

Radical *Pleasure* Revolution

with Dr. Emma

Bonus
Episode

Season 1

Episode 08

Aired: Nov 2, 2020

Transcript

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[Intro]

Hello juicy listeners.

Welcome to the radical pleasure revolution Podcast. I am your fabulously delicious host, Dr. Emma, also known as Emma gone rogue on their social medias. I'm a clinical sexologist and sexual empowerment coach with a PhD in human sexuality and over 10 years of professional experience educating, advocating and creating deeply healing and radically empowering spaces for people's sexual liberation. It's truly my life's purpose and passion. This podcast is for you if you want to learn how to embrace your authentic sexuality, expand your pleasure potential, and unleash your power in the bedroom and beyond.

I'll be sharing revolutionary perspectives and conversations on topics including sex, sexuality, pleasure, bodies, relationships, self love, healing, empowerment, and more. All from a uniquely thought provoking intersectional sex illogical framework that I use professionally with clients and students, as well as in my personal life and relationships.

The thoughts and perspectives I share in this podcast are coming from my lived experiences as a white queer yet straight passing plus sized, sis privileged woman and non-binary fam, and a person who is a survivor with chronic mental and physical health challenges.

I navigate the world with a lot of privilege and varying degrees of marginalization. Being a part of the revolution in a radical way, is not something I take lightly, and I'm always seeking to do better and grow. So if I ever fucked up or say something harmful, I am genuinely open to your feedback, and learning how I and all of us can keep doing better.

I'm so excited to share, connect and truly expand with you all on this podcast. Be sure to check out the show notes for more information on how you can connect directly with me and my work. If you're interested in going even deeper. Each season is going to have its own flavor and style. So stick around and enjoy the ever evolving journey with me.

Let's do it.

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[Episode Content]

Hello, hello, my Radical Pleasure Revolutionary yummy. Oh, I'm so excited. I'm coming at you with a bonus episode. Yay. I was not planning on doing this episode. But life and the universe and everything just said, Hey, we got to get on, we got to talk about some stuff real quick.

For this season, people got to know what's going down. So I've got this amazing bonus episode for you all, where I'm going to be really sharing with you how my clients get revolutionary results in the bedroom and beyond. And I really mean it when I say revolutionary like I have clients who are like, holy moly, and they use the word revolutionary. They're like this is life changing. I wish I had this years ago, I wish I had this at the beginning of my marriage.

You know, this stuff really can change the world. It changes the way we relate to ourselves. We relate to each other, how we navigate not only through sex, love and relationships but how we navigate through life. Because pleasure, different kinds of pleasure are everywhere. It's everywhere.

You know, it's sexual pleasure, sensual pleasure, nourishing pleasure. All kinds of, you know, spiritual pleasure. And just like pleasure from the frickin sun hitting your face or if you're like me, I've been in Colorado and I know many folks on the West Coast have been like dealing with tons of fires and smoke and it's been awful. And then when you have a day where it's not smoky, it's like oh, it is so pleasurable to just be able to sit outside and breathe fresh air.

So pleasures everywhere. This stuff is revolutionary. And I really wanted to hop on and do this bonus episode for you all to really share with you how my clients are getting revolutionary results in the bedroom and beyond. So that's what we're here to do. I also wanted to do this episode because I have a limited time free, juicy opportunity to really help you all shatter shame, shut down and stagnation in your sex, love and relationships and really help you figure out what it is you really need to start doing to begin to reclaim and unleash your pleasure, your power, and your like true authentic desires, in life, in your relationships in sex, and I'm offering these free sessions right now.

They're called free radical breakthrough sessions, where we really get together, and they're super fun. We're one on one. I've done several of these already. And they've been amazing. People are getting epic breakthroughs and tons of clarity around where they're stuck, and what shifts they really need to start making.

To get these results, and to get what they want out of their sex, love and relationships. And of course, there are people who are wanting even deeper support, which is perfect. Because I'm opening up some spots for my one on one private clients to start in 2021, after I come back from maternity leave.

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Some people are really ready for that deeper support and guidance, and they're reserving those spots. And so, if we have one of these sessions, and you're like, oh, I'm just ready, I'm ready to do this, I'm ready to dive in and ready for these fucking epic results. And that's feeling aligned and empowering for you, then absolutely, we can chat about, if reserving one of those 2021 private spots is for you.

And really one on one is the best way to get that personalized support and to really get your specific results that you're looking for as quickly as possible. Because, it's like, I get to dive in deep with you. And we get to fine-tune all the practices and the work and the journey, and the process for you exactly what you're looking for. And that can be done individually, it can be done in a relationship, it can be done kind of hybrid, where some sessions are just you, some are with a partner, maybe some sessions are for your partner, you know, it really gets to be personalized. And we really go right into what you need, which is amazing, and which is why one on one is so epic. So life changing, and really, it's just the best. There's nothing better than one on one.

But yeah, so we're gonna really talk about what my clients who are working with me one on one, what they're doing, to get these truly revolutionary results. Like I said, they feel like it's life changing. And I know it's life changing. It really is. It's so beautiful to hold that space for them, to witness them, to guide them to hold them. Kind of, I had a coach who wants told me this like to hold your feet to the journey longer than you would do on your own. And how often it is for us who you know, we want, we want something but having a coach and having a support person, a guide, and somebody who's really there to just hold your feet to the flame to just hold you accountable to the transformation, the shifts to the results that you're really wanting to get, as well as give you the insight, the professional insight that they've studied for years and years and, you know, gotten all sorts of training to help you do just that. And it's so it's so powerful.

And so what I do with my clients to help them get these epic, life changing results, is kind of two pieces. Like if I really think about it, and simplify it down. There's like two main components. There's the healing part of the work that we do. And then there's the empowerment part of the work. And I think they really go hand in hand. And you know, there's something about healing and empowerment, in coaching and in specifically the coaching I do with my clients that's so transformative.

That's so revolutionary is that we really work through healing and empowerment through experiential learning. And experiential learning is what really brings you into that embodiment piece. It's through experiential learning, that my clients are actually embodying their results and why their results are so much more powerful, transformative and revolutionary, because so often, and this is not at all a jab at therapy, because I love therapy, I'm still in therapy, I've been in therapy for, oh, wow, over 10 years at this point, which also is a little bit to my point, but, but I think therapy is great, I think it's super, super helpful, super important. It's absolutely a piece of the puzzle.

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But so often, the clients that I work with have already been to therapy, or maybe they're currently in therapy as well. And this is like, this is like the next level, this is like the next step of really going even deeper than what just talk therapy offers. Because I think talk therapy is great. But there's, there's a slight lack of real experiential learning in therapy, where there's a lot of talking about what's going on, there's a lot of processing, which again, super valuable, but with my clients, again, this is this is really work, that's for people who are ready to go beyond therapy.

And take it to that next level where we in sessions, we get to actually do practices that I guide them live through. And they get to really process and practice. These exercises, these tools.

And some of you might be thinking, wait, what the heck is going on in these sessions? Isn't she like a sex love and relationships coach? Like, are people getting naked? Are they touching themselves what's going on. And frankly, like, there is a range of practices, if I'm going to be totally honest, there's a range of practices. And it absolutely depends on the comfort level of the client or clients, what they're really willing to do, but the majority of this work, and so much of this work can be done in a very sort of, I don't know, pG fashioners, or whatever we want to call it. Where we get to like it. When I say by experiential, it's like doing breathwork and meditations and movement, like moving energy and like blockages through our bodies, really talking with different personas, like talking to our shame, talking to our inner child, talking to, you know, all these pieces of us that are showing up and keeping us stuck, keeping us from having what we want, as well as talking to the empowered pieces of us who know exactly how to feel confident and sexy, and expressive and authentic in the bedroom and beyond.

And how that really can. This experiential learning, not just talking about like, Oh, you know, you need to, like practice, you know, speaking up in the bedroom or sharing with your partner about this, or, oh, here's a pattern where you get triggered, and you don't feel safe. Well, we actually get to go into that pattern in sessions, which is why I think these are so powerful. And how my clients are getting such epic results is because of the experiential learning and processing that we get to do and coaching, which is like, it's just revolution. It's seriously. And it's amazing.

And I'm right there with you, guiding you watching for, for things that you might be missing, I'm looking at body language, I'm looking at just the energy of the room, even through zoom. And as well as when something comes up in the moment when it comes up live. I'm right there for questions, for guidance, for supportive when you're thinking I'm starting to feel that shame or I'm starting to feel that shut down and what's going on what am I rubbing up against, and I'm right there.

And so it's so powerful. And the other thing too is I give home practices that you do either with yourself and or with a partner. And again, having a partner and being in a relationship is by no means

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necessary to do this work. In fact, sometimes it's even nicer to do this work for yourself first. And then from that place, doing the relationship work, although again, that's also not necessary.

It can really be done a bunch of ways but I also give home practices and with my one on one clients, it's amazing because they get access to me. Like all the time. We have a private you know app where they can message me and maybe they go to do their homework or their home, play as we like to call it, they're doing their home play, and something comes up. And in the moment, they need my support, maybe, you know, one of their triggers that got tested. And they're like, oh, today I was doing this thing I was wearing this outfit or I, you know, spoke up for myself and made this comment, or I had this conversation with my partner. And this came up, and I need support, moving through it.

And instead of just having a wait until the next session is scheduled, I'm right there supporting them along the way. And so it's really beautiful, really high touch, high involvement, deep, deep work, where we're really like, we really want results. This is like results driven. It's like, we're not here, just to talk about it, and feel good and process. We're here to figure out what do you want? And how do we get you there? And not only how do we get you there, but how do we like, my job is to actually work myself out of a job.

Which is always so funny, but really like how do we get you there and get you there so solid and so confident and with so much agency, that you are embodying this, like this is just second nature, you have the tools, you have the perspectives, the mindset, the philosophy of, you know how to do this, how to navigate these situations, you have become those empowered personas, those shadowy and triggered, and, you know, unsafe pieces of you are no longer running the show, they're no longer driving the bus, of your sex, love and relationships. And honestly of your whole life.

And so that's why this is so deep and epic work. And I honestly it's, I get so excited, just like thinking about and talking about it, because I love what I do. And I love witnessing that transformation. It's incredible. It really, really is incredible, because people, the entire trajectory of their lives are changed. You know, the entire way they move through the world is different. And they're actually getting the pleasure that they want, in the bedroom and beyond.

They are empowered in the bedroom and beyond. And they're really unleashing their desires, their sexual desires, their desires, for their relationship, their desires for their life, are being unleashed everywhere and every area of their life. It's, I love it.

So, again, I think those two pieces of healing and empowerment through experiential learning, so that my clients can embody their results is really important and really how my clients are getting these revolutionary results that have these life changing results.

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And some of the things some of the common things that we dive into to heal, you know, our shame, a lot of the things that we're healing and looking at, we're unpacking shame, you know, where have we been shamed in our past from culture, religion, family's, past partners, how we've internalized that shame, how we shame ourselves, how we feel ashamed about our body, our sexual expression, our noises, how we taste how we smell like, there's so much shame that gets riddled into our sex, sexual relationships that needs healing.

And again, through experiential learning and through you know, really, really processing and shifting our shame on a body, mind and soul level not just talking about it, because I can tell you I've talked about some of my issues till I'm blue in the face and they're still issues like why I wish I could just, you know if you've heard the body liberation episode of just, I spent years I wish I wanted to be confident. I wanted to feel like I loved my body.

I talked and talked and talked about it and every different place different way and I've never felt it though, and that's where getting the opportunity to feel it through experience. Through home play and practices is like that's where the magic is. Some of the things we heal often and my why, my clients are getting these revolutionary results are really looking at what are the sexual and relational scripts that are running the show.

What I mean by scripts even you can think of like a script, in a play, or for a movie or whatever, but like, they're sort of like the prescription of like, this is how sex is supposed to go, you know, the standard sexual script, which I used to teach my students at university was, so often it's like, some of these parts don't even get included in the script, and they just get rushed to the end.

But it's like, okay, maybe there's some flirting and there's some kissing, and there's this thing called for play, and I'm doing, I'm doing finger quotes around for play. Because, you know, it's all just sex and pleasure and doesn't have to be like, less than the home run, you know, going around the bases, but, you know, so there's flirting, kissing, maybe some foreplay, and then typically, a penis goes into some kind of hole.

If we're really talking like, Sis, heterosexual scripts that are like strongly conditioned in our in our culture of like, the penis, goes into a vagina, and thrusts away until the penis ejaculates. And then sex is over. Like that's the standard sexual script, flirting, kissing, maybe some foreplay penis thrusting a vagina and elation signals that sex is now done.

And hopefully, the person with a vagina, you know, had a good time in the allotted time that the penis was thrusting. And maybe if there is foreplay included, right? So that's the script. And, you know, similar in relationships, there's a similar script is something along the lines of like, Oh, you feel drawn and, you

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know, attracted or connected to somebody you start dating, you get to a serious relationship.

You know, nowadays, oftentimes, people maybe live together first, you get married, if you want to start a family, you start a family, like there's this, like order the script of like, how to do relationships, and oh, it should be monogamous, and like, no extra partners, and he shouldn't be attracted to anybody else, once you get married, and blah, blah, like script.

And so a lot of the things we heal and look at is like, what are these scripts that we're following? And how are they serving or not serving you? And a lot of times to be very honest, they're not serving my clients. And we really make custom, we rewrite the narrative. we recreate the script, we make custom scripts, and we expand the scripts, it's like, Okay, what if it's not that you just have one thing on the menu, but you have a full menu of delicious things that you can do. And some days you're in the mood for, you know, I don't know the chicken and other days, you're in the mood for the steak, and some days for her, you know, only dessert and you know, you just sometimes you're in the mood for all of it. Sometimes you're just not that hungry, and you don't have that much desire, whatever you hope you get that metaphor.

I am, you know, 33 plus weeks pregnant, and thinking about dinner right now. So excuse, the food metaphor, but you know, we're here to really expand the script to kind of throw out the script to really challenge it and expand it, which is part of the healing and empowerment honestly, we also heal how much we've been conditioned to be goal oriented, and how in sex and love and relationships, it's like, the goal is orgasms or the goal is a forever relationship, a marriage. That goal is, you know, her having X amount of orgasms or you know, him having an orgasm through penetration, whatever it is. It's so goal oriented, and we have to throw that out.

And really, we want to become pleasure oriented. We want to become experience oriented. So the intention and the purpose of engaging is not to get to some destination, not to get to some goal. But it's to experience a journey that is delicious, and exciting and fun and connective and intimate and revolutionary. Like it's to experience pleasure with each other. And who knows where that dance is going to lead us. But that's not the point we're not focused on where it's leading us. We're focused on where we are moment to moment together or with ourselves.

This can show up in partner sex, as well as in solo sex and masturbation. Like we can become so goal oriented of just, I just have to get off, I just want that orgasm and frankly, in sex and you know, solo sex, that's fine, it's fine, if that's how it is sometimes, especially if like, you're really feeling satisfied, and you know, that works for you. And it can be so interesting and expansive to lean into so much more to what if I just self pleasure, just to play with my erotic energy just to connect with my erotic, I don't care if I have an orgasm or not. I that's not what I'm focused on. I'm just focused on what pleasure is

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available to me right now. What pleasure is available to us right now? And how can it be fun and intimate? And, you know, new and different? Like, how can we mix and match what's on our menu, play with that moment to moment, and, and really listening and tuning into what do I want right now.

Because some days, you know, we have the time and the energy, and we're in the mood for a lot more than other days. And that's totally beautiful. And we have seasons, you know, what we desire evolves as our bodies evolve as we evolve as the relationship evolves. And so just being willing to dance, and expand and explore and play in the whole, you know, amusement park, of sex and relationships in our bodies and pleasure, and not just getting stuck on the same ride. I know, I've used that metaphor before.

But yeah, and I think we hear a lot is the voices, people really reclaiming their voice. And being able to communicate effectively, and communicate while feeling safe and empowered, communicating with clarity about what we want, feeling safe to communicate. So often, we get nervous, like, we're gonna hurt our partner's feelings. Or honestly, even this voice piece, too, is when we're with ourselves. When we're self pleasuring. You know, are we quiet, like, why like unleashing the voice making sounds, sounds can be such a powerful and healing way for the body to move and release and discharge energy. It can be such a powerful way to express ourselves.

So you know, we really look at the voice as well. And another thing we heal is the story that we tell ourselves.

This reminds me of Rene Brown, she really that phrase is, What is the story I'm telling myself? She really introduced that to me. And that comes up with a client. So like, what is the story that I'm telling myself about? My orgasm? What story Am I telling myself about my relationship, about my body? About, you know, self pleasure, about pleasure in general? What is the story that I'm telling myself, like, am I telling myself it takes me forever to orgasm or, or I orgasm too quickly, or, you know, my body is gross, and it's undesirable.

The story I tell myself is, I'm always getting into bad relationships, and I just attract horrible partners or whatever. And so we really have to look at an experience again on that experiential embodied mind, body, soul level. The story we're telling ourselves and rewrite it.

And that's just some of the many themes and pieces that we really work on. In the sex love and Relationship Coaching container that I create, and co-create with my clients. And it's just, it's so yummy.

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And then the other side to have like the empowerment, and honestly, the empowerment starts from day one, when my clients really decide that they are ready. And they come to this work not from a place of worthiness. And, you know, I'm going to give some credit to my coach Julia for really putting this into words for me recently, just how much our clients get empowerment from the very first session from the moment they say yes, to really doing this deep work and working with us, because they're coming from this place of I've decided I'm ready for these results, and not leaning on, Am I worthy of these results?

Like, should I be spending this much money on this? Should I, you know, do I really have the time? And am I selfish to take up this much space and focus this much on my sex, love and relationships or whatever, whatever. Because we can spin in circles playing that game all day long. But really deciding that I am ready for these results. I'm ready to make this investment. I'm so ready to have the sex, love and relationships that I want to fucking have, is so empowering to fully to feed in, jump into that.

And I love that my job gives people the opportunity to do that to say, I'm ready. I've decided I'm going to go freakin get this. That in and of itself from day one is part of their empowerment. Part of my clients healing and how they're getting revolutionary results is they've decided that they're ready and they're coming from a place of readiness of I'm ready. Doesn't matter how terrified I am, doesn't matter how freaked out I am, about like, what if this doesn't work? Or am I really worthy of this? Or how can I afford this?

That is all going to get it figured out. I'm going to figure that out. But I'm ready. And I'm doing this because I deserve a revolutionary life. I deserve to really have what the fuck I want. And it's so empowering. To offer that to my clients to just be like, let's do this, let's do this together.

The other piece of the empowerment is again giving them permission, like handing out so many permission slips. Have permission to feel gross, permission to feel off, permission to be messy and permission to be complex. Permission to love your body, permission to say yes to pleasure, permission to own your power, permission to wear what you want to wear, don't wear what you don't want to wear, you know, take it off. So much permission slips in that permission can be so empowering, just like full permission to show up exactly as you are moment to moment. and own it unapologetically.

Again, another piece of the empowerment is that pleasure focus journey is like, oh, it feels so empowering. When we stop, you know, focusing so hard on the destination, and instead feeling the pleasure of the journey. And tuning into that, that can feel so empowering. And you realize that your power is in your present moment. It's not in your future. It's not the destination because frankly, once you get to your destination, you're gonna want something else, there's gonna be something more, that's part of life, right? There's always just more learning and growing and especially in sex and relationships.

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Like man, wouldn't that suck if, if you're in a relationship or even with yourself where like, you got to like self love, and you got to this amazing relationship. And then it was like, Okay, well, you've maxed out, you've reached the top of life's mountain.

Like no, that's not how that works. It just keeps going and really focusing on the pleasure along the way. And you know, what's coming to mind right now is also this, this idea, this phrase, it was my therapist who said this to me once years ago, the only constant in life is change. And being able to float down the stream with the current of life. And just focusing on the pleasure of the journey instead of where you are, is so empowering.

Another thing that we work on that is so empowering is the agency like I said, I work myself out of a job so my clients don't need me. They feel so empowered, that they have the agency they have the ability to, you know, acknowledge and become aware of what they want, and they have the ability to get it for themselves. Not this Oh, I want to feel worshiped by my partner. I want to feel more orgasms or more pleasure.

I want to feel confident and sexy. But actually, I can do that. I know how to do that. And I can get there is so empowering when you really lock into your own agency through this work. It's just, it's amazing. And it's so amazing to just witness how dedicated my clients get and how it really does take dedication, to get these revolutionary results.

I'm not saying it's inaccessible, it's absolutely accessible. I really believe this stuff is accessible to everyone. And it takes that dedication that deciding that I get to have this and I'm going to show up for it. And it's honestly, the easiest way to do that is a one on one container when you have a coach, somebody who's trained and who is excited. And, it's their, their work, their passion, to hold you to that, to support you through that, to hold the vision when you're wobbly.

When you start to doubt it or question it or just feel like it's, it's too hard. But for them to hold you to that and say I've got you, you know, you still are going to get this thing we're just going to navigate the journey. It's so great. And so yeah, my clients really get to walk away with tools and, you know, breaking patterns, creating new patterns, learning how to trust themselves and their partner. All of that stuff is just so empowering.

And it's part of how they are getting their revolutionary results that are absolutely changing their life. And just shifting their whole reality. It's like, it's kind of just made me think of, oh, what was it called? The yellow brick road? Of course, I'm forgetting Wizard of Oz. There we go. Got it. Pregnancy brain almost got me there. Yeah, Wizard of Oz.

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Like when, when they're living in the black and white, and then boom, it goes to living in color. Like I honestly feel like that is the work that I'm doing with people. And it's, it's so I'm freaking turned on and lucky. Just so lucky and like, privileged to be able to do this with people. It's amazing.

So yeah, that is really like, what my clients do, of course, the details of like, what practices and what, you know, what sticky spots and what things actually come up, the details depend on the presenting challenges, again, which is why personalized one on one containers is the best. It's like the absolute best to really get the results you want to really get it as quickly as possible. And as well as deep. Because it's exactly what you need in for yourself or for your relationship. And so yeah, I think that's, that's really the juice of it.

And I'm so glad I got to, to do this bonus episode with you all. Again, I would love to, if any of you are interested, you have nothing to lose, and only Yummy, yummy stuff to gain. And it's like give yourself the gift of this limited time.

Free, juicy, Radical Breakthrough Sessions that I'm offering right now, I don't know, if I'll ever be able to offer these again for free. So get on yours. Now, again, space is limited. I only have a limited amount that I can do and that I can offer. And so grab your free radical breakthrough session today.

So that we can really start to look at where your shame is where your shutdown is what's got you stuck and in stagnation in your sex, love and relationships and how you know, you can really begin to address that and unleash your pleasure, your power your true desires, in the bedroom and beyond.

That's what it's all about. So, I'm so excited. All those details to book those sessions are in the show notes below. I'll even just give you the link it's emmagonerogue.com/breakthrough That is how you can book one of those free sessions again, limited time. Get on it now. You got nothing to lose.

Your sexy ass deserves this gift. Take up the space. Let's connect they're so fun. People are getting amazing breakthroughs and clarity and so much more. If you want to go even deeper, we can also talk about how to continue beyond and I can help you with, you know, whatever comes up in the session, and we can talk about reserving one of those epic one on spots for you that we can really start diving into when I come back from maternity leave.

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Thank you, thank you magical beings for tuning in and being a part of the radical pleasure revolution with me. It's truly a collective movement we're part of, be sure to rate, subscribe, leave a review and share.

It really helps our movement grow and I so appreciate it. And finally, just a reminder to check out the show notes for any links referenced to this episode, as well as info on how you can connect with me and my work if you're interested in going deeper or wanting my personalized and professional support around sex, love and relationships.

I work one on one with individuals, couples, and moresomes as well as offering transformational group coaching programs and educational DIY courses. So don't be shy. I'm so committed to your healing, empowerment and liberation, and I'm only a couple of clicks away.

Until next time, xo xo

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- ☆☆ If you are interested in going a little deeper, check out my [WORK WITH ME PAGE](#)
- ☆☆ Come join me in my FREE private Facebook group, [Radical Pleasure Revolution - The Queens' Lounge!](#) Exclusively for justice-driven womxn and femmes.
- ☆☆ Find me on [Instagram](#)



Cheers!
Dr. Emma