



LOVE, SWEAT & TEARS

Directed by Scott Jacobs

Starring Dr. Pamela Dee Gaudry, Jenny McCarthy, Joan Rivers, Lynne Koplitz,
Craig Shoemaker, Dr. Michael Bernard Beckwith

Official Selection & Winner, Conscious Visionary Award – Illuminate Film Festival

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Short Synopsis

Death, taxes, and menopause are unavoidable facts of life. LOVE, SWEAT & TEARS is a groundbreaking, inspiring, and humorous look at a long taboo subject that will impact both women and men during their lifetimes. Filled with humor, insight and accurate medical information, LOVE, SWEAT & TEARS follows Dr. Pamela Dee Gaudry, “America’s Menopause Romance Doctor,” as she guides women through the isolation, fear and confusion of this phase of life to become happier and healthier. The film includes interviews with renowned medical experts, comedians such as Joan Rivers in her last screen appearance, and spiritual leaders including Dr. Michael Beckwith. On a mission to de-stigmatize menopause, Dr. Pam takes a sex-positive approach to keeping romance alive and enjoying intimacy long after the flow is gone.

Long Synopsis

LOVE, SWEAT & TEARS is an unconventional, myth-busting look at what menopause is all about, why it’s been a long taboo subject, and how to reignite and sustain your sex life later in life.

Dr. Pamela Dee Gaudry, “America’s Menopause Romance Doctor,” travels across the country interviewing renowned medical experts, sex therapists, comedians including Joan Rivers in her last screen appearance, Lynn Koplitz, and Jenny McCarthy, and spiritual leaders such as Dr. Michael Beckwith, as well as everyday men, women, and couples. The non-clinical conversations are informative and often hysterical as they discuss medical facts, sex toys, how sexual health impacts overall health, and all things ‘down there.’

As Joan Rivers says, “I didn't know I was going through menopause until I realized I was holding an egg and had hard boiled it in my hand! God is definitely a man because no woman would do this to another woman.”

There are 60 million women in menopause today, and every year 2 million women are added to that number in the U.S. alone. Seventy-five percent of women will suffer from the side effects, many severely. Girls are taught about and prepared for menstruation, yet the natural biological transition of menopause is shunned, brushed under the rug, and attached with a terrible stigma that leaves both women and men ~~at a loss and~~ suffering.

For women, the experience is, “He doesn’t understand this has nothing to do with not loving him – it just hurts.” “I’m constantly worried, have panic attacks for no reason, and everything makes me anxious.” “I cry all the time and feel like I’m losing my mind.”

And for men it’s, “I just don’t understand my wife anymore. She says sex isn’t important.” “I’m worried about my mom – she’s sad all the time.” “Something has changed.”

Death, taxes, and menopause are life’s indisputable certainties of life, yet 80% of the medical and residency programs in the U.S. and Canada don't have a menopause education program.

Dr. Pam is on a mission to change this, to bring menopause into the mainstream and help women and men understand that the stigma of the old, menopausal woman is a thing of the past. The third act of life can be filled with freedom and vitality with a paradigm shift in how menopause is approached.

Director’s Statement by Scott Jacobs

I never imagined that my directorial debut would be a film about menopause. But when I was introduced to Dr. Pam and learned about LOVE, SWEAT & TEARS, I knew it was too important a subject to pass up.

Prior to working with Dr. Pam, I had no real knowledge about the extreme emotional, psychological, and physical challenges women go through, or how menopause is ignored by the medical industry. It was clear how important it is to enlighten both men and women to the fact that menopause doesn’t have to be the end of your sex life.

Dr. Pam is a crusader and this story has been silenced for too long. Her formula is simple... menopause + romance does = happiness. This is the true menopause romance story.

The third part of life can be the best. As a 51-year old man, I got a 2-year glimpse of what it’s like to live in a women’s world and see menopause for what it truly is... a long misunderstood biological condition with real symptoms.

My goal with the film is to begin a frank and open discussion about the very real side effects of menopause. The stigma must be lifted along with the hearts and minds of

men and women across America.

I hope that audiences will come away with a new understanding of how this life transition affects, women, men, and families. Women AND men can benefit and actually grow stronger and more in love as they get older. If this film empowers people to try something different, to help themselves or others, that would be amazing.

Q & A with Dr. Pamela Dee Gaudry, Gynechiatrist

What is gynechiatry?

A gynechiatrist is an OB/GYN that no longer delivers babies but is focused on the gynecological and psychological aspects of a woman's life. I became very passionate about the fact that health care and personal issues important to menopausal women have been neglected across the medical industry.

It wasn't until I gave up obstetrics that I realized that the needs of non-pregnant women were not being met adequately by their OB/GYN. The busy OB/GYN is focused primarily on the pregnant woman, her unborn baby, and safe deliveries. This hectic lifestyle does not afford the normal OB/GYN the time to sit down and listen to the profound changes that occur after a woman's reproductive life is over.

I have written a book for women to explain the changes that occur during this frightening time of their lives in the hopes that it will help women globally learn about menopause and get through it safely, sanely, and well-educated.

Why do you think menopause has been silenced and how is the medical community reacting to your work?

The word "Menopause" has been classically thought of as a dreaded time in a woman's life. It is thought of as the end of a woman's sexual life and a time of horrible anger and mood swings.

For decades, the menopausal woman was viewed as an anger filled co-worker, a nut-ball wife and mother who couldn't control her emotions, and an overweight, over-extended, frazzled woman that didn't care about her personal looks, hygiene, or fashion sense.

Nothing could be further from the truth.

Women in their 50's and 60's have a freedom and vitality that should be embraced. Menopause should be a time to exercise those freedoms and for women to finally focus on themselves. The stigma of the old, menopausal woman needs to be dismissed.

The medical community has been overly supportive of my work. For the first time, OB/GYNs are sending their patients to me for consultations about their menopausal and sexual health. It may be difficult for some OB/GYNs and primary care physicians to talk about sexual health and intimacy. We just don't have any training on these issues in our residencies.

To be honest, I think the medical community is relieved to have someone who is comfortable talking about these delicate issues to whom they can refer their patients.

Do you see a groundswell movement rising up to change the face of menopause and how are you building it out?

I see a groundswell movement from my patients that are menopausal. It's amazing to talk about these changes in a positive way and see the reaction on their faces when they realize that we have been looking at this time of life in the wrong way.

I want women to look forward to menopause like young girls look forward to getting their periods! It is over! We are done with that! With education, a woman can safely make decisions about hormone replacement therapy and caring for her body so that she will feel good about herself for the next 30 to 40 years.

Physicians that take care of menopausal women are trying to create a groundswell movement and many are just as passionate about their work as I am. But if you think about it, it's intuitive that Obstetrician Gynecologists are "Obstetricians" first. You fall in love with delivering babies and that is our most important and first love. Delivering a baby is a deeply spiritual event for most OB/GYNs. There is nothing more honorable and special than bringing life into the world, and it is an honor to be a major part of a couple's life for a short time. It's not lost on OB/GYNs that nothing is more important to a couple than the safe delivery and the life of their child.

But in the big scheme of things, most of us do not fall in love with doing pap smears and pelvic exams. It's delivering a child that has us in awe. It's the babies that cause us to give up our family lives to be with another's for a short time. This has made me realize that obstetrics and gynecology should be two separate specialties. This would enable women to have adequate and complete attention no matter what phase of their life they are in.

Have you seen changes in how the medical world is dealing with menopause?

I have seen changes in the physicians who do gynecology only. The lay world is changing in that we have just started seeing television commercials that deal with vaginal dryness and menopausal symptoms.

For the first time, we're seeing commercials dealing with estrogen vaginal cream to thicken up the vaginal mucosa. We're seeing commercials dealing with bone loss after menopause. The first commercial was with Sally Fields promoting Boniva and saying that she is taking care of her bones after menopause. There are also other commercials for Osphena, which is a medication that will increase vaginal lubrication.

The changes that I have seen locally are that doctors are sending their patients to me to have these discussions because no one really is doing it.

Why do you think there is such a stigma and her culture when another cultures it's almost the complete opposite?

I actually am not aware that there is a difference in other cultures. I do know that elders are respected more in the Asian population. There are many countries in which anything to do with the vagina or vibrators are actually outlawed.

I'm not aware of another culture that is without a stigma about menopause and older women. I think the stigma is because it involves thinking about older women having intercourse and taking care of their vaginas. It's just not something that is talked about publicly.

I don't understand why it is so publicly accepted when speaking about men and erections. Almost every younger child knows what Viagra is, what it does, and why men would want it. It seems intuitive that it would be just as easy to talk about the problems that women have as they get older, but it's not. I'm trying to change this perception, to take the pornography aspect away from dealing with the vagina and keeping it in shape.

What is the menopause romance revolution and what is your ultimate goal?

My goal is to preserve long-term marriages and have both men and women look forward to the freedom that menopause gives them. Women do not have to worry about menstrual periods and pregnancy any longer.

The freedom that these two statements provide should make women long for the menopausal transition! Instead, we've been taught to fear and despise this part of our lives because we imagine that we're going to get bitchy, gain weight, break bones, get wrinkles, and hate sexual intercourse.

I really believe that this has been beaten into our minds so much that women don't expect anything different. I want them to know what to do to protect their vaginas, prevent hot flashes, take care of their bodies, exercise, prevent irregular bleeding, and take care of anger issues so that it doesn't happen. The Menopause Romance Revolution is a complete change in the way that we deal with this part of our lives.

Women should look forward to this transition -- to know what to do when the changes start occurring, be excited about not having to worry about menstrual periods coming when we were expecting them, and work on their intimacy and relationships. I want them to know what to do to protect their vaginas so they can have exciting, comfortable, and worry free sexual intercourse for the rest of their lives.

Have you gone through menopause or is everything based on what you seen and learned from your patients?

That's an excellent question. Years ago when I did obstetrics, I always thought that I was a good obstetrician. However, once I got pregnant and had a baby, I thought I was a great obstetrician. Nothing changed as far as my medical knowledge, but having experienced pregnancy first hand, I realized that there was so much more to just telling people that something was normal.

I realized that every little pain that a pregnant woman has worries them. I realized that even though you know you're going to put on a lot of weight, it makes you feel bad about yourself. I had so much more sympathy and empathy for my patient's after I went through pregnancy myself.

This same has happened with menopause. Yes, I have gone through menopause! But I have learned an extraordinary amount from my patients in the last 10 years. In the last two years, I've experienced everything that they have gone through. I had hot flashes, mood swings, vaginal dryness, and avoidance of sexual relations because of pain.

But I quickly started treating all of these things when the symptoms started and I'm so happy now!

When a female OB/GYN starts the symptoms, she treats it as well. Why do female OB/GYN's know what to do, but we don't tell our patient's what's been successful in our own lives? The answer lies somewhat in our medical legal system. OB/GYN's are frightened to promote estrogen replacement therapy because of the medical legal concerns of breast cancer and blood clots. It's hard to promote a treatment that may hurt the patient when our main goal is to help them. The fact is that your life will not be prolonged for one day by taking estrogen replacement therapy. In fact, it could be shortened.

There are two people in the doctor-patient relationship. The doctor wants to give good, healthy advice that will help the patient. A physician definitely doesn't want to give advice that may be hurtful or that could cause legal trouble. Sometimes, it's just easier not to say anything so that you don't hurt your patient or put yourself in any legal jeopardy.

But is it right for the physicians to then treat themselves so that they don't have any of the symptoms? The system works against us. The key is to inform our patients about the side effects and risks and let them make their own decision. The physician has to document a lot of discussion about this.

Regardless, I'm not going to withhold a treatment that the patient wants and actually needs for her wellbeing because I'm frightened of a lawsuit. I'm going to protect myself legally, but am going to promote hormone replacement therapy as an option so that she can feel better about herself and the last (and hopefully the best) part of her life.

How do men react to your work?

This is a great question also. Overwhelmingly positive! I have been flabbergasted at the positive response that men give when they read my book, visit my website, or see my movie. And they're flabbergasted that they had actually no idea what menopause entailed, what it meant, or that it was something that they could look forward to.

Every man and woman that has come to me for advice enters the office sad and forlorn. They think their sexual life is over and there's nothing to look forward to. This is the farthest thing from the truth! When I talk to them in the office, I promote menopause as a positive, wonderful, and enlightening time in their lives.

I've had men come up to me in public and thank me for my work. I've had so many men who came to the office with their wives just hug me for the information that I gave. It's imperative that we give this information to men and women prior to menopause so they don't have to go through any of the symptoms that make them miserable.

I think that the biggest obstacle is getting men to see the movie and read the book. They may think that it's a chick flick, but the ones that see it tell me that they got more out of it and their partners.

What is the most frequently asked question you get?

Why didn't I know this sooner? Why didn't someone tell us about what menopause entails? Why is nobody talking about this topic? Why is it looked upon so negatively? Why do men have options but women do not feel that they have any?

Why did you choose a first-time male director? What did he bring to the film that was different from a female perspective?

It didn't really enter my mind whether a producer or director was male or female. When I started this project, I wanted to make about 30 small lectures on topics that were most appropriate for menopausal women so that I could get them educated. I just

didn't have enough time in the office to tell women everything that they needed to know. It actually ended up being perfect to have a different perspective from the producer and the director so that we could appeal to men as well. When I first started this project, it didn't even occur to me that men would be interested.

Both the producer and director have learned greatly from our project and actually have the basic knowledge to help other men with their own lives. They call themselves "junior gynecologists," and they're right." It's perfect for them to help their friends and those they meet that inquire about the topic or about the film. It was their idea to proceed with a documentary - and it was so much better than I had imagined.

How did the book come to be and how and when did you decide to make it also into a film?

I have written this book in my head for over ten years. At night, I would write chapters in my head but it just never got down on paper. After we started the project to film me giving several small lectures, the producer and director encouraged me to sit down and write the book. I had taken some time off to make the documentary and this was a perfect opportunity to actually write the book. The film and the book developed together.

What were the craziest moments you experienced while making the film?

There were many crazy moments:

Getting invited to meet Joan Rivers,

Being on SiriusXM with Jenny McCarthy

Listening to near death experiences from two of our interviewees that were almost identical within two days

The tears women shed when they realized that they weren't alone

Incorporating comedians into the documentary and hearing them joke about menopause

Meeting the greatest people that I would never have been exposed to if I had not undertaken this project.

Seeing the overwhelming support that my family, friends, and patients showed during the project.

How did you find the interview subjects, and was it easy or hard to get them on board?

The director and producer found many of the first interviewees. From there, it was unbelievably easy. Every one that we interviewed gave us more people to call to help with the project. This is actually how we met Joan Rivers. One of our comedians, Lynn Koplitz, knew Joan very well and asked Ms. Rivers if she would help us. Joan Rivers has always been known to help causes for women, and she was very gracious to help our cause.

I don't think that any one declined being interviewed when we called. Everyone was enthusiastic, excited, and hopeful that we were successful.

Why is it important for everyone to see this film?

Education

Protection and continuation of long-term marriage

Preservation of marriages that fall apart because of a lack of intimacy

Education of men

Protection of the menopausal vaginas in America (and the world)!

The vagina is one of the best organs that we have in our bodies. Why is it that we can't even say the word out loud?

The vagina is one of the most powerful things in the history of the world, and it has been powerful throughout history. It has brought down kingdoms, countries, presidents, senators, congressmen, CEOs, and major corporations. It has ruined marriages and family units. It has destroyed churches and synagogues since antiquity.

How is it that no one really knows what it looks like, how it functions, and what to do with it when it gets old? How come we don't go out of our way to protect it? How do women just sit back and let it shrivel up? How do men think that they will not be able to use it or even visit it after their partner turns 50? Where did this all come from? Bad information.

What are you hoping audiences come away with?

Excitement! Education! A newfound intimacy. Revival of excitement a marriage. A reason to date again. A yearning to look good for each other. Date nights. Romantic evenings. A reason to get off their phones and social media. The importance of intimacy in a long-term relationship and marriage. Fun. Looking forward to the last phase of their lives instead of dreading it.

Forgetting about "empty nest syndrome" and developing "kick them out of the nest syndrome." Get those kids out of there so that you can walk around the house naked again.

Wanting to have jungle sex again. Wanting to protect their vaginas and intimacy. Not being terrified of estrogen replacement therapy. Not being scared of breast cancer and divorce. The need to moisturize your vagina. How much the vagina needs local estrogen. You must work out your vagina. Your vagina is the only place that you want to have wrinkles. The vagina is best when it looks like an accordion.

It is not pornographic to use a vibrator and "sexual toys" with your husband. Sex does not have to be boring. Sexual intercourse is very important to your husband. Don't hate sex because all your friends do. The best marriages are the ones with plenty of intimacy, romance, and intercourse (or making your partner sexually happy if they can't have intercourse). What things to do to make your partner sexually happy. How important a long-term marriage can be for health and happiness.

ABOUT THE FILMMAKERS

DIRECTOR/EXECUTIVE PRODUCER: Scott Jacobs

A five-time EMMY Award winner with more than 250 industry awards, Scott is a seasoned Hollywood veteran with extensive experience as a brand strategist, creative director, film director, onscreen motion graphics/ logo designer, and post-production supervisor. Over the years his clients have included Paramount Domestic Television, Buena Vista Cable Networks, ABC, CBS News, ESPN National and International, The FOOD Network, and many others. He is responsible for the rebranding of “The Tonight Show with Jay Leno” which included a new logo and main title opening sequence. In November of 2006, Scott founded TYTAN with Jim Stone.

LOVE, SWEAT & TEARS is his feature-length directorial debut. He also served as Executive Producer and Post-Production Supervisor for the final edit of TYTAN’s STORM SOLDIERS 2: NO HERO STANDS ALONE.

PRODUCER/1ST ASSISTANT DIRECTOR/LOCATION SOUT: Jim Wacker

With a wealth of experience in the film industry, Jim has worked as a location manager, assistant director, and producer on feature films including THE LAMP, HOME RUN, A CHRISTMAS SNOW, STORM SOLDIERS II, F'N FRANK, and YELLOW. He is responsible for the production of countless commercials and corporate videos for BASF, Zeus, Hubbell, Cherokee Casino, Bushnell, Remington, Cancer Treatment Centers of America, Chance, Ansell. Jim has been with TYTAN since 2014 and was a producer on STORM SOLDIERS II.

PRODUCER/CINEMATOGRAPHY: Jim Stone

With four EMMY Awards and more than 200 industry awards, Jim is a seasoned industry veteran with over 30 years of advanced design experience and 10 years of film production and post-production experience. As CEO, Co-owner, and Executive Producer of TYTAN Creates, a national production company, Jim has produced several award-winning short films for Nike and Red Bull as well as the critically acclaimed and award-winning original STORM SOLDIERS documentary (2013). He directed and produced STORM SOLDIERS 2: NO HERO STANDS ALONE in partnership with Hubbell Power Systems and a list of national and international sponsors including Altec, IBEW, NECA, Chance, and Kermel. He is currently producing several other major non-fiction feature films THE RIDDLE OF WAR written by National Geographic writer/producer/director and Peabody and multi-Emy Award-winning environmental filmmaker, Kevin McCarey. Other film production credits include notable sports clients such as Notre Dame football, Penn State football, Clemson football, Arkansas Football,

Yale football, Arizona Basketball, ESPN X-Games and many others.

In addition, Jim is working with TYTAN Pictures CFO, Walt Rocker III and his partner, Scott Jacobs, on the build-out of the new TYTAN Pictures Studio located in Eatonton, Georgia. This four-and-a-half acre facility/studio site will house office space, 2 movie studios totaling over 25,000 square feet, and back shops and prop master services.

EXECUTIVE PRODUCER/STILL PHOTOGRAPHY/CINEMATOGRAPHY: Roxy Stone

Roxy is a commercial and fashion photographer. Her “fashionography” style has been featured on magazine covers, in print ads, and television commercials. Her work with TYTAN has helped garner numerous ADDY’s and Telly Awards over the past four years. She is the only local female photographer and one of two women ever to shoot the cover of *South Magazine* in its five-year history. She was the cinematographer for *STORM SOLDIERS II* and *LOVE, SWEAT & TEARS*. She is also a principal and owner of both TYTAN Creates and TYTAN Pictures.

EDITOR: Julio Saldarriaga

Julio graduated from the Pontifical Bolivian University in his hometown of Medellin, Colombia before moving to the U.S. to pursue his career in film and television. He earned a certificate in producing and directing film and television from UCLA and went on to work for a variety of highly popular Spanish language shows broadcast throughout Latin America and the United States including “The People’s Court” and “Jugar a Ganar.” He worked for FOX television and various independent films including Sundance winners Jesse Garcia and Jess Weixler on *PERIPHERY*. He wrote, directed, and produced *THE SHIFTING*, an original film, and worked on Nick Casavetes’ critically acclaimed film, *YELLOW*, which premiered at the 2012 Toronto Film Festival.

Julio is Executive Vice President of TYTAN Pictures and is working on new project acquisition and business outreach.

ABOUT THE SUBJECTS:

Dr. Pamela Dee Gaudry: Gyneciatrist

Dr. Pam is a North American Menopause Society Certified Menopause Practitioner. She completed her training in Medical Sex Therapy and helps couples maintain intimacy in their marriage after cancer or other life-threatening or life-changing events or medical issues.

She has been active in the Georgia OB/GYN Society since 1993, has been on the board of directors and advisory council since 1996, and was President of the Society in 2007 representing over 1400 OB/GYNs. She had been a delegate to the Medical Association of Georgia's House of Delegates for 6 years, and on the faculty of Memorial Medical Center since completing her residency in 1993.

Dr. Pam has lobbied at the Georgia State Legislature yearly since 1994 for issues important to The Georgia OB/GYN Society, the Georgia Medical Society, and the Medical Association of Georgia and is well known to her local state delegation of senators and representatives.

She was elected by the obstetricians and gynecologists of the state of Georgia to represent them as the Vice-Chair of the Georgia section of the American College of Obstetricians and Gynecologists (ACOG) for 3 years. She then served as the Chair for Georgia section of ACOG for another 3 years.

She has been a member of The Georgia Medical Society for more than two decades and was on the board of directors for 7 years. She was Treasurer of the Georgia Medical Society in 2006, and served as president of this society that represents over 600 physicians in the Chatham, Effingham, and Bryan counties of Georgia in 2007. She is currently a delegate to the Medical Association of Georgia's House of Delegates from the Georgia Medical Society.

Dr. Pam was elected to serve as the Second Vice President of the Medical Association of Georgia at the House of Delegates meeting in October 2007, became the first Vice President of the Medical Association of Georgia in 2008, and was on the Executive Board of the Board of Directors for that organization. She was chosen by the Medical Association of Georgia to participate in the inaugural class of the Georgia Physician Leadership Academy that began in October of 2007. This group of 14 physicians was chosen from statewide applications to train for future leadership in organized medicine.

Jenny McCarthy: Comedian, Actress, Host, Author

Jenny is a multiple *New York Times* Best Selling author who, after completing her tenth book, decided to re-focus her attention on her first love – TV, radio and comedy, with guest roles on shows including *Two and a Half Men*, *Just Shoot Me*, and *The Drew Carey Show*. She also starred in ABC's *Santa Baby 2: Christmas Maybe* and co-hosted *The View*. She and Ryan Seacrest co-host *Dick Clark's New Year's Rockin' Eve*.

Jenny is on tour with the funny ladies of *Jenny McCarthy's Dirty, Sexy, Funny* and is launching her own daily morning show of the same name on Sirius XM this Fall.

Joan Rivers: Comedian, Author, Host, Actress

An internationally recognized celebrity, Emmy-Award-winning talk-show host, Grammy-award-winning performer, Tony-Award-nominated actress, bestselling author, playwright, screenwriter, film director, columnist, lecturer, radio host, jewelry designer, entrepreneur, and the renowned creator of the modern day “red carpet,” Joan was a force of nature.

For over 50 years, she pioneered her own brand of irreverent, unconventional comedy that skyrocketed her to fame in 1968 when she first appeared on *The Tonight Show Starring Johnny Carson*. Within three years, she was hosting *That Show with Joan Rivers*, one of the first syndicated daytime talk shows on the air, and made television history as the permanent guest host of *The Tonight Show*, where she coined her iconic catchphrase, “Can we talk?” In 1984, Joan received her first Grammy nomination for her gold-selling comedy album, *What Becomes a Semi-Legend Most?*

Throughout her career, Joan was a *New York Times* Best Selling author, penning 12 books. She worked tirelessly on behalf of charities including God's Love We Deliver, Guide Dogs for the Blind and The American Foundation for Suicide Prevention, and was a longtime spokesperson for the Cystic Fibrosis Foundation and the National Osteoporosis Foundation. Joan passed away in 2014.

Lynne Koplitz: Comedian, Actress

A stand-up comedian and actress, Lynne hosted Telepictures' nationally syndicated dating show, *Change of Heart*, was guest host on NBC's *Later*, co-host of the Food Network's *How to Boil Water*, and co-host of Sony Pictures syndicated talk show *Life and Style with Jules Asner and Kimora Lee Simmons*, and *Extra*, *The Other Half*, and *Shop & Style*. Her stand-up has appeared on a number of Comedy Central specials, including *Premium Blend*.

Lynne has performed at the Montreal Comedy Festival and is featured in *History of the Joke* on the History Channel. She has her own special, *Comedy Central Presents: Lynne Koplitz*, is currently in one of the *What's Funny About That Time Of The Month* series of advertisements for Midol, with the *Sick Boyfriend* installment, and can be seen in Z-ROCK, on IFC. She co-hosted *StarTalk* radio with astrophysicist Dr. Neil deGrasse Tyson and the show is syndicated Sunday afternoons on KEIB in Los Angeles and WHFS in Washington DC.

Craig Shoemaker: Comedian, Writer, Actor

Craig is best known for his baritone-voiced character, "The Lovemaster," which he routinely portrays in his comedy act. He currently hosts a weekly podcast & webcast, "Laugh It Off" available on his website.

He has had several television stand-up specials, *Daditude*, on Comedy Central and Showtime, and has been a guest on numerous TV series, including *Sliders*, *Spin City*, *Diagnosis Murder*, *Parks & Recreation*, and *The Bold & The Beautiful*. He has acted in feature films including SCREAM 2, SAFE HOUSE, PLEASANTVILLE and NATIONAL LAMPOON'S TOTALLY BAKED: A POTUMENTARY. Most recently, Craig has been writing for the hit Netflix series *Fuller House*. He was named Funniest Male Stand-Up Comic at the American Comedy Awards (1997).

In 2003, he founded LaughterHeals.org, a nonprofit group dedicated to using laughter as a healing modality. In 2014, Shoemaker published a book, "Lovemaster'd: a Digital Journey to Love and Happiness," which details a long correspondence between him and a woman known only as "Leah" about their struggles with divorce and relationships.

Dr. Michael Bernard Beckwith: New Thought Minister, Author, Founder, Agape International Spiritual Center

In 1986, Dr. Beckwith founded the Agape International Spiritual Center, a trans-denominational community of thousands of local members and global live streamers. Highly regarded for its cultural, racial, and spiritual diversity, Agape serves both the local community as well as running global humanitarian programs throughout Africa and in Afghanistan, Bosnia, Columbia, Ecuador, India, Iraq, Kosovo, and Sri Lanka.

Dr. Beckwith addressed the United Nations General Assembly in 2012 as part of its annual World Interfaith Harmony Week. As co-founder and president of the Association for Global New Thought, he had the honor of presenting to Nelson Mandela the

“Gandhi King Award.” Beckwith is also an international co-chair of the Gandhi King Season for Nonviolence that was launched at the United Nations in 1998 and is active in 900 international cities and 67 countries. Beckwith served as co-chair of the Synthesis Dialogues 1, 11, and 111, which were attended by the Dali Lama.

Dr. Beckwith is a sought after meditation teacher, conference speaker, and seminar leader on the Life Visioning Process, which he originated. Three of his most recent books—*Life Visioning*, *Spiritual Liberation*, and *Transcendance Expanded* are recipients of the prestigious Nautilus Award. He has appeared on *Dr. Oz*, *The Oprah Winfrey Show*, *OWN Help Desk*, *Larry King Live*, *Tavis Smiley*, and in his own PBS Special, *The Answer Is You*. Every Friday at 1 pm PST, thousands tune into his radio show on KPFK, *Wake up: The Sound of Transformation*.

Reverent June Juliet Gatlin: Spiritual Advisor, Author

Reverent June is considered a foremost authority in matters of the human spirit. Operating within the realm of prophecy and healing, she is a “seer” who brings our innermost feelings to verbal expression. June is a lover of words and believes words are like musical instruments, creatively used to give exciting entry into new worlds. She acknowledges words as the basic foundation for expressing her existence. At age three, she was proclaimed to be a child of prophecy by officials of her church. In traditional African culture, a child with “knowing” powers such as June’s was believed to be “born with the veil.” Having this early ability contributed to Gatlin’s desire to learn more about how to express what she was sensing. She began to write at age five and continues to the present day, having amassed a lifetime of daily journals and personal communications.

June uplifts the spirits of audiences of all ages through lectures in public schools, universities, and churches, where she devotes her energy to affirming and developing spiritual qualities as well as offering messages of hope, faith, enlightenment, and personal responsibility. Her spiritual counsel is sought by political and religious leaders, entertainers, celebrities, business people, and distinguished luminaries all over the world. Her candid manner and uniquely sensitive style are often controversial, but these qualities have contributed to her recognition as a leading authority in matters of the Spirit.

Reverend Jim Giddens: Methodist Minister

Jim Giddens first felt called into the ministry after graduating from Georgia Southern University in 1969, but it wasn’t until several years later that he enrolled in Candler School of Theology at Emory University in Atlanta.

While in seminary, he was appointed to a two-church charge in Meansville, GA. After 3 years of seminary, Jim graduated and was appointed as the Associate Pastor of Wesley Monumental United Methodist Church in Savannah, GA.

After a year, he wanted to serve a congregation of his own. In 1988, the Savannah District Superintendent appointed Jim to Skidaway Island United Methodist Church. 2013 marked his 25th anniversary at SIUMC.

Dr. Madeleine Castellanos: Psychiatrist & Author, TheSexMD.com

A psychiatrist specializing in sex therapy with couples and individuals, Madeleine is committed to helping others learn about their own sexuality and how to achieve physical and emotional balance in their sex lives. In addition to being an Assistant Professor of Psychiatry at Albert Einstein College of Medicine, she has dedicated her private practice to the specialty of sex therapy and sexology for couples and individuals wanting to address any difficulties they have in the area of sexuality, or to enhance their sex life and their experience of sex.

She is a member of the American Association of Sexuality Educators, the Society for Sex Therapy and Research, and the International Society for the Study of Women's Sexual Health. She is an active blogger based in New York City.

Dr. William Dascombe: Plastic Surgeon

Dr. Dascombe is board certified by the American Board of Plastic Surgery and graduated in the top 10% of his medical school class. His 18 years of formal study after high school have taken him from North Carolina to Virginia, Pittsburgh, Austria, Switzerland, France, Belgium, and finally, Savannah.

Over the past 20 years, Dr. Dascombe has performed more than 20,000 operations on children and adults. He specializes in cosmetic surgery and skin cancer surgery. His experience with cosmetic surgery is extensive as he has performed over 2,500 breast augmentations, 1,000 breast lifts, 1,000 breast reductions, 750 tummy tucks, 500 liposuctions, 150 facelifts and 100 rhinoplasties. Dr. Dascombe has performed more than 10,000 skin cancer procedures.

In addition to serving patients from Savannah, Statesboro and Vidalia (where he has office locations), Dr. Dascombe treats patients from Europe, South America and Africa, who have travelled to Savannah to have their cosmetic surgery performed by him.

Dr. Barb DePree: OB/GYN & Menopause Care Specialist & MiddlesexMD.com

Dr. DePree was named the 2013 Certified Menopause Practitioner of the Year by the North American Menopause Society for “exceptional contributions” to menopause care. The award recognized the outreach, communication and education she has done through MiddlesexMD and her work as director of the Women’s Midlife Services at Holland Hospital in Michigan.

With more than 30 years of experience as a gynecologist and women’s health provider, she has spent the past ten years as a menopause care specialist

Barb started MiddlesexMD to share practice-tested, clinically sound information with women her age. The group provides information and guides that are medically accurate for working with your partner and caregivers. The site also offers products that have been tested and are known to help women address the physical changes they are experiencing. Together, they have created a recipe for good sex at menopause and beyond.

Dr. Michael Krychman: OB/GYN & Survivorship Medicine

As a doctor of sexual medicine, a board certified obstetrician and gynecologist, and a clinical sexual counselor and author, Dr Krychman has devoted his career to helping patients and their partners overcome sexual health challenges and experience a higher quality of physical intimacy.

Dr. Krychman is also a specialist in survivorship medicine and provides life coaching and care plans to optimize the health and wellness of patients with chronic diseases or cancer.

Dr Krychman is the Executive Director of The Southern California Center for Sexual Health and Survivorship, Newport Beach CA.

Dr. Mary Jane Minkin: FACOG Professor of OB/GYN, Yale University

A clinical professor of obstetrics and gynecology at Yale University School of Medicine and Dr. Minkin has a private practice in New Haven, Conn. She is widely known in the field of gynecology and is interviewed often in the media. She even appeared on a billboard in Times Square, along with other women of note representing the "New Face of Menopause."

Dr. Minkin is a leader in women's health education both inside and outside the medical community. She is co-author, with Carol Wright, of *A Woman's Guide to Menopause*

and Perimenopause and *The Yale Guide to Women's Reproductive Health*. She is lead author or co-author of articles in numerous peer-reviewed journals, and also advises and gives lectures to the menopause support group PRIME PLUS/Red Hot Mamas. She writes a monthly column, "Healthy Woman," for *Prevention* magazine.

Dr. Minkin is a recipient of the Irving Friedman Award, given by Yale School of Medicine's department of obstetrics and gynecology for excellence in clinical abilities and patient care and has twice been awarded the Resident's Teaching Award for best community attending physician.

Carol Queen, PhD: Cultural Sexologist & Author

Carol is a Staff Sexologist and Good Vibrations Historian at Good Vibrations, the women-owned, worker-owned sex toy and book emporium, where she directs continuing education for the staff. She also curates the company's Antique Vibrator Museum.

Her own educational events are organized through Carol Queen Workshops and the Center for Sex and Culture, a non-profit sexuality education center that she founded with her partner Dr. Robert Lawrence. They also teach frequently at Good Vibrations and its sister stores around the U.S. and Canada, as well as at sexuality conferences of various kinds.

In 1975, Carol helped found GAYouth (one of the first groups for underage Gays and Lesbians in the nation) in Eugene, Oregon. She served as director of the Gay and Lesbian Student Union at her university later in that decade and was on the steering committee of Eugene Citizens for Human Rights, founded to preserve gay rights that were under attack from right-wing forces. In 1988, she was Director of Education at the community-based AIDS education and support project in Eugene. Her training (after graduating with a major in sociology, a Phi Beta Kappa, and a stint in graduate school) comes from the Institute for Advanced Study of Human Sexuality, San Francisco's graduate school of sexology - and, of course, from the school of life.

Mary Jo Rapini, LPC: Psychotherapist & Author

Mary Jo is a psychotherapist specializing in intimacy, sex, and relationships, and maintains a private practice in Houston. She is also a renowned lecturer, author and television personality.

Mary Jo has appeared on *The Steve Harvey Show*, *The Today Show*, *Nightline*, *Dateline*, *Montel* and in 2 seasons of the TLC series *Big Medicine*. She contributes on-

air for *CNN's Prime News*, *CBS Up to the Minute*, and *Fox National Morning News*, and was featured in a Discovery Channel show about Near Death Experiences (first air date Jan. 4, 2010). Locally, she appears on *KRIV Fox 26 Houston* in her own segment, *Mind, Body & Soul with Mary Jo*, and on Saturday morning's *Relationship Challenge*. On *FOX 26 Morning News Extra*, Mary Jo answers viewers' relationship questions for couples and families trying to build stronger, healthier relationships during the *Ask Mary Jo* segment of the program.

Mary Jo is a contributing expert for *Cosmopolitan Magazine*, *Women's Health*, *First*, *The New York Daily News*, *Seventeen Magazine*, *Redbook*, *YourTango.com*, *MiddlesexMD.com* and *Self Magazine's "Love and Relationship"* section. Additionally, she is a "City Bright" blogger for the *Houston Chronicle*, and is a contributing columnist for *HealthNewsDigest.com*, *Prime Living Magazine* and *Houston Family Magazine*.

A large part of Mary Jo's practice involves working with and counseling patients dealing with morbid obesity. Her involvement in the show *Big Medicine* focused on her insight and sensitivity with the bariatric community. She also excels at speaking to groups of young girls dealing with body image issues and delivers a message that is geared to helping girls become strong women.

Rapini is the author of three books: *Is God Pink? Dying to Heal*, co-author of *Start Talking: A Girl's Guide for You and Your Mom about Health, Sex or Whatever* and co-author of *RE-COUPLING: A Couple's 4-step Guide to Greater Intimacy and Better Sex*.

Patty Brisben: Psychotherapist & Author

Patty is the CEO and founder of Pure Romance™, the nation's fastest-growing in-home direct sales company specializing in relationship enhancement products, intimacy education, and sexual health awareness.

With over twenty-five years of experience working with women, Patty now leads tens of thousands of consultants who are touching the lives of women and couples nationwide. A mother of four, she divides her time between Cincinnati, Ohio, and Naples, Florida.

Reverend Tony & Sheri Winterowd: Pastoral Team

Originally from Huntington Beach, CA, Tony received his Bachelor's degree in religion from USC and his Master of Divinity and Doctor of Ministry from Talbot School of Theology.

Judy Steinberg: Author, Speaker

Judy began her career in television production in the middle sixties. Her specialty was musical variety, and she worked with great performers, such as Bob Hope, Dick Van Dyke, Debbie Reynolds, Andy Griffith, Don Knotts, John Davidson, Steve Martin, Jerry Van Dyke, and the Smothers Brothers, where she stayed for the last two years of their CBS series.

She was married to comedian David Steinberg for 25 years, during which time she worked on many of his film, television, and performing engagements. Judy was one of two dozen people who sang with John Lennon, on the recording of *Give Peace A Chance*, which has become the world's anthem for peace.

More recently, Judy co-wrote *The Ropes and Fabulous After Fifty and Sexy At Sixty*, published by Dutton. She has done numerous radio and television interviews, including *The Today Show* and *Good Morning America*.

Judy has been a featured guest speaker at women's expos and other women's events across the country. She maintains an ongoing conversation with the older woman through her website, www.judysteinberg.com, where she posts a blog relating to older women's issues. She is also a contributor at other websites like *Vibrant Nation*, devoted to the conversation about older women.

Dr. Jan Scifren, NCMP

Dr. Shifren is a reproductive endocrinologist and infertility specialist at Massachusetts General Hospital and an Associate Professor of Obstetrics, Gynecology and Reproductive Biology at Harvard Medical School. She directs the Mass General Midlife Women's Health Center.

Dr. Kourtney Sims, OB/GYN

Dr. Sims is a Georgia native who has become a Texas transplant. She received her undergraduate training from Xavier University of Louisiana and subsequently stayed in New Orleans for medical school training at Tulane Medical School. After deciding on a career in Obstetrics and Gynecology, she and her family moved to Houston.

Dr. Sims completed her OB/Gyn training at University of Texas Houston and has been in private practice in Pasadena and Southeast Houston since graduation. She is certified by the American Board of Obstetrics and Gynecology.

Jeff Rindt, M.A. LPC

Jeff is the Director for Thrive365 Conference Center in Tulsa, Oklahoma, which houses its Counseling and Phone Coaching Center and Media Studio that creates clinically based programs offering specific help for common challenges people face in life and love.

Jeff's flourishing practice is based on 35 years of experience in helping people across all ages and walks of life, learn to improve themselves in the midst of difficulty, and create a sense of personal satisfaction that eclipses any they've known.

His current work is the culmination of years of preparation. He did his formal graduate study in Psychotherapy at Rosemead School of Psychology and The Arizona School of Professional Psychology, where he earned a Master's Degree and completed an additional 52 hours of Doctoral study in Clinical Psychology.

Since then, he has been devoted to understanding the characteristics of healthy people and teaching a set of principles he calls "Thrive Psychology," that is devoted to helping people live an optimal life. His refined clinical experience and communication skills make him an exceptional resource for people seeking to better themselves and live out their full potential.

During the past decade, he's served as Marriage and Family / Human Sexuality Instructor for Tulsa Community College and participated in the leadership of Celebrate Recovery. He's been a frequent speaker for The Oklahoma Marriage Initiative and is currently a Counselor Trainer for St. John's Hospital in Tulsa. During his career he's served as a Team Building Coach for Fortune 500 Businesses, Non-Profit Organizations and College and Professional Sports teams.

Laurie Allen: Sales Account Manager, Intimina

Laurie is a sales account manager with this Swedish brand that offers the first and only range of products dedicated exclusively to all aspects of women's intimate health. The company is on a mission to provide a comprehensive collection of products and information for women at every stage of life – from the first menstruation to beyond menopause.

Tracy Blakely: Sales & Training, U.S. Operations, Lelo

Tracy is in sales and training at Lelo's U.S. operation. This Swedish designer brand is the worlds leading provider of intimate lifestyle products and high-quality pleasure objects.

CREW

Director	Scott Jacobs
Executive Producers	William B. Dascombe
	Pamela Gaudry
	Scott Jacobs
	Walt Rocker III
	Jim Stone
	Roxy Stone
Producers	Jim Stone
	Jim Wacker
Associate Producer	Luke Culleney
Co-Producer – NYC	Zach Horton
2 nd Unit Producer	Lindsay Moremen
1 st Assistant Director	Jim Wacker
Primary Camera Operators	Luke Culleney
	Albert Dantzer
	Brad Kremer
	Jim Stone
	Roxy Stone
Additional Camera Operators	Benjamin Eades
	Kyle Martindale – Boston

	Jessica Thomas
Still Photography	Roxify Studio
1 st Assistant Camera	Luke Cullenly
	Geran Daniels
	Albert Dantzer
2 nd Assistant Camera	Daniela “Chilis” Cochran
	Ben Eades
Grip & Electric	Justin Yard – Boston
	Robert Duvall, Cincinnati
Location Scout	Daniel “Chilis” Cochran
	Nicholas Mazet – NYC
	Jim Wacker
Editor	Julio Saldarriaga
Editor – Trailer	Joseph Conarkov
Assistant Editors	Janie Gray
	Elizabeth Kaiser
Supervising Sound Editor	Marc Aramian
Art Direction/Animation Supervisor	Jessica Thomas
Supervising Illustrator	Taylor BuChans
Character Animations	Leah Walker
Motion Graphics / Animations	Virginia Berg

Time Lapse Photography

Tyce Hoskins

Brad Kremer

Dustin Farrell

Roxy Stone

Casting

Charles "Bo" Bowen

Anthony Paderewski

FEATURING

Dr. Pamela Dee Gaudry, Gyneciatrist

Jenny McCarthy, Comedian, Actress, Host, Author

Joan Rivers, Comedian, Author, Host, & Actress

Lynne Koplitz, Actress, Writer, Comedian

Craig Shoemaker, Comedian, Writer, Actor

Judy Steinberg & Nick Nicholas, Author / Restaurateur

Dr. Barb DePree, OB/GYN & Menopause Care Specialist & MiddlesexMD.com

Dr. Michael Krychman, OB/GYN & Survivorship Medicine

Dr. Mary Jane Minkin, FACOG Professor of OB/GYN, Yale University

Dr. Jan Shifren, NCMP, Director Mass. Gen. Hospital, Former President North,
American Menopause Society & Associate Professor at Harvard

Dr. Kourtney Sims, OB/GYN

Dr. William Dascombe, Plastic Surgeon

Jeff Rindt, M.A., LPC, Counselor & Life Coach

Dr. Madeleine Castellanos, Psychiatrist & Author, TheSexMD.com

Mary Jo Rapini, LPC, Psychotherapist & Author

Carol Queen Ph.D, Cultural Sexologist & Author,

Laurie Allen, Intimina Sales Account Manager

Tracy Blakely, Lelo Sales & Training / US Operations Manager

Patty Brisben, Founder & Chairwoman of Pure Romance

Michael Bernard Beckwith, New Thought Minister, Author, Founder, Agape International Spiritual Center

Reverend Tony & Sheri Winterowd, Pastoral Team

Rabbi Arnold Mark Belzer, Rabbi Emeritus

Reverent June Juliet Gatlin, Spiritual Advisor & Author

Reverend Jim Giddens, Methodist Minister

Lael Harrelson, Founder, CovenantSpice.com