're viewing the world. So if you're constantly in that fight or flight, your auto immune system doesn't know when it really should be fighting, running away from that bear or running away from your emails. That it doesn't know what to do. And the best thing it does is like, right, I need to protect Leslie. So I'm going to produce these ulcers in our gut. You know, because that's, that's what I do. You know, um, so how do how do you fix that? I don't know. I started with elimination diets. So I was testing for various things. Because I don't see instant results in my sort of diet to my health I it would be like sort of two weeks. I'm trying vegan two weeks, no dairy, two weeks, and all these things made a difference. I tried, I Vedic practices. So eating certain foods and oils and preparation and being very mindful of when I'm chewing and sitting down, not eating a sandwich on the tube, right, sitting down, having a lunch, not looking at my phone, like all of these things sort of helped. And I noticed that stress was the main thing. So after stressful time in my life, I would get ulcerative colitis after like, I'd get a flare up of the after. Sugar doesn't help. That's another thing. And then it's kind of like alcohol, grains, fried food. Right? So like I got, I got all these things and then like, right, so if it's my auto immune system, and the doctor has given me steroids to control my symptoms, what can I do

to stop my body from attacking itself? Like, can I put myself in a state of ketosis, which stops my body from attacking itself, ie like it's repairing itself quick and like that works amazingly, being keto. Like I've been trying things for, like 20 years now. Right? And keto really agreed with me. And I'm doing all these things but nothing real They knocked it on the head. And this is why I decided to like, right? I'm trying all these things, but it's not working. Let's get some more data. And the data has really shown that like, all these things that we're trying, we're working. But I needed to do the three things at the same time. Yeah. Which was increased certain bacteria, decrease other bacteria and minimize my digestive disruption.

D

Dee 45:27

Well, yeah, just simple thing.

L

Lesley 45:32

Yeah, so. So what that looks like. So like, I was working with a PT Salas, London, and, you know, we've been trying and all these different kinds of protocols, but not really smashing, it got the microbiome test from ominous. It's a great company. And I had a follow up consultation with this guy called Chris Thompson, who is absolutely amazing at sort of reading my results. And you know, all of this kind of stuff that I was doing is called functional health care. And there's lots of functional health care practitioners out there that you can sort of speak to, to help you diagnose and they're all about being preventative, you know, not slapping a bandaid on it after it's like, we're gonna stop you from getting that bruise or cut. Right. And, you know, we basically got me to protein cycle, carb cycle, watch when I'm drinking water, reducing certain foods and increasing certain foods, because that would just work for my body more, really. And it's absolutely mad. And it's really difficult. But like the changes that I saw, like happy tell me, the mind gut thing is absolutely revolutionary. Like, I had no idea that human beings could feel this way. Like,

D

Dee 46:55

that makes me so happy. But you also mentioned stress plays a factor. I mean, we know more and more these days, how much stress can be detrimental to your health in general? Do you have any stress management techniques asking for a friend?

L

Lesley 47:11

Yeah, absolutely. I think sort of meditation more focusing on the body. So body relaxation techniques, is absolutely key. And for somebody whose body like mine is in fight or flight, like I sometimes the middle of the day, I have to go, oh, Leslie, calm it down. pinky toes, relax, hands relax. And you know, that is sort of triggering like the vagus nerve. And a, we've all heard this stuff, you know, like, getting your pain and your sympathetic system to kind of relax and let it knows okay, and you know, you're not going to see changes overnight. But like, do that for two months, and then skip a week and you'll feel the difference.

S Sareta 47:55
Have you tried like any holistic things like acupuncture or Reiki or anything like that?

L Lesley 48:02
Absolutely. And, you know, they've all I've all seen benefits from them, but never like the sort of golden bullet. Acupuncture was absolutely amazing. Actually, de introduced me to an amazing

D Dee 48:15
acupuncturist. This woman is magical. You know what

L Lesley 48:18
she's so it's like soda business. I think she go, Yeah, what else? And then stab you. Go get your tongue

S Sareta 48:27
twister harder. Yeah. So it really helped. Is that in terms of like, just the way you feel? Or did it alleviate any symptoms?

L Lesley 48:36
It did, I think I was sort of under sort of mental health duress at the time, you know, so I was in grief. You know, there was a lot happening. And it just really got me to slow down and you know, sort of those energy centers sort of just sort of refocus on is exactly what my body needed. The Chinese herbs was, well, probably really addressing certain microbiome issues. And, you know, I'm with seeing the changes that I was back then. But I was still munching on croissants, and, you know, during the dive, like, you know, it was all these practices in one and I think, you know, that my journey has been a weaving winding road. And at the moment, sort of with all these sort of physical things that I'm doing sort of physical practice, I'm looking at my mindset, how do I look at work? Is work a stressor for me? Am I trying to find a big bear, which is, you know, getting all these music projects to somewhere? Am I taking enough time for myself? I mean, you know, we work late in the evenings. There's not really any boundaries between sort of work and play because for a lot of artists music is their hobby. So like, hey, let's text till 10am 10pm You know, let's try Have a chat, you know, sort of me at establishing boundaries and how I look at my work, I think is the sort of next step for me. So yeah, there's there's so many things that I recommend that people try see what you gravitate to and you know that might be you know the winner if you are suffering from IBS or IBD Get Info try out things will be better for trying out something as opposed to not doing anything.



S

Sareta 50:29

Absolutely. I'm interested in these Chinese herbs. I'm one of those people that always walks past a shop and I'm like what slowly to see what is that? But I've never done it. I'm like, where do you start? Chinese herbs. I'm an acupuncturist.

D

Dee 50:40

She sits you down before your first session and she gives you you know, you have a proper consultation enjoy this acupuncturist who is clearly in love with help, she was yeah, she was a doctor in China. So she's you know, she's not just done like a six week acupuncture course online or something. But then she you can pay for a session and I think why I'm telling you so much I know not every one of your audience can come to Twickenham don't look her up completely because I need to make sure I can get my appointments when I need them. But I think this is what you should look for in a good practitioner right? She tailors her acupuncture session to you so you might have acupressure as well as she also does cupping and all sorts of things. But then she if you if you want to go for the herbs option, which is obviously extra, she makes up this like mix of herbs. And I remember like a hilarious conversation with her. They taste like mud pond water sometimes. I mean, some of them are worse than others because she she every time I would go she would make a new blend specifically for what I was feeling at the time. Right. Right. And one time I was I had to travel it I had to call her up and be like, Joy, I need you to tell me what's in the in herbs because I need to know before. You know, travel. Oh, national borders want

S

Sareta 51:57

to know they can take them over. Oh, wow. Yeah.

D

Dee 51:59

Well, I know it wasn't anything illegal, but I need to be able to say what it is. I can't just be like someone just gave it to me. You know, I'm already traveling while being Palestinian. Like I was gonna

S

Sareta 52:09

say that.

D

Dee 52:11

She was like, Oh, it's a blend. It was like a blend of white joy. Just mixed. First of all right. Okay. Do you know what I'm gonna have to go three days without them? And I felt it those three days.



S

Sareta 52:23

Wow. That's a shame. Like you couldn't go to immigration be like, yeah, it's just a blend by joy, joy, joy,

D

Dee 52:32

joy, mixed herbs. I just thought, I know go find them innocent in the end, but it will be after hours and decades. And also some of these herbs. I don't know. I was going to Portugal. I didn't know if they were legal in Portugal or not because I didn't know what their stance was illegally. So, Leslie, we talked about this already, but you are in an awesome band. Midwich Cuckoos and and you have this one beautiful moment whenever you go see Midwich cuckoo ban gig there will be a moment where Leslie she staged dives. No tar, yet she'll be playing her guitar while being carried away by the crowd like some reincarnated Jimi Hendrix. God s. Do you ever worry that you're going to poop on some of your fans when you do this?

L

Lesley 53:26

I'd like to let members of the public know that they are 90% probably 95% of the time absolutely safe from poop. I you know, yeah. I mean, say 100%.

D

Dee 53:39

It's like a rock gig you you know, there's going to be some chance of you being not covered in some bodily fluid, right. Do you take your chance?

L

Lesley 53:48

Yeah, like, no, no, no, I think it's a totally fair question. I think the 100% No, because you find me before the gig probably going in and out of the toilets. About 10 times, right. So ulcerative colitis stress, it gets kind of triggered when I'm playing a show. Not really because I'm nervous because I'm so damn excited. Right? Oh, gotta go. Gotta go. So yeah, I think people are safe a sweats another thing though, like you're probably gonna get like a bit sweaty. It's hot out there. But yes, I will do my best not to poop on you.

D

Dee 54:27

I would be honored anyways, I would see it as a badge of honor. So it's fine. It's

S

Sareta 54:31

interesting. That connection we were talking about obviously the connection of stomach mind. And you know stress can trigger issues like I know if I'm stressed I'm going to be going to the loo. But no, Leslie excitement when I'm excited. Especially I'll be going in and out of the toilet

constantly. And sometimes I find myself in the tube and have to get off but yeah, it's not always like the low Moments That affects your stomach. But the most excitable ones, too. And it's like, ah, stomach is like your second brain or even your first in some cases. But yeah, it's funny that you touched upon that. Thank you. I've never really before. Yeah, body

L Lesley 55:13

doesn't know the difference. And you there's evidence to show that actually, you know, all the neurotransmitters take cues from your guts first. So there's a lot of body functions and behavioral functions that actually start in the gut, not in the brain, which is freaky. So like, your stomach is actually ruling the roost when you think about let you digest them on that up. So

D Dee 55:43

when they say that a way to a man's heart is through his stomach, it might actually be

S Sareta 55:49

huh. Oh, dang, I didn't think about that. Yeah. Trust your gut.

D Dee 55:57

It's all coming together now.

S Sareta 55:59

Emotions live in your stomach, not your brain. Okay. Okay, people. Yeah.

D Dee 56:03

So let's say you've got some awesome stuff coming up, haven't you with the band?

L Lesley 56:08

Yeah, well, we've got some shows are finally hitting Europe. Thanks, COVID. It's been sort of long overdue to kind of get across the channel. We released an album last year called death or glory. Which I think

D Dee 56:25

I have it on final.

L Lesley 56:27

Like, I think it's just boldest over that we could do something like that. Right. You know, like, it's, it's, it's literally living our dreams. Right? Right. We're not on MTV. But that doesn't matter. We make MTV on YouTube. We make these incredible albums. And it was just like, no holds barred. Let's just go for it. So, you know, really excited to get out there a bit more. Sort of also looking for a sort of new member to sort of join the band as well.

S Sareta 56:57

Just in case they're listening, you never know. Oh, well, like

L Lesley 57:00

we're looking for a singer. So any singers out there? Holla

S Sareta 57:07

it's not triangle. I'm now 30.

L Lesley 57:11

There's six of us on stage. I don't think like a triangle player Bongo player Gomes. Yeah. Yeah. So a lot more fun to sort of come out of our camp have got some exciting plans. Yeah. It's gonna be good.

S Sareta 57:30

Amazing. I can't wait. I'm gonna have to come to a gig but they're gonna have to take me because I'm not as much as I'm married a guy that did gigs and was in bands and all that. I'm really not that type of band person. Back in the day, I was like, UK garage, kind of two step kind of person and all that. So. Yeah, garish fingers for the people that are listening to this. But yeah, I'd love to come we're gonna have to go. No, no, just in my head that water pistols and they're cute. They're pink. With tequila in them. Yeah. Yeah, obviously. But yeah, you're gonna have to take me to a show and can't wait.

D Dee 58:09

I'm 100% I'm not sure I'll take you to the front row of the show. crowd surfing we're gonna touch her up. No, we're not so bad. Cut that out. Oh my god, we're finished. I just want to say don't go away. Don't touch up women who are crowd surfing I'm allowed to touch up Leslie because I'm a friend and I have consent from her right. Missing

L Lesley 58:35
her like go touch routes like

D Dee 58:37
yeah, first.

S Sareta 58:39
Yes. Sorry. I

D Dee 58:40
just wanted to make that clear.

L Lesley 58:44
I just want to put it out there. If y'all want to give swap like I have not been to like a UK
Garrriage night or anything. So take me into your world I want to believe

S Sareta 58:54
Hey, UK branches so like the with her paracetamol. I think UK garish people realize that that
generation is a certain generation. So when we go out it's all people like, you know, minimum
38 to like 45 So it's actually quite a nice thing. So they do like cute brunches we get to eat and
drink them

D Dee 59:15
as long as they can take into factor our dietary requirements.

S Sareta 59:19
Yeah. Like allergens menu please

L Lesley 59:28
can you please fix all right.

S

Sareta 59:35

Have you got anything else coming up? And you said you mentioned that you're working with these charities or highlighting fundraising for charities that and charities what's going on?

L

Lesley 59:46

Yeah, absolutely. So um, you know, Crohn's and Colitis. UK is sort of my charity of choice. They do fantastic work, giving people information and helping people out on their journey. I bumped into to a lady dressed as a poo the other day walking along the River Thames, my end, and she had just been diagnosed with. I know so to what and I'm like what's going on and she said that she just been diagnosed with UC, and Crohn's and Colitis, UK, they've been really helping her out. So she was like, walking along the River Thames from like the start to the end, you know, to fundraise for it. And you know, she was just on the start of her journey, but like, they were incredibly helpful, you know, so you know, it's once you start talking to people that you hear how the charity has been helping out, so like, I'm fundraising for them, I still have my GoFundMe open. So anybody who wants to donate, sort of give us the money. And I'll pass that on to Crohn's and Colitis, UK. So yeah, you can just go straight to their websites to donate or if you're in a different country, there will also be a sort of equivalence for charity, where you're based.

S

Sareta 1:01:01

Amazing. And I'll be sure to put the link within WWL digital magazine, where you'll find a write up of this episode and some more information about Lesley, but also the charities and a bit about, you see as well. Ah, thank you so much, Leslie. Um, where can our amazing audience find you if you're a US social media person? Do you do that? Are you on social media? Or do you have anything

D

Dee 1:01:29

you took the talk?

L

Lesley 1:01:33

Yes, I'm hanging out on social media. Like you can follow my bad Midwich Cuckoos. You know, links, links in the show notes there. I'm also known as onslaught music. That's my music services company. The label that I run is locked all records, which is a fantastic group, a community I should say, sort of music loving punk metal fans. We also have like, an annual membership. If you'd like to collect vinyl, I would say Welcome on board. We have like these Hangouts, and you also get vinyl. It's pretty cool. And yeah, so that'll be Mothra records UK. So like, yeah, come, come say hi to me on socials. I will reply eventually.

S

Sareta 1:02:17

Amazing. I love the membership thing and you get vinyl. I love vinyl. There's there's something I don't know if there's a neurodivergent thing. But I'm like to my kids is not the same. You have the dreaming music but just the cackle of the final on it. It's just something sexy about it. I love that like the very beginning like oh, that's my love language. Give me some fun. Oh,

L Lesley 1:02:40

and then the art work the liner notes. It's an event. It's not just a background. This the events? Love it. Exactly.

D Dee 1:02:49

So we should go away from this trying to normalize talking about poop, right? I'm going to start asking when and how are your bowel movements? No, tell me honestly. Let's talk about this. That's what I'm going to start the conversation. I'm sorry, having with all of my friends.

S Sareta 1:03:07

Oh, right. I thought you were asking us now to answer. No, no, we

D Dee 1:03:11

normalize it. Because this morning, I had one of those pools, where you think about it for quite a long time after that, like, Well, that was a good poo. I felt really good after. Do you know what I mean?

S Sareta 1:03:26

Well, that's good. No, I don't know what you mean, though. No, I know.

D Dee 1:03:31

It doesn't happen. Like all the time. Sorry, I'm not boasting about my good poof. It's just this one was particularly good. I'm very

S Sareta 1:03:43

sorry to go off the tangent now. But I have heard that doesn't it release some kind of happy hormone or something? I'm sure I've read that. Like that's what you say you get this chemical reaction because you're happy that you released by remember that I had the opposite. I'm because of my bad. So my IBS. I don't always people always assume oh, you you have to go to the toilet really quickly. And it's it's either or, like if there's excitement or stress. There may be,

you know, I love to run to the bathroom. But on a day to day basis, it's actually the opposite. So it's really slow. And I might go to do a bowel movement, like twice a week. If I'm lucky. I'm like a sloth. So that's really annoying. But the other day, sometimes I like to just regularly get things moving. So once a month I'll take a laxative. And I think I went a bit too heavy handed. I took two and I woke up at like, three o'clock in the morning. And I swear to the universe, I thought this was it. Like just the sweats and oh my god it felt like I was gonna throw up from my bottom. That's that's the only I could feel it. It was like, this was the worst experience of my life. I never want to do it again. But yeah, I probably will do it next month just to get clear out. That was my my poor stories aren't actually fantastic.

L Lesley 1:05:15

Like you can you can live the other way Believe me it's possible I had no idea like today I you know, I did one on what Whoa, that's different like it was it was the train that kept all goes like oh apparently is what we should be aiming for like the the long, dude. All right like Yeah. That's what happened. I think like,

S Sareta 1:05:44

what's it called an urban legend but one of those amazing things like you you had a unicorn.

L Lesley 1:05:50

I literally said I've read about this. And that's what that was like, like life can be totally different. So like, if you want to, I've never

D Dee 1:05:58

thought it would happen to me. I'm gonna go play the lottery

L Lesley 1:06:01

later on. If you want to, like if you want to look into your boob and digestive systems, let's go and explore. Like, let's let's let's take let's see what tests would be sort of more conducive for you and let's analyze what's happening there. And let's see if we can get you a happy poop. Pooping belly.

D Dee 1:06:21

Oh, gosh, I'm getting that test because it sounds like something ideally. Everyone should look into at some point.

S Sareta 1:06:33

S Sareta 1:06:32

Yeah, I know. That money but yeah. All right. Thank you so much, Lesley. I've had such a fantastic time. It's lovely to meet you. And I've learned so much. Like, literally sets into this not knowing anything. And now I'm like, Ah, someone tells me I'm like, well, actually, and then dropping all the information and being like, so have you and have you heard about poop chops? I'm gonna be like a UC guru.

D Dee 1:06:57

Leslie is such Thank you. Can you see ambassador, isn't she? She's amazing. Thank you so much for talking to us.

L Lesley 1:07:05

You see crowd the house. with you guys. I've had a lot of fun and I've learned as well.

S Sareta 1:07:11

Thank you so much. Let's play Take care. Bye. Bye. We hope you enjoyed this episode of women who rebrand, be sure to subscribe and leave a rating to keep up with upcoming episodes. Join our online community on Instagram and Tiktok at W wr digital. And stay tuned for our next episode featuring another fantastic guest ready to discuss the most insightful topics. Thanks for listening