

**Embodied
Friday 12 – 1pm
Lines For Quarter 1 of 2023**

March 31, 2023

Category: Health

Stuttering Out Loud: Embracing Speech Diversity and Fighting Shame Around Stuttering

Description: Stuttering has been the butt of many jokes. People who stutter are working to change that.

In mainstream media, stuttering is often comical or a symptom in people who are overly vulnerable and nervous. But the condition doesn't stem from all from nerves or anxiety ... and instead of a source of shame, it can be seen as a form of neurodiversity.

Host Anita Rao talks about the science behind stuttering with Dr. Derek Daniels, a licensed and certified speech-language pathologist. Dr. Daniels is also a person who stutters and an associate professor in the department of Communication Sciences and Disorders at Wayne State University. He talks with Anita about his research and personal experience regarding stuttering in African American and LGBTQ communities.

Anita also talks with Jia Bin, who grew up in China surrounded by cultural fear and shame around stuttering. Jia is now a doctoral student at Michigan State University studying speech-language pathology and breaking down barriers for Chinese stutterers.

Also joining the conversation is Nina G, a comedian and the author of "Stutterer, Interrupted: The Comedian Who Almost Didn't Happen." Nina talks to Anita about changing the narrative so that stuttering isn't the butt of the joke — people who don't understand it are.

Special thanks to Courtland and Matice for their contributions to this show!

March 24, 2023

Category: Sports/Recreation

Baring It All: The Philosophy Behind Naturism And Nudism

Discovering you're naked in public is often considered the stuff of nightmares. But what if instead of panic we could uncover joy?

We all start life in the nude. While most of us spent the rest of it clothed, being nude with other people was once a unifying human experience. Many ancient cultures spent most of their time unclothed. Enter industrialism, capitalism and much more ... and textiled-life became the norm.

The modern movement to shed clothes with others began in Germany in the early 20th century and blossomed into an active global community. Naturists and nudists seek out opportunities to

be socially nude, whether that's at a campground, a pool, a beach or in the comfort of their own home. Unlinking sex from nudity is one of the core tenets of the movements.

Host Anita Rao learns more about naturism from four people who practice it: Naomi Brown, a reporter and host at WUNC; Jay Shapiro, the lead coordinator and president of Triangle Area Naturists LLC; and Sam and Aleah, a couple in Florida who created Our Natural Blog and work to bring more young folks into naturism in Florida.

Please note: This episode originally aired on August 27, 2021.

March 17, 2023

Category: Health

Unpacking the Past and Discovering the Future of Vibrators

Description: Vibrators have been around since the 19th century. Before they were marketed primarily as sex toys, they were sold as general health devices ... and now they've become a tool for sexual health research.

The story you may have heard about the invention of the vibrator in the 1880s (keywords: hysteria, doctor-patient stimulation, tired wrists) is actually only that: a story. The real history is a little less titillating ... but much more reflective of political and cultural attitudes towards sex.

Host Anita Rao unpacks the “vibrator myth” with sex historian Hallie Lieberman. Hallie is the author of “Buzz: The Stimulating History of the Sex Toy.”

Anita also talks with Anna Lee, co-founder and head of engineering at Lioness, a sexual wellness company with a “smart” vibrator that uses biofeedback data to track arousal and orgasm. Anna describes how the Lioness vibrator contributes to sexual health data for people with vaginas.

Special thanks to the listeners who contributed their thoughts to this episode!

March 10, 2023

Category: Health/Relationships

Being & Having an Only Child: Separating Truth from Stereotype

Description: Assumptions about narcissism, loneliness and selfishness in only children are largely that: assumptions. But there are experiences unique to being an only child — and parenting one.

The diagnosis of “Only Child Syndrome” — the idea that only children will be less well-adjusted than their counterparts with siblings — was put forth by a child psychologist in the 1890s. His research has been scientifically debunked in multiple articles over the last century, and yet, many of the stereotypes he suggested through his studies remain.

Host Anita Rao talks with journalist Lauren Sandler, an only child parenting an only child, about why these stereotypes persist and how it affects the lived experiences of only children. Lauren is the author of “One and Only: The Freedom of Having An Only Child, and the Joy of Being One.”

Anita also talks with Corinne Lyons, a middle school English teacher in Detroit, about her experience growing up as an only child with two parents who were also only children — and how that impacted her concept of family and her own desires for parenthood.

And former U.S. poet laureate Billy Collins joins to read his poem “Only Child” and talk about how being an only child connected him with imagination and a career in poetry.

Special thanks to Jeanene, a parent who wished to remain anonymous, Kate, Leslie, Anna and Whitney for sharing their stories with us.

March 3, 2023

Category: Health

What Our Dreams Are Trying to Tell Us

Description: Flying. Falling. Arriving late to school and realizing you had an exam you never prepared for. All these are common elements in dreams, which make up one of the most intriguing mysteries of the brain.

You probably don't remember all of them, but you have on average three to five dreams a night. Dreams help with problem solving and emotional processing as your brain catalogs short-term memory and stores it for the long term.

Host Anita Rao talks with dreamworker Angel Morgan, a past president of the International Association for the Study of Dreams and a professor of transpersonal psychology at Sofia University. She's also the founder and director of Dreambridge, an organization providing resources and education on the link between dreams and creativity.

Also joining the conversation is Chris Ufere, the founder and CEO of uDreamed, a global dream database. He discusses the “COVID-19 dream” phenomenon. And Michael Nadorff, associate professor of psychology at Mississippi State University, explains the research linking nightmares to suicide — and how nightmare therapy can provide interventions to both.

Thank you to Catherine, Ashley, Grace, Zaida, Chate, Matt and Mark for contributing dream stories to this episode!

Please note: This episode originally aired on March 11, 2022.

February 24, 2023

Category: Health

Reclaiming Wellness from the Wellness Industry

Description: The rise of the wellness industry and marketing of wellness products moves us away from the individualized practices that make us feel well. How do we find our way back?

The term “wellness” is a nebulous one — encompassing everything from your rest practices and exercise regimen to stress management and eating habits. This broad scope has led to a large wellness industry, full of companies and brands selling products responding to concerns about our mental and physical health.

But what the companies sell is often a Band-Aid to greater structural and collective issues that make us feel unwell.

Host Anita Rao talks with journalist Rina Raphael, the author of “The Gospel of Wellness: Gyms, Gurus, Goop and the Promise of Self-Care,” about how the wellness industry came to be and the marketing tactics behind it.

And Kim Young, a licensed clinical social worker also known as the Dope Black Social Worker, joins to discuss incorporating our wellness into our work life.

Special thank you to Dr. Della Mosley, David Young Oh, Liza Kindred and Dr. Ellen Vora for their contributions to this episode.

February 17, 2023

Category: Arts

Drag Beyond the Binary

Go to a drag show, and you’ll likely encounter big hair, incredible lip syncs and tons of glitter. But those who engage in this gender-bending art form know that it’s just as much about activism as it is about entertainment.

Host Anita Rao speaks with three drag artists about their distinct approaches to their craft, as well as their responses to the recent surge in anti-drag protests. [Rose Butch](#), drag persona of Rae Takei, shares why they use the term Drag Thing instead of Queen or King to describe their performance style. Butch, who is based in Vancouver and a member of a multidisciplinary, nonbinary drag performance collective called [The Darlings](#), also shares how their gender transition out of drag has informed — and been informed by — their drag persona.

Rao then speaks with scholar [Lawrence La Fountain-Stokes](#), a professor at the University of Michigan who studies the history and impact of Puerto Rican drag performance. Larry, who is the author of the books “Queer Ricans: Cultures and Sexualities in the Diaspora” and “Translocas: The Politics of Puerto Rican Drag and Trans Performance,” describes drag’s joys and risks — in addition to how his own drag persona, [Lola von Miramar](#), has shaped his academic inquiry.

Finally, Rao brings the discussion of drag closer to home with Durham-based drag artist [Naomi Dix](#), a member of a social justice-minded drag family called the House of Coxx. Known as the “Afro Latinx Barbie of North Carolina,” Naomi has used her platform as a performer to speak out against anti-queer and anti-drag violence — and to facilitate safe spaces for queer and trans people of color.

Special thanks to [Star Sirius](#), [Tito Bone](#) and [Virgie Tovar](#) for contributing voice memos to this episode.

February 10, 2023

Category: Relationships

When A Father Becomes Incarcerated

Show Description: Many incarcerated people are also parents. Their children navigate social stigma and barriers to staying in contact with their loved ones.

[Over half](#) the people inside federal prisons are parents to minor children, and the majority of those people are fathers. What happens to their kids and families while they serve time?

To answer this question, host Anita Rao talks with her former thesis adviser Ashley Lucas, whose father was sent to prison when she was 15. Ashley works for the University of Michigan as a professor of theatre and drama and the director of Latina/o Studies, and she wrote a play called “Doin’ Time: Through the Visiting Glass” exploring her own and others’ experiences of having an incarcerated family member.

Anita also talks with journalist Sylvia A. Harvey, who goes by SAH, about her experience of losing her mother to an asthma attack and her father to a prison sentence before she was 6. SAH put her story in context in her book, “The Shadow System: Mass Incarceration and the American Family,” which contains her investigative research into the carceral system and its intersection with the welfare and education systems.

February 3, 2023

Category: Health

How Hearing Loss Informs our Intimate Relationships

Show Description: Hearing aids are sometimes presented as a silver bullet for communication issues arising from hearing loss. But hard of hearing folks already on their hearing aids journey know that the reality of adjusting to these devices is much more complex.

If you’re not familiar with hearing aids, it might be easy to assume that they simply turn up the volume on the sounds you encounter in daily life. But for folks who identify as Deaf or hard of hearing, the process of adjusting to hearing devices is much more nuanced – and involves strategizing with loved ones around intimacy and communication.

Host Anita Rao speaks with writer and advice columnist [Anna Pulley](#) about her decade-plus long journey with hearing aids and the strategies she’s developed around self-advocacy and

consent as a hard of hearing person. Anna's fiancée, Vika Mass, joins for a conversation about the challenging, tender and humorous moments that accompany intimacy as an interabled couple.

Anita then speaks with [Yat Li](#), a communication accessibility advocate and the creator of "[Let There Be Ears](#)" on YouTube, who [previously joined Embodied](#) in 2021 for a discussion of the film "The Sound of Metal." Anita welcomes Yat back to the show to share more about his experience with microtia and the ways his hearing loss has informed his relationships with his parents and his partner.

Special thanks to [Caela Daly](#), Harlan Keibel, Elie Gardner and [Dr. Michelle Hu](#) for contributing voice notes to this episode.

January 27, 2023

Category: Health

Relearning How To Eat: How Intuitive Eating Can Heal Your Relationship With Food

Show Description: After years of messaging telling you what to eat, how much to eat and when to eat it, it can be hard to reconnect to your body's natural signals. But the principles of intuitive eating can help.

An extra slice of cake at a birthday party doesn't have to inspire a guilt-fueled binge. But after years of dieting, it can be hard to turn off the shame switch in our brains. That's where intuitive eating comes in — a method to reconnect with our bodies' original approach to eating and reject diet culture.

Host Anita Rao explores the principles of intuitive eating with anti-diet experts. Sandra Aamodt is a neuroscientist and author of "Why Diets Make Us Fat: The Unintended Consequences of Our Obsession With Weight Loss." Vincci Tsui is a registered dietician and certified intuitive eating counselor. Christyna Johnson is a registered dietician and host of the podcast *Intuitive Eating for the Culture*.

Please note: This episode originally aired January 14, 2022.

January 20, 2023

Category: Health

Trouble With Sex: Understanding Hypersexuality and Sex Addiction

Show Description: Compulsive sexual behavior has many names and no one clear diagnosis. But what is agreed upon is that when sex prohibits you from living life the way you want, that's an issue. And there is help available.

Hypersexuality, sex addiction and compulsive sexual behavior are all terms used to describe the experience of those who struggle with sexual urges and behaviors to the point that it interferes with work, relationships and everyday life.

In this episode, host Anita Rao breaks down misconceptions around hypersexuality with sex-positive psychologist Dr. Krista Nabar, who is the executive director and founder of the Carolina Sexual Wellness Center and has a doctorate in professional psychology. Krista also shares her research into causes, symptoms and treatment methods for hypersexuality.

Then, Anita talks with author Erica Garza about her experience with sex addiction and her road to recovery, which she documents in her memoir “Getting Off: One Woman’s Journey Through Sex and Porn Addiction.” Mz. Cici, a content creator who raises awareness about hypersexuality on social media due to her own diagnosis, joins the conversation as well.

Special thanks to author Sue William Silverman, the author of “Love Sick: One Woman’s Journey Through Sexual Addiction,” for sharing her story with us.

January 13, 2023

Category: Health

Sobered: A Special from Embodied and APM

Description: American drinking culture lies in the realm of extremes — but choosing to abstain is often stigmatized. After choosing sobriety or sober curiosity, how are social relationships and community affected?

Work parties. Weddings. Sports games. Many social situations are closely entwined with alcohol and a culture of drinking. But many folks are choosing a path outside of the mainstream ... and committing to a life without alcohol.

And while the months of “Dry January” or “Sober October” have made sobriety popular at particular points in the year, those practicing a sober lifestyle examine their relationship to alcohol year-round.

In this special from Embodied and APM, host Anita Rao talks with two people — who collectively have close to two decades of experience in sobriety — about why they made the decision to go sober and how that decision affected their lives. J.Nicole Jones is the co-host of the “Sober Black Girls Club” podcast and host of “The Grief Bully” podcast. And Tawny Lara is a New York City-based millennial who writes about the intersection of sobriety and sexuality as The Sober Sexpert. She’s also the co-host of “Recovery Rocks” podcast and is writing a book called “Dry Humping: A Guide to Booze-Free Sex, Dating and Relationships.”

Thank you to David, Cara Smelter, Chelsea and Madison Speyer for sharing their stories for this episode!

Please note: This episode originally aired July 8, 2022.

January 06, 2023

Category: Health

Breaking the Cycles of Generational Trauma

Show Description: Trauma can be passed down in our behavior and our culture, even possibly our genes. So how do you break the cycle?

When traumatic events happen, they affect our bodies and our minds. Those effects can be passed on through generations by individuals, by families and by cultures.

Host Anita Rao defines and explores generational trauma with three people who have observed it in their families ... and worked to heal the legacy of that trauma.

Dr. Ramona Beltrán is a multiracial Chicana, mother, scholar and dancer with a doctorate in philosophy and social welfare. She is an associate professor in the Graduate School of Social Work at the University of Denver.

Brandy Wells and Merissa Nathan Gerson also join the conversation. Brandy is a licensed independent social worker, conscious mother of three, and creator of the platform “My Motherhood Magic.” Merissa is a visiting assistant professor at Tulane University, an author and a sex educator.