

BLF Endo 2nd episode Mixdown 2.mp3

Dina [00:00:04] Hey besties! Welcome to our episode of After Bed Time today, where we're going through part two of my endometriosis slash adenomeiosis slash uterine prolapse journey. I've got some updates since last time and they are, well, it's a wild ride, so let's do this.

Kristin [00:00:26] Finally, here we are. It's after bedtime, the kids are asleep and it is time to get down. I'm Kristin.

Dina [00:00:33] And I'm Dina were the duo behind the ever popular Instagram account Big Little Feelings, which helps you navigate all things parenthood.

Kristin [00:00:40] But this is not a boring parenting podcast. There will be inappropriate jokes. We will be getting down and dirty. So put those babies to bed and let's have fun.

Dina [00:00:53] Kristin. Girlfriend.

Kristin [00:00:56] Hey, I can't believe it. I'm so proud of you. I know, I felt like I felt nice. Shake it up.

Dina [00:01:03] Different. Different. It's a new year.

Kristin [00:01:05] Weird. Weird. More weird. Where? Energy. If you did not listen to our New Year's episode, bestie. It's very relevant because now Dina and I always just chant weird, weird, weird, more weird because we decided we're not going to do well—Dina, mostly is not going to do any resolutions. We're not doing any words. I'm doing a word, by the way, but we're both really into just like taking away all the masks and taking away the anxiety and all of the worry, and instead you just show up and you be weird.

Dina [00:01:36] I like it, and I'm doing it.

Kristin [00:01:38] That's all we're doing in 2020. So welcome to the episode.

Dina [00:01:40] We're gonna be weird.

Kristin [00:01:42] We're all going to be weird together. I feel like the besties are all weird and like, it really resonates whenever we're weird.

Dina [00:01:47] Yeah, that's a good thing. We need some freedom.

Kristin [00:01:50] Is everyone weird in their own way, or are there some people who are not weird in your opinion?

Dina [00:01:57] I've never even thought of this. I feel like we're all weird in our own way. We've all got these weird little quirks that we do things that bug us.

Kristin [00:02:06] What about people with, like, no childhood trauma? Are those people still weird in their own way, or are they, quote unquote, what we would have probably referred to as like, oh, normal person, you know what I mean?

Dina [00:02:16] I think they still got their weird stuff.

Kristin [00:02:20] Part of being human. Yeah. Everyone's weird.

Dina [00:02:21] Yeah. Maybe not to like the anxiety people pleasing, except that you and I have to recover from.

Kristin [00:02:29] You're not normally. The weird you before that, was it, like, just middle of the road? Either it was actually, like a bit. It was too weird to direct, too aggressive out there. You just like, oh, you know what I mean? So it's like a real flip flop. A real Gemini situation.

Dina [00:02:49] That's what I'm saying. Wow.

Kristin [00:02:53] This year, we're going more in the middle. Yeah. Which is just being weird.

Dina [00:02:57] Yeah. Be you.

Kristin [00:02:58] Yeah. But weird, but weird. I know it. It's not specific enough. It's like. It's like from childhood, right? Where you're just like, be you, but not like that.

Dina [00:03:07] But not like that. Sorry. Little louder.

Kristin [00:03:10] No, no, no.

Dina [00:03:10] Quieter.

Kristin [00:03:11] Oh, be quiet now.

Dina [00:03:12] Be honest. That's too honest.

Kristin [00:03:13] Definitely not like that. Yeah. So this is just kind of like, more specific. Yeah. No, no, no, the be you thing. It's just hard for me, you know? I know it's like, be weird. I'm like. Like, do I do that?

Dina [00:03:28] I'm breaking. Like, for me, it's like breaking the good girl thing.

Kristin [00:03:32] Yeah. It's, like hard for you to be weird.

Dina [00:03:33] Be what people want and say the right thing and don't hurt anyone's feelings. Like, I really got swept away in that.

Kristin [00:03:40] I mean, but in general to also not even just this past year, but just in general a good girl thing of even like even, like being really organized and being all over it. And I'm the reliable one. It's like, I don't know, do you know, like, you know with all do like, I've seen your house because it's like my house, right? We're wild. We're messy. I'm sleeping. You know, like, just be weird to be weird. I agree, it's that simple.

Dina [00:04:03] But tell me what's going on in your life.

Kristin [00:04:06] Oh, God, I don't know how you doing?

Dina [00:04:09] I don't know. Well, my uterus is about to explode.

Kristin [00:04:11] Yeah, that's the whole point of today's episode.

Dina [00:04:13] That's where I'm at. I'm in low level pain right now.

Kristin [00:04:16] I'm so sorry. It's hurting, I can tell.

Dina [00:04:20] Thank you. You know me.

Kristin [00:04:22] You're masking it really well. You don't have to.

Dina [00:04:24] I do that.

Kristin [00:04:24] At some point. I know maybe we should be doing podcasts on, like, like a heated floor or something.

Dina [00:04:30] I do have a heating pad upstairs I could go get.

Kristin [00:04:32] Yeah, yeah. Be weird about it. Yeah. You know what I mean? Show up. And just remember.

Dina [00:04:35] When I wore sunglasses, though, to our podcast recording, and then we had social media clips with.

Kristin [00:04:40] It.

Dina [00:04:41] And it literally looked like, oh, that's too weird.

Kristin [00:04:44] Maybe. I don't think it was too weird. I fully embrace it. I could use some right now, frankly, because I have a little bit a touch of a migraine. And the funny part, looking back on that, wasn't you actually doing it because again, I think you should do it again. The funniest part was reading all the comments. You know, it's like really peak social media for me, where it's like it ran the gamut, where there's like funny ones of like Dina, like, yes, girl, I love that you're, you know, what are you, a celebrity? And then other people just being the fuck does she think she is? Who is this? Like, how do you know? And it's just the whole gamut on the sunglasses. Like conspiracy theories. It just went wild over sunglasses.

Dina [00:05:22] Sunglasses indoors.

Kristin [00:05:23] I see men on Instagram on their podcast all the time. Like one of the most popular podcast. He wear sunglasses? I like to do interviews all the time. Yeah. No one cares. No. And if they do care, they're like, oh yeah, he's probably this or that. You know, they like give them an excuse.

Dina [00:05:39] Yeah. They like come up with compassionate reasons.

Kristin [00:05:41] Why are you doing something like that?

Dina [00:05:43] And I just get torn apart. Hence why I crumbled in 2023 and couldn't be my weird self anymore.

Kristin [00:05:50] So what? This is, by the way, this is almost like the Paris Hilton. Do you know she wears sunglasses? And I actually don't know if this is the reason she does or not, but I have a feeling it has something to do with, like, people make fun of her eyes or, like, that's just my gut. And maybe it is. Or maybe it isn't, but it's really like chicken or the egg situation. I feel like where I do this for myself is at least I'll see some comment about, like, my face or the way I look or my teeth or like some, some random thing, you know, and then I'll try to change it, which is insane, by the way. It's insane. But then they pick apart that thing, you know.

Dina [00:06:25] You know what I mean?

Kristin [00:06:26] Yeah. So it's like the sunglasses thing where it's like, we're going to win. If you wear sunglasses, they're going to think this if you don't wear sunglasses, they're going to make fun of your eyeliner.

Dina [00:06:35] It's I mean, the only thing I've taken away from this is I should just be a man. Be weird. I'm just kidding.

Kristin [00:06:41] I should be a weird man. Just be a weird man. Weird man. I don't need to be organized. I don't need to be quiet. I don't need to be clean. I don't need to take care of the house. I don't need to be more this way or nicer or kinder, because that's my wife's job.

Dina [00:06:53] Exactly.

Kristin [00:06:54] Or my assistant's job. That's a female. Like, that's literally how I feel. Where, like, all of my personality traits that I get on, especially on the internet, but also like my whole life growing up where it's like, you should be more like this and be more like this and be better at this. And like for a man, it's just like, oh, hire an assistant. Yeah. Or marry, marry a woman. Yeah. Then your life will be solved.

Dina [00:07:14] Ugly and cute. What a wild world. Anyways. Be weird.

Kristin [00:07:18] Be weird, whatever. I'm just going to be my weird self. Meantime, I'm really curious about all of your doctor's appointments, so I feel like we should just dive in because okay, let's do this podcast. By the way. Besties! I don't get to know the information until we show up here on your couch. And that's why we're here. So I can, like, find out sooner. Well, welcome to the bestie catch up. Let's go. oh, my God, I'm sorry. What is that? I pulled out, I pulled out my phone. I pulled out my phone. I'm sorry.

Dina [00:07:54] You're not supposed to do that.

Kristin [00:07:55] I'm gonna show it. Are you ready? Are you ready? He's so cute. Oh, my God, bestie, I just got a picture of my baby wearing. I can't, I can't, that's all it takes. It's too cute.

Dina [00:08:07] I would say that my ovaries are going to explode. I feel like people say that, but, like, literally, they are like, maybe going to explode.

Kristin [00:08:13] That's why we're supposed to talk. That's why we're here to talk about that.

Dina [00:08:16] I do have some updates.

Kristin [00:08:17] Okay, let's get on the update. I'm gonna put I'm gonna put this little, little cheeks away. I'm gonna put it away. Put it away. Oh, it's nice little boost of serotonin.

Dina [00:08:26] Yeah, that was it was a good hit. Nice.

Kristin [00:08:27] Nice little motherhood is about right. Yeah. Oh, yes. Hell, yeah. Hell, that feel great. Okay. Shifting from babies in a boot where we left off. Do you want to tell us where we left off? Do we want to?

Dina [00:08:42] Well, we did a whole episode on it. Yeah. What? Right after I had my endometriosis surgery, which in and of itself was kind of a whirlwind thing from finding out, like after a year and a half of just pure pain every month to finding out that I probably had Endomitriosis to rolling right into surgery pretty much after that and confirming that, yes, indeed, not only did I have endometriosis, but I also have something called adenomeiosis, which is going to come into play today and my uterus is collapsing. Hence all the pain that I was experiencing monthly.

Kristin [00:09:17] And if I did all this out, as you're waking up from surgery, right, I was kind of like, split.

Dina [00:09:22] I'm like halfway in the day going—

Kristin [00:09:25] Did you get delirious days?

Dina [00:09:27] I'm like, so did I have endo? I was like, oh yeah, you didn't. And these other problems.

Kristin [00:09:32] So I yelled, yeah, that's wild. Yeah. Okay. Now, I mean, so what was the plan like, what doctor do we go to? What are we tackling first. Because like there's a lot of questions, right? I don't even know what any of these things are. Okay. Like, please. Okay. Please.

Dina [00:09:45] So this was a gynecologist who did my procedure, by the way.

Kristin [00:09:48] Okay.

Dina [00:09:49] I'm going to three other ones who just kind of blew me off and were like, oh, painful periods. Bummer happens, huh?

Dina [00:09:56] And this is the first person. Yeah, this was the first person I was like, well, every single symptom you said sounds like, endometriosis. So we should deal with that. Anyways, I've gone since to a follow up appointment, which was very helpful and more importantly, one of the most critical data points, I think, was I had another period since we last talked, and that was going to be the real test, because everything I had read in our DMs and on our page, I was so stoked because the BLF community rallied behind. I was like, yes, girl, get that surgery, get that endometriosis out. You are going to feel so much better. When I did mine, like my whole life changed and I was like, hell yes! Yeah, hell no. I got a period. Kristin I'm devastated. I'm devastated. I was in severe pain still for two

straight days. My back pain was horrendous. Still could not walk. You know me, you watched me push a baby out of my vagina, unmedicated on my bedroom floor.

Kristin [00:11:00] Didn't make a peep.

Dina [00:11:01] Didn't make a peep.

Kristin [00:11:02] It was literally like an Enya concert. Like I've never been to one. But if I had attended one, I'm imagining that's what your birth was like, literally unmedicated. Like that. Those were the sounds coming out of your mouth.

Dina [00:11:13] You've also watched me get tattoos and not flinch like I have a very, very unusually high pain tolerance, probably from my childhood experiences. Nonetheless, I can do physically painful things. But this period thing I cannot do. Yeah, this is so, so bad. And so I was very devastated to have such a bad period again.

Kristin [00:11:37] Roller coaster. Yeah. I wouldn't even know what we want to do. Here you go in. It's like a pretty painful procedure. I mean, you know, it's not nothing.

Dina [00:11:46] It was a real operation. Yeah.

Kristin [00:11:49] Which I don't think you really realize. You're not ready for that. You need someone coming with you, and you're like, wait a minute. We already said this on the last podcast, but you're like, nah, if I can, I'm going to be dropped off. And I'm like, I'm sorry, what hospital? Because like, you can't this is like a real like, no. No, it's just like a little thingy. And I'm like, are you going under anesthesia? You're like, God, I'm like, okay, can I tell you how much? I did not think it was a real thing when.

Dina [00:12:09] We were scheduling it? Bless her nicest woman scheduling me. And I was like, so like, what are the dates available? She's like, we have the day before Halloween. And I was like, oh, that's you know, I that's really soon. So like, it'd be good to get this done. Can I pick them up the next day? Because it's Halloween. They have two toddlers. Like they're going to be so excited and I want to carry them around. And she's like, definitely not. But also that was the moment to be like, hey, you clearly don't understand this. What's on the Recovery's like, it's two weeks. It's a two week recovery. I was like it's a two day recovery in my mind. And so I'll—.

Kristin [00:12:48] Like two days for an average person. So for you, nothing, you know, like in your mind, I'm sure in my.

Dina [00:12:54] In my mind I thought it was two hard days.

Kristin [00:12:55] I could push through. Two hard days. But like, you'll still pick up your kids, right? Your mind. You know.

Dina [00:13:02] Yeah. The rule follower fully planned on breaking the rules, by the way. I was like, I'm going to pick them up. I'm strong. I go to the gym. Yeah, yeah.

Kristin [00:13:09] Okay.

Dina [00:13:09] Anyways, very real surgery.

Kristin [00:13:12] So painful periods or painful periods.

Dina [00:13:15] It happened again. Went back to the same doctor. Luckily I had my follow up appointment, which is great because again, the last time we spoke I was delirious coming out of surgery when you just casually was like, oh yeah, you've got endo and two other major problems. See you soon. Like, all right, okay. And so when I explained to him what was going on, that not only did I have painful periods again with devastating back pain, which was like one of the core red flags to go get this evaluated again. But I also have ovulation pain like very severe ovulation pain. So both had happened again by the time I saw him. And he, you know, very kind of very direct was like, well, you know, this actually makes sense to me because your uterus has so much adenomeiosis that it is a globular shape and it's just like misshapen now because of how much is in there and because basically, like, don't quote me, I'm doctor, but the tissue from your uterus is essentially like jammed up into your uterine wall.

Kristin [00:14:17] Like what anyone wants to hear. No. Okay.

Dina [00:14:20] And you can't scrape it out like with the endometriosis where it's traveled. Then beyond that, to other parts of your body, you can actually scrape it. And that's what we did. But you cannot do that with adenomeiosis.

Kristin [00:14:32] And what do you do with it?

Dina [00:14:34] Nothing. You live with pain. You live with pain forever. Okay. Until you hit menopause is literally what I said. I'm not joking. That's what he told me.

Kristin [00:14:42] Literally. Yes. That's crazy.

Dina [00:14:44] I know. So I mean, he kind of brought up some options where one pathway is you go on birth control basically, and you try to regulate the hormones and you know, that should help in some ways. Okay. Or your other option is you take out your uterus. Wow. You just go full hysterectomy is what we talked about. And I, as you know, want to have one last baby. Like I really would love to try in these next months. And I think that's honestly I'm like scared to say it out loud because again, people have so many opinions and I feel like everyone's going to like kind of yell at me and be like, well, no, you should try this and you should try that. And I want to hear all these things like, I'm down to try everything. I'm going back to pelvic floor therapy now to try and strengthen mostly the prolapsed uterus that is falling and in his words, is halfway in my vagina.

Kristin [00:15:41] Okay, I love that. Straight to the point. Straight shooter. I'm sorry, I'm sorry, I love that.

Dina [00:15:47] I know, I'm really sorry, everyone.

Kristin [00:15:48] I mean, I like it, but that's weird. Hey, 2024, I like it. So I'm doing.

Dina [00:15:56] The things that I know how. And basically.

Kristin [00:15:59] What's your fear? You think people are going to judge you because you want to try to have a baby?

Dina [00:16:05] Oh, no, I feel like I feel.

Kristin [00:16:06] Like I'm their treatment.

Dina [00:16:08] Yeah, they're going to they're going to jump at me. Because the reality is, Kristin, when he said, take out your uterus and get a hysterectomy, I lit up with joy. I was like, I would do anything to not go through this anymore. And it sounds, at least in my mind. Maybe this is just a me thing. It sounds extreme, right?

Kristin [00:16:26] It's like, whoa, hysterectomy.

Dina [00:16:28] Yeah, but that honestly sounds fantastic because of the level of pain. Yeah, yeah. So that's kind of where I'm at. Like, I think my plan is to have one more baby. Apparently I'm supposed to recover after that for about eight or so months. Okay. And then I'd be ready to go back under and get it taken out. And interestingly, they can leave in your ovaries.

Kristin [00:16:54] Okay.

Dina [00:16:54] So that you just will naturally at some point hit menopause. Okay. And that would be the journey okay.

Kristin [00:17:01] Wow. Yeah. It's direct me talk. Oh. That's big. But it's pretty interesting that it's, like a relief.

Dina [00:17:10] Yeah, I've noticed actually, when I. When I share it with friends. Yeah. Their first thing is kind of like. Whoa, I'm so sorry. When in reality, I'm like, wait, I'm so happy. I'm so happy that this is an option. Like, get it out. And this is something I read in the DMs too, and in our comments. A lot was a lot of women being like, hey, I had a meiosis and the only thing that helped was a full hysterectomy.

Kristin [00:17:35] For that too. Yeah, yeah a lot of that. Yeah. So I'm assuming then we're not going to get diddled right. It's not going to be like the surgery where it's like, oh just do this. And then it would be gone. Like this really will be it like that would be it. Okay. That's good. Would be it. That's my why. It's reassuring because it's like, okay, this, this, this is actually like something that could stop this. Like, it's not like there's nothing.

Dina [00:17:54] Yeah, exactly. So now I'm in this weird predicament which, like, please do weigh in.

Kristin [00:18:00] Oh, boy, I won't, but go ahead.

Dina [00:18:02] So now I'm going to try to start a fertility journey.

Kristin [00:18:04] Yeah.

Dina [00:18:05] Yeah. So now my brain, which, as you know, over thinks a lot a lot of things.

Kristin [00:18:12] Yeah, I'm more like that. What, you and me. Right. Yeah. So I'm like.

Dina [00:18:15] Okay, well, what if we tried in January?

Kristin [00:18:18] Okay, okay.

Dina [00:18:19] Right.

Kristin [00:18:20] Today. What if we tried? You're operating right now, right?

Dina [00:18:23] I am right. It hurts so bad tonight.

Kristin [00:18:24] Okay, that must make, trying fun because you're in a lot of pain. Yeah. Oh, man.

Dina [00:18:30] It's a whole thing.

Kristin [00:18:31] All right? Yeah, this is a lot. There's a lot of good.

Dina [00:18:37] So then my brain starts going like this. Brace yourself.

Kristin [00:18:42] I'm ready, I guess.

Dina [00:18:44] Well, you've already had, you know, one pregnancy in January and then you had a baby in October. And if you have a baby in October and you have two toddlers, what are the holidays going to look like and how are you going to juggle everything? So then I didn't try, right? But now I'm like, well, I don't want to try and February or March because then you really get a holiday baby, like you're going to be so overwhelmed. And I was like, no, no, no, pull back, pull back. This is just one chapter of life. Like, you can get through a holiday season with two toddlers and a new baby like you can you can do this. And then I'm not going to try. So I'm just going to wait a few more months. Okay. But then five more months of painful periods, how am I going to do that? And then I'm just waiting out like, choose your adventure here.

Kristin [00:19:28] I thought you were about to, like, be like, well, you don't want, like, a Valentine's Day baby. What can I possibly do? Like, basically, I want to have sex with my husband. So how am I going? How am I going to have a baby in February? So now, you know, we're going to march, and it's like spring break. I'm going to Mexico, I can't. How can I possibly miss our trip to Mexico? I'm not even lying. I did look into my eyes like, well, when you have Margarita baby inside at our trip.

Dina [00:19:54] Like, I really do need that.

Kristin [00:19:57] You have April available. And I don't know if that's like an Aries cusp, though, so we're going to scratch April as we're heading. Good month. Yeah Dina if I may.

Dina [00:20:10] And then they would have the same birthday as my second child. You know.

Kristin [00:20:14] We're going to have to like all this shit.

Dina [00:20:16] I know I got to, like, got to let you. I got to let go.

Kristin [00:20:18] Thank you for shooting me straight. All that. And I know maybe the past two babies you kind of have, and that's great. And I hope. I hope that happens. I hope you get to control it again.

Dina [00:20:27] Well, I know you're getting to my other point, which goes, well, what if you don't try all these months and then when you start to try it, you know, we're six months in of trying really hard and like, oh my God.

Kristin [00:20:37] Welcome to struggling with fertility. Yeah. And then the age gap gets bigger and then you're like, oh my god is that better, is that worse, and then you just overthink everything.

Dina [00:20:46] You put me at ease by the way, because I know you ended up while you didn't want that quote unquote big age gap, which is not even that big.

Kristin [00:20:53] Yeah.

Dina [00:20:54] It really ended up in the long run enjoying parts of that.

Kristin [00:20:58] I would never take it back in a million years. It's literally like the perfect age gap. And arguably even two years was too close for me. It's what I learned, like, not for everyone, but for me. Like for me. Really nice having a four year age gap. And I was I agonized like, I mean, I felt guilt, I was like, should I even have the baby? Like, why? Like why? But we just do this to ourselves. We just do this to ourselves 100%.

Dina [00:21:23] One day we can have a full episode on two under 2. Yeah, the tornado that that was that I also don't regret, but wow, wow wow.

Kristin [00:21:34] That was hard. Oh.

Dina [00:21:35] Which part of me is like, part of me is like, if I could do two under 2 to, like, add another one in. Come on. Yeah, I mean, I can do that ten out of ten chaos.

Kristin [00:21:45] I don't know if it matters that there's like Hannukah happening, you know what I mean? Like, I think you're going to be fine because they're not, like literal two babies at the same time. That was hard. You know what I mean?

Dina [00:21:55] Yeah, I think that's what my mind got stuck in. I was like, there was one time we took two under two on an airplane, and I was like, no, never, never, no. So my mind automatically was like, well, you can't travel for the holidays.

Kristin [00:22:08] If you have a baby like you very much can. And it's probably easier, you know, like chill there, like chill. And then your older kids are just like chilling on their iPads because they're older and they can like, unless they can go to the potty by themselves and like breastfeed or formula feed or newborn and you're like, it's fine. Yeah. But that it's not hard. It's just like so different. Yeah. So different than definitely what you experience, let alone like what I did which was two year age gap. Yeah okay. So we're going to we're going to let go of that. I'm gonna let go of like I'm controlling because you can't really control what month you got pregnant also by the way.

Dina [00:22:40] Like but I'm going to start trying in April okay.

Kristin [00:22:43] Yeah. That's more like and then I will like feel ready to start trying.

Dina [00:22:47] Yeah. I like Margarita poolside. Okay, I'm letting go. I'm letting go.

Kristin [00:22:54] I mean, I do I do encourage you to, to plan around spring break selfishly. I was just thinking this is really, really rich advice coming from someone that literally planned out having a Virgo baby. You did. I literally, literally picked his zodiac sign. Yeah. You did, you know what I mean?

Dina [00:23:16] With your induction. Yeah.

Kristin [00:23:17] I'll still give you this advice. Yeah. Let go. You can't control it. So you can not like you can control it, you know. Yeah. Once we get closer, when I like the date that you can, like, pick which cusp date, you know. Okay.

Dina [00:23:32] My doctor friend was like, why don't you just get a C-section? Have them. Take it all out. Right then. Yeah. Was like, you know, it's not a bad idea either. I'm going to think on that one. You don't have to. The lady went to home birth. You can do anything you want. Whatever feels like a good fit.

Kristin [00:23:49] This is a great idea.

Dina [00:23:50] Yeah, I'm thinking on it. Wow.

Kristin [00:23:52] Yeah, that's a great idea.

Dina [00:23:54] It could happen.

Kristin [00:23:55] Who's this friend that's like. Who's a doctor? It's Kevin. Okay, well, obviously. Obviously it's Kevin. Besties don't know Kevin, but Kevin's the best. So, yeah, we're going to take that advice. That's great advice, Kevin. Thank you. Yeah. Brilliant. He's a doctor too, right? Logical. Yes. And makes sense, you know. Yeah. Wow.

Dina [00:24:14] So we have a lot to think on, but I'm feeling more at peace with my journey because I feel like I now understand how it's all working. I've come to terms with the fact that my endometriosis surgery did not solve all my problems. Oh, you know.

Kristin [00:24:29] Do you like to process that quite a bit, didn't I? Okay. I feel like I would be. That would be hard for me when you think the expectation is something's gonna. Yeah, help or happen and then it doesn't. Yeah.

Dina [00:24:42] Oh, it was really bad. It was pretty devastating when it happened. I was like, I cannot believe that this is where we're at. I sad yeah, my, my toddler came up to me and he was like, mommy, I think you need another surgery. As I was like, no. I was like, I think you're right.

Kristin [00:25:00] Oh my God.

Dina [00:25:01] That is true.

Kristin [00:25:01] Three year old gets it. He totally could identify. Yeah.

Dina [00:25:05] It's like, ooh.

Kristin [00:25:06] Your belly not good I mean to do this again a different one. Everyone keep trying. Yeah. Wow. Well that's a lot to take in. Yeah.

Dina [00:25:14] You know, but, you know, give me some good vibes. Yeah. But conception journey.

Kristin [00:25:19] Fertility journey.

Dina [00:25:20] Yeah. So we're gonna we're going to put the good energy out.

Kristin [00:25:24] So many baby vibes.

Dina [00:25:25] We're embracing the adenomeiosis journey and bracing. And then we're going to get this thing out of my body probably.

Kristin [00:25:31] Yeah okay let's do the excited next year. You know. Yes. Schedule it in Q1. Whatever I don't know Q4 won't do it. Awesome okay I'm excited for you. Oh, man. Well, this has been. I mean, I'm so glad that we got to catch up, because it's. I've been dying to find out. I know the best is happened to.

Dina [00:25:57] Yeah, but thanks for being supportive. I mean, it is. I laugh, I joke about it sometimes, and I think today I've kind of already sat through the hardest, most emotional parts of it. But like, it's still it creeps up. It's it's a scary thing.

Kristin [00:26:13] Yeah. It's not easy. No. Not easy. It's also like nobody would expect this. Like yeah, that's not part of the plan, you know.

Dina [00:26:19] No, I was telling that to a friend the other day. I was like, I really just did not see this coming. This is not what I foresaw as the journey here.

Kristin [00:26:27] Yeah. Yeah. Absolutely. Okay. Well you're strong. Thanks. And it's okay to be weak. Yeah. And I love you. And I love you besties too.

Dina [00:26:37] Yeah. Thanks, bestie.

Kristin [00:26:39] See you next week, bestie. See you soon. If you are struggling with toddler or preschooler tantrums, push back discipline, picky eating, just all the confusing things. This podcast we can only scratch the surface if you need help. Our course Winning the Toddler Stage is here to help. It is aptly nicknamed the Toddler Manual because it truly has every single thing you could possibly struggle with under the sun between the ages of one and six within one course, we're not going to do a bunch of workshops. You have to buy the Sleep Guide and the Picky Eater Guide. I know this guide. I know that guy. Know everything you could possibly need for ages one through six is all in this one course. We were never meant to do this parenting thing alone. You deserve to have help. We are here for you. You can find that course at BigLittleFeelings.com, and be sure to follow us on Instagram and Facebook. At Big Little Feelings, we give free tips every single day. They might change your life with one free tip.

Dina [00:27:49] Thank you so much for being here with us. This has been an Audacy production. Executive produced by Lauren LoGrasso, produced by Daniela Silva, edited by Bob Tabbador and theme music composed by Liz Fall, then studio lighting designed by Shane Sackett and designed by Jackie Sherman. Special thanks to Audacy Executive

Vice President and Head of podcasts Jenna Weiss-Berman. And thank you for being here with us. We can't wait till next week.