

Reignite Your Sex Life with Sexologist Dr. Megan Stubbs

Julia Chebotar 00:04

Spice up your life with me Health Chef Julia, as I set out on the journey of What is Healthy. In each episode, we'll explore the different meanings of healthy for some healthy means indulging in something decadent and delicious. For others. It's a mental health day and a good workout. There's more to health than just food. It's about living well, enjoying your life and having fun. Having you heard redheads do it best. Come with me, I will find out just what healthy is. Welcome to new episode of What Is Healthy? Podcast where we share every hack to getting healthier and a more sustainable lifestyle. I'm Chef Julia and today we'll be talking with Megan Stubbs. So, so nice to meet you via zoom. Thank you so much for being on today's podcast.

Dr. Megan Stubbs 00:46

Thank you so much for having me.

Julia Chebotar 00:48

Do you mind introducing yourself to the audience?

Dr. Megan Stubbs 00:51

Yeah, absolutely. My name is Dr. Megan Stubbs. I'm a sexologist. That's the job you didn't see on Career Day. Right? Yeah, I know. Right? So I spend most of my time lecturing on college campuses or universities digitally now. I read a column in playboy, and I have a new book coming out this spring. Amazing. Congratulations. Thank you.

Julia Chebotar 01:13

How did you decide to get into this line of work and work in this field of sex? Because it's, unfortunately, still a taboo topic? In some areas?

Dr. Megan Stubbs 01:23

Yeah, absolutely. So it was always my destiny. I think, when I was younger, I was always that go to friend you'd ask for sex tips are relationship advice. And that just continued on through high school and into college. I was pre med. So I have my biology degree. And I was going to go into medical school, but I realized, I can't do chemistry, there's something wrong. There's a disconnect. So I was like, Oh, crap, what am I gonna do?

Julia Chebotar 01:47

I can't bake. So I get it.

Dr. Megan Stubbs 01:49

Yeah, I'm a great Baker. But that's a different kind of chemistry than like, medical needs. So I guess I am in chemistry now. The chemistry of people. Yeah. So I went to one of the few graduate schools in the country at the time that offered graduate degrees in human sexuality. And so I got my degree,

Where was that? in San Francisco, it's no longer open anymore. But yeah, it's been great. I'm came back home. And now I help people with their sex lives, their relationships, how they feel about their body image, all sorts of stuff.

Julia Chebotar 02:20

I love it so much that the reason I started this podcast was because everybody has a different take on what healthy is, they would you know, it could be food, it could be sleep, it could be diet, it could be exercise, it could be sex. And I think that there's so many things coming at us at once via social media and podcasts and just like information overload of what healthy is, and then there's trends on what healthy is. And I just wanted to kind of jump past that and actually interview people in different fields and different lines of work, and how they relate to health the and like how what they think healthy is. So I start the podcast off by asking the guests what is healthy for you?

Dr. Megan Stubbs 03:01

Oh, that's such a broad

Julia Chebotar 03:06

it is it is but like everyone has a different niche that they like, focus on the health and I guess

Dr. Megan Stubbs 03:11

healthy for me, especially in terms of my job is you feeling good and empowered about the decisions you make regarding your sexuality, your lifestyle, and just the choices you make. So I know there's a lot of myths and misconceptions and stigma and taboo stigma and taboo around sexuality. And so I really want people to feel empowered to seek out accurate, honest information, and then go forth and make decisions that they feel good about. Because I think sometimes we can get caught up in playing this, like, you know, diet culture, we should look a certain way, you know, we should, you know, have to lose all this weight to be healthy. But what does that mean? What does healthy mean? Does that mean look like you people you see in glossy magazines? Or is it like I have a good, you know, idea about my body, like what's healthy for me and what's healthy for me my look was different than what's healthy for you. And so it's just people taking ownership. And knowing that diversity in this realm, as well as many others is totally normal. So just empowering them to like, just feel good, just feel good about what they're doing.

Julia Chebotar 04:19

Yeah, exactly. And I feel like they should feel good in all aspects and the food that they put in their body, in their sexual experiences and in their body image and I just want to embrace that, like everybody can be healthy. It's such a such a daunting, you know, trigger word.

Dr. Megan Stubbs 04:38

Yeah. And it's not a one size fits all. It's very, very different. And that's okay. It's good to say it's different because if you look at what your friends doing, that might not be the thing for you know, so know that it's varied and that's okay.

Julia Chebotar 04:51

So I'm just gonna get right into all the nitty gritty sex convos with you. Is there like an exercise or Move that you tell clients or talk about that they should be doing before or getting ready for to have intercourse or sex with someone.

Dr. Megan Stubbs 05:07

Yeah, I really love to recommend touching yourself first. So what in prelude to having partnered sex, I think getting to know yourself first is so important one to know that you can bring about amazing, awesome pleasure which you absolutely deserve. on your own, you don't need to add someone else into it. So if you're single right now, and you don't have that you don't have to feel like you need to go seek it out or try to find someone to make you feel good. You can make yourself feel good. So first, permission to touch yourself. But then also from those, you know, benefits of touching yourself, you get to know what feels good for you. And so the more you know about what feels good for you, the better you can communicate that to a future partner.

Julia Chebotar 05:48

I love that. I agree. People don't know, their bodies, people don't know, they're like, they don't know how to control all aspects of their life. And like, I think, controls wrong word. But like, I feel like they lose touch with themselves because they're so scared to be one with their bodies and their minds and kind of figure themselves out.

Dr. Megan Stubbs 06:08

Yeah. And then to tie it back into health. Do you have a healthy body image? Are you truly seeing yourself for who you are? And if you aren't feeling good about the skin you're living in, you know, ask yourself why? Where are you getting these messages? Is it from society, culture, family, media, I mean, there's so many things constantly, especially being like in the new year, it's like we're being bombarded with different ways of like change your body into the shape, then you'll be happy. And it's like, you can have happiness right now you don't have to wait until you lose how many pounds you can fit into this size dress, or you can, you know, run a 10k like you deserve and can be happy right now, or at least find peace in your body.

Julia Chebotar 06:49

I love that so much. I couldn't agree more. I've been watching way too much Sex in the City now in my 30s think because it like resonates with me more. Like I've watched it as a kid. And now I've in the pandemic, you know, we have a lot of time on our hands. So I've been what binge watching all these things. And so many more episodes are resonating. And I'm like, Oh my god, like this was 20 years ago. And it's literally my life like this happened. Or a version of this has happened. And I was recording a podcast earlier. And we were talking about how in eating different foods changes the taste of your leg of your come and that episode where Samantha makes the guys take like wheatgrass shots and pineapple. And it made me want to ask you like Why do men care so much about this size and getting it right. And it's such like a stigma? I think there's a stigma on both sides, right? Like no one's really comfortable in their bodies. Men are always concerned with like size. And women are always concerned with also like, you know how their privates appear. And like, I feel like that holds people back from embracing their bodies. Maybe the first time they had any kind of sex education was when they were in middle school,

Dr. Megan Stubbs 08:00

they're definitely not showing you real pictures of genitals in those classes, always some kind of cartoon version. And I mean, we can't even see women's nipples. So we're definitely not going to be seeing any kind of genital depictions in popular media, television movies. Unless we're like maybe even like shows like Game of Thrones. We're not getting long glimpses at someone's penis or someone blah, blah, you know, so it's just not seen. And if you do happen to venture into pornography, you're seeing a really specifically curated look. So obviously, pornography, they have much larger penises than the average flexion of penis owners and also the vulva.

Julia Chebotar 08:42

Penis owners. It's like they signed the lease.

Dr. Megan Stubbs 08:45

Yeah. And then like, you know, the people who have the Volvo's it's like, you know, shade hairless very, like, you know, small Lamia. And so I don't think it's normal. For I don't think people think that they're normal, because their physical presentation looks different than what they're seeing. And I think it would be so empowering. And I've done classes on this too before to show different depictions of genitals and say, This one here is normal, or just we do a side by side, like, look at this and look at this, what do you think and be like, both those are normal, normal and just show the variation because notice, people don't want to stand out like people want to be different. And that makes them self conscious. So I think if people know that their bodies are normal, it can help alleviate some of that, like nervousness or pressure or insecurity that they find when they're either looking at themselves or about to like, you know, have experience with a partner.

Julia Chebotar 09:34

And like a lot of times because they're so self conscious, they can't like get to that level of pleasure because they're so in their minds and in their heads and like self conscious about their bodies.

Dr. Megan Stubbs 09:44

Yeah, you can really get stuck, which is sad, because I mean, you can't have a really fulfilling experience if you're feeling self conscious. So if we can liberate that, oh, sky is the limit.

Julia Chebotar 09:56

Can you explain micro cheating and why it could Be good in a relationship.

Dr. Megan Stubbs 10:02

I remember when I was first quoted for an article about this. So this is the idea of let's say, we're in a relationship. And I were to dinner and I kind of flirt with the server, and it's like, Hey, are you flirting with the server? You know? And that's could be considered a microkey. Or maybe I'm liking different photos on Instagram of, you know, women, you're like, why are you liking those photos? And I'm like, cubs are hot. So those instances were a little bit of jealousy kind of comes up in our chest, and we're like, oh, I don't like that. Um, that is great to show you. Okay, here were some things like red flags are coming up for me, let's try to look back and say why those things coming up for me. But also, it can add a little bit

of fun tension in a relationship too. So again, not knowing everyone's you know, agreements and the relationships, it can be a contentious point where someone really does feel slighted or offended or doesn't like their partner, you know, maybe just commenting on the servers. Like, I like your glasses. Why would you say that? So that, in that instance, it's not really awesome. But for some who are more flexible, I guess, in their relationship, it can be a fun little like, oh, you're going to talk? Yeah, like, you're gonna talk to the server like that. I'm going to punish you when we get home. Oh, you are? Oh, geez. You know, so it really depends on the spin you put on micro cheating.

Julia Chebotar 11:23

I love that. I've never I never heard that term until it was like following you and looking through your stuff. So I wanted to I wanted a debrief on it. Um, what do you think about aphrodisiac foods? Like do you think it actually works?

Dr. Megan Stubbs 11:37

Yes, and no, I feel like every February someone's hitting me up, like let's talk about aphrodisiacs. Well, there have been no studies that say like, if you eat oysters, with chocolate covered strawberries, and you know dark, hot chocolate drinks, and and with with spicy chilies on it, like you're going to be in sleep turned on. So I think the definition of a legit aphrodisiac is something that you take that will elicit sexual response, there's no pill, no been no magical cheese that you can be like, Oh, I want it now. Cuz that would be really like, disruptive in society. Can you imagine they're handing out those samples at Costco? Oh, my God. But that being said, there's nothing wrong with taking these aphrodisiac like foods and making them part of a special night. So you know me eating strawberries in the style in the summertime. That's awesome. But if I'm eating chocolate dipped strawberries with my partner, that's a different feeling. So it's all in context. So are they the instant? fixel? No. Can they contribute to, you know, a really rousing time? Absolutely.

Julia Chebotar 12:47

I love it. I always wanted to know that myth, what is important to explain when talking about sex to young people, because I feel like growing up, we were taught how to not get pregnant, how to not get a sexually transmitted disease. And that was basically it.

Dr. Megan Stubbs 13:03

Yeah, so definitely like reproductive health as opposed to sex education. I mean, shouting from the rooftops for all the young people. You deserve to have pleasure on your terms. And consent is key. I really think we're lacking. I mean, we're getting better. But still, moreover, we're lacking in the education around consent and pleasure, and orientation and feelings and sex toys and non heteronormative sex. Like lifestyles. Like we're, we're missing a large population here, especially with people feeling more empowered to embrace their, you know, diversity and their feelings. The old you know, how not to get pregnant. Here's how babies made we watched some greeny 1980s video of a baby being born. That's not helpful for anyone.

Julia Chebotar 13:48

No, and it's not even helpful for the opposite. Like, I think it's interesting how, now that I'm in my 30s, a lot of my friends are having children. And they're like, you know, it could be really helpful if like, they

actually taught about your ovulation cycles and like, how you can get pregnant and things like that, because then we get into our 30s and was like, okay, we're gonna have unprotected sex and then boom, we're gonna,

Dr. Megan Stubbs 14:08

like know, only 50 times.

14:11

Yeah,

Julia Chebotar 14:12

even then sometimes it doesn't work. So like, I feel like there's like such a gap in what we're taught.

Dr. Megan Stubbs 14:17

Yeah, it's like, you know, the priorities are, I mean, it's like with arts getting cut in schools to one of the first things to go, you know, and I love obviously, I love reading, writing, science, mathematics, all these things, but these things like sexuality and the arts, but especially sexuality, hygiene, education is crucial. They are crucial. Information pathways, we need to be opening up to the youth and giving them access to the honest, factual medical based information, not fear based, not shame based, none of this weird bias stuff, but just give them the facts. Give them the facts, empower them and let them make their their own empowered decisions.

Julia Chebotar 14:57

Absolutely. But we didn't even have this like, think about it. I'm pretty sure when I was in middle school I saw at AOL dial up. Oh, yeah, me too. And like I remember asked Jeeves, but you're not gonna like Ask Jeeves like, you know, what is it Pete like, you know, but I feel like now kids definitely have a lot more access to things at their fingertips that we didn't have before, which is amazing. But I still think that there's more that needs to be done in it needs to be put into the school systems. I

Dr. Megan Stubbs 15:24

mean, that was me I was the friend, people would come to you because I would be reading all these puberty books. And then it was like, why am magazine and Cosmo and jump, and all these magazines that had like, you know, racist articles, which is like, there's a thirst for knowledge here. And young people are going to get it wherever. So why not give them access to the good information instead of them learning something about from television, movies, or pornography? You know, pornography is great as entertainment. It's fiction. It's their actors doing x. And not everything you see in those videos is what happens in real life. And so that's where a disconnect comes in. So I'm not mad at porn,

Julia Chebotar 16:02

or physically possible. Sometimes you like how, like, Where is your leg right now that that is possible.

Dr. Megan Stubbs 16:08

That's why they're the professionals

Julia Chebotar 16:11

will leave that to them. What's like the, what's like a really important thing that you've come across when talking to young people about sex? Like, what is one thing that you tried to really push or see a lack in the discussion besides like, pleasure and consent? And just like knowing your body? Is there like another thing that you think that's missing in educating people about their bodies and sex,

Dr. Megan Stubbs 16:43

I think there's not a lot of conversation around the use of toys. And this isn't just, you know, some kind of like, salacious, like, look at this giant deal Do I have, but the benefit that they can bring, so maybe you are someone who has limited mobility, and you can't readily access your genitals, there are so many great toys that can help facilitate, you know, sexual pleasure, or maybe you're a person of size, and you see these things in, you know, a TV show or porn, you're like, how could I do that. But there are things like harnesses and holders and swings that you could use to help facilitate better sexual experiences. So there's just a wide range of things and sex products, I don't think are put out to the masses. Well, I know there's a lot of like home parties, and there's a lot of like, Instagram ads for you know, random.

Julia Chebotar 17:36

I was just gonna say I'm all instagrammed ad, buy all the things and I've purchased one and I highly, highly recommended it's called the path.

Dr. Megan Stubbs 17:44

Oh, well, yeah. So now going on to social media, you can find people who literally all they do is just review sex toys. And you don't have to break the bank either. So I think it's, you know, a misnomer of like, you have to go in some sketchy dark alley and go into some, you know, icky door where it's like, hey, it's a sort of the sex toys are like,

Julia Chebotar 18:02

yeah, and there's always like that like really weird like room where they're like, with Jericho, I remember like those places that I'm like, thank you, Jimmy, Jan, and Alice, Adam and Eve and all these websites that even sent it in, like conspicuous boxes.

Dr. Megan Stubbs 18:14

Yeah, I mean, just sweep. I mean, it's so improved, like waffles. conspicuous, but having the online experience where you can shop in your underwear is super great. And also getting to see the honest reviews and knowing that there's different price points to entry for sex toys, you don't have to, you know, spend 250 on a vibrator to have a quality toy that's going to last I mean, there are many that are like disposable. I mean, I don't pay for disposable toys, but there are they're out there. So if you try it and you hate it, you're not in for like, 250 Absolutely. I

Julia Chebotar 18:45

think the profits like \$35. And I definitely have more expensive ones, but highly, very happy with my \$35 purchase. And I think I lost the charger. And they sell the charger separately for \$5. And it's like next

day shipping. I was like, great. How would you recommend couples or not even anyone to introduce toys into the relationship or into the bedroom?

Dr. Megan Stubbs 19:11

I love using like a third party entryway. So that's either saying like I listened to a podcast, where you could say I read this article somewhere. And they were talking about blank. And then you can say Would you ever consider trying that and then your partner could either be like, Oh, never and then you're like cool me either. Or they'll be like, yeah, I'm at the end of that. And you can say okay, cool. That way takes the pressure off of them to respond a certain way. And they're not feeling like they're directly hurting your feelings because they're hurting the podcast feelings or the articles feelings like we've never tried that toy and you're like, Oh, cool.

Julia Chebotar 19:42

I love it. Um, what is master dating?

Dr. Megan Stubbs 19:45

Master dating? This is where you have a little masturbation session before your date.

Julia Chebotar 19:51

Oh, to kind of like in when What's it called? What about Mary? Something About Mary?

Dr. Megan Stubbs 19:58

Definitely. Oh yeah, absolutely. Because it

Julia Chebotar 20:02

like relieves your stress or

Dr. Megan Stubbs 20:04

it relieves your stress, it can give you a nice happy afterglow, like can you just calm me down, I'm not gonna ascribe to like, you don't go the full a loaded gun. But it can help, it can help. So consider doing that if you're feeling nervous, you know, give yourself a little bit of relief and release the tension, get it, you know, effects glow and then go out.

Julia Chebotar 20:24

So I'm sure you're up to date with pop culture, but like, I have a serious obsession with a rotten JLo I just love them. Like she can do no wrong in my book, the woman glows. And he there's like cheating scandals, right, currently, and supposedly they're in an open relationship. What are your thoughts on open relationships? Do you think that they can work? Do you think that it's like a long term? viable option for relationships?

Dr. Megan Stubbs 20:53

Yes, yes, they can work. I've been in open relationships before. It's just all about communication. Um, I think a lot of times because society is so based in, you know, monogamy, that anytime someone

branches out into a different kind of relationship, it's like, oh, why would you do that? That's never gonna work. But let's look at divorce rates, right, like,

Julia Chebotar 21:14

monogamy is great. And everybody cheats. Okay.

Dr. Megan Stubbs 21:16

Yeah. So I don't know, JLo, and a rod. But another relationship, but I

Julia Chebotar 21:21

don't either, but I'm very, I'm very affected by it.

Dr. Megan Stubbs 21:25

So we don't know all the intricacies of what they're one. Are they any relationship? And if they are, what are their agreements that go into that? So I mean, there's so many nuanced conversations that have to happen about you know, who can we date? What are our safety protocols we're doing if we're going to be intimate with someone else, like there's a whole host of things. So what I like that I think the monogamy community you can do is look at our non monogamous community and look at their communication style. They're talking about sex, and all these different things much more that I find, then monogamous people, it's really, really great. Because there's no like, anxious feeling of like, Oh, I got to talk to someone about this. But I don't know how to say it. You have to have these conversations in open relationships. Because if you're going to add another person, that's not going to be less difficult to manage. So you have to have communication in the relationship.

Julia Chebotar 22:19

Do you have advice to give people to have a better sex life? Like? What are your top suggestions for someone who's just trying to get into their comfort zone and into their own skin?

Dr. Megan Stubbs 22:32

In sexually first permission, you get to have pleasure, this is your right? No, you deserve to have pleasure, even if you are still working on your body image or you're working through, you know, maybe difficult situations at home, and we're still living through a pandemic, though, no matter what's going on, or how you feel about yourself. Know that you deserve to have pleasure on your own terms. Um, get in touch with your body, you know, find gratitude in the place where you are now, maybe you're not like, I love my body. That's okay. That's great. I don't want to be in a toxic, you know, body love culture, which is great. But also some people are just like, it's not happening. I don't like it, you know, try to reframe it as I'm grateful to still be here. I have a journey ahead of me. But right now, I'm not going to like attempt to hate myself into happiness, because it doesn't work. So if we come from a place of like, just gratitude and say, Okay, I'm here today, I'm mindful of this, this is going to be forever things will change. I think just shifting that negativeness into a place of like neutral or just like baseline is going to be really helpful to like, unlock someone's like, hang ups around like I didn't want I hate my body. I didn't want to do anything with my body. I don't wanna touch my body. I don't want to share my body like so I think if we can heal the relationship we have with ourselves. That's number two. Right? Yeah, to touch yourself. Number three, touch yourself know that you can give yourself amazing awesome sexual pleasure

without having a partner in place. It's not required. go seek out toys try different things. You know, you have the right to do that. It's not wrong. It's not cheating. You're not someone who can't get sex otherwise What does get sex even mean? But like, you're not you're not a loser. If you have to use a sex toy I mean, I love using click toys. You can do partnered sex boom, boom, pull it out. Yeah, and so just know that if what you're into doesn't you know isn't being seen in normal life or you're not seeing in pop culture or popular movies. That's okay. As long as it's consensual. I'm not talking about like, you know, fringe things that you know, delve into the predatory criminal world but if it's consensual you like it. That's great. So be I guess honestly, what you are into those four How many do you want? Oh, yeah.

Julia Chebotar 24:52

No, no, that was perfect. If you want to if you want to share more Go for it. But that's tough for okay. Perfect. Are there any new projects that you're working on that you want to share with the audience? Yes,

Dr. Megan Stubbs 25:06

I wrote a book, it was very challenging during a pandemic, but it's called playing blood, a partner, a single guide to sex, dating and happiness. And it's basically my life story of just how to lead a happy, fulfilled life as a single person. So whether you are still long term single, or you're newly single, like, it's just a book to help you feel good about where you're at right now. So we're definitely talking about body image, definitely talking about seeking out sexual pleasure from within yourself, talking about how to be grateful and mindful, and how to just really relish this time and feel empowered. So that if you want to meet someone, or when you do meet someone, you're coming to them as this really whole awesome person. And then at the end, we talk about, like, meeting strangers in the wild, and how to, you know, navigate that, how to talk about RPI statuses, how to share, you know, have intimate conversations with strangers, so really empowering people to just, I think, just be the best version they can be.

Julia Chebotar 26:04

Absolutely. I love that so much. It's really interesting. I went I'm going to read this book, because I actually just deleted all of my dating apps. Oh, okay. I decided that like, Bumble and hinge was just toxic, and it was just not bringing the right happiness and joy that it should. So like, I'm trying to embrace meeting people in a pandemic, somehow else that's not on an app. So we'll see. Where can people find you? How do they purchase the book? How do they follow you on social things,

Dr. Megan Stubbs 26:33

you can find me at sexologist Megan calm and I'm at sexologist Megan on all the social media channels. If you Google playing without a partner, and Simon and Schuster, the website should pop up. And it's available now for pre order wherever books are sold. Amazing.

Julia Chebotar 26:49

I'm definitely purchasing this book because I need I need it. Thank you so so much for doing this podcast today. I really, really appreciate it. I learned so much and thank you.

Dr. Megan Stubbs 27:00

Thank you so much for having me. This was a joyful conversation.

Julia Chebotar 27:02

Thank you guys all for listening. And remember to follow me at health chef Julia, remember to follow the podcast and thank you so much.