

Pretty Curious with Jonathan Van Ness & Dr. Barbara Sturm

JVN I say curious. You say people curious. Curious? Yes. Hey curious people, welcome back to Pretty Curious, our podcast on all things beauty. I'm Jonathan Van Ness. It's another gorgeous Monday. Or if you don't listen to this on Mondays. Who knows what day it is. But I love you no matter what day you're listening to this podcast. On this week, we're talking to an iconic skincare pioneer, doctor Barbara Sturm. We're asking her all about her line. How do we get good skin blood vessels? Are they a thing? Red light? Like, just how do we get the best skin of our lives? Fuck me and fuck me harder. Let's get to our listener questions, okay? Okay. First question. My boyfriend always has chapped lips. Oh my God. And it turns me off, I get it. I, I too had a chronically chapped lip to person in my life, so I, I totally get that. Most chopsticks. I give him work temporarily and then it's back to crusty help. Okay, well, I'm not a doctor, but one thing I do immediately think of is like hydration. Like, could your boyfriend be dehydrated? Like, do they need more water? Like, you know, starting from the inside out? Then the other thing I thought I was like, exfoliant. Sometimes if there's already too much, like, debris on the lip, like nothing's going to happen unless you like, sloughed that off. So I think, like a gentle lip scrub, you know, morning and night could be good. And you could, like my husband. If I ever get a new skincare product. I don't even have to, like, try to reverse psychology, Mark into it. He just wants to try it. So you could just, like, be like, you know, use your lip exfoliator in front of your man and be like, oh my God, this feels so good on my lips. And then he'll probably want to use it on his lips. So I would say hydration exfoliant. And then the other thing I would say is maybe slugging. Like doing like a nice like Vaseline over the chapstick to sleep at night. Could be good to just really, like, moisturize the fuck out of them lips. This is like a fun question. So this person asks, my oldest daughter is in that phase where she thinks she knows how to apply makeup, and sometimes she goes to school looking like a contour clown. How do you lovingly tell her it's not good without hurting them, I think, I don't know, I'm not a parent. But I think about that one really funny girl on Instagram who, like, does those crazy 2016 contours like those huge check mark brows? And so I think the extension, like on top of her head, that's like totally not hidden. It'll be like POV, like you're getting ready to go out in 2016. I think we all have that phase. And I think that kids are like, are young people are like trying to figure out who they are, what they like, what makes them feel confident, what makes them, you know, not feel confident. I think also like if you have nothing to do, like if you aren't that parent who, like, kind of gets ready with their kid and like, you guys don't talk about beauty things, I think it's kind of hard to like interject that feedback. But if you were able to like, you know, like, let's do our makeup together, like, I want to show you this thing that, like grandma used to do or something, maybe that could help, where it's just, like, not in relationship to in their hair and makeup is already done, but rather, like, if their hair makeup isn't done and you like, say, like, let's get ready together. Like, I want to try a new thing, like, can I try it on you? Or like, can you like, I don't know, I think that's a really difficult thing. And I do think that it's like kind of loving someone where they're at or like on the days when it looks not bad or like on the days where it looks good, be really affirmative about that. And then maybe on the days when it looks particularly not good, like, don't give compliments if they if you're not vibing. Because I do think it's like a really hard thing to say. Like how? Like, I don't think your makeup looks good. You know. So I think it's it's in the delivery. There's like, you're just gonna have to figure out a soft way to do it. Interesting. Interesting there. But now it's time to get to our conversation with Doctor Barbara Sturm. Doctor Barbara Sturm is a globally renowned German doctor, esthetics

expert and anti-inflammatory pioneer. Doctor Sturm studied medicine and sports at the High Nourish Heiner University in Dusseldorf, before beginning her medical career in orthopedics in 2002, the year that we all know is Michelle Kwan. Winning her second Olympic medal at Salt Lake City was a bronze gorgeous medal. Yeah, so I can never read 2002 without thinking about that, you guys, I'm sorry. She created her mixed treatment, a platelet rich plasma PRP facial, now recognized by many as the blood vessel, followed shortly by her famous Mk1 cream, a bespoke plasma based moisturizer. The harnesses the power of the body's own proteins and a skin healing formula. Today, Doctor Sturm has seven Doctor Barbara Sturm Spa and boutiques worldwide, including London, New York, Miami and LA, which are home to her high performance treatments and serves as education hubs for her patients. Honey, I got to go to the one I got to go to, the one in New York. Doctor Sturm, welcome to the show. How are.

DR. BARBARA STURM You? So good. So good to see you. Thank you for having me.

JVN Okay, first of all, before we get into I just have some general, like, medical thing or things. What's up with this red light therapy that we're seeing all over social like, do I need the red light mask? Like the thing that I wear? Do I need this? Is it really working? I feel like my grandma from the grave being like. Get off that stuff. I don't believe it. Like it's hogwash because, you know, we're from the Midwest. So is it hogwash or is it fierce red light therapy?

DR. BARBARA STURM You know, it's actually really great. It's great because, first off, I want to say, you know, if you use a mask, you waste a lot of time not using a red light for the entire body. You know, instead of using a mask for your face, have a whole panel just in front of you and use the whole panel so your body gets, you know, hit with all the red light because the red light is great. Red light is, very healing. And it really depends. We, we distinguish between red light and infrared light. So infrared light goes deeper and helps you with sleep or with pain or detoxifies. So it goes a little deeper into your cells. But the red light which has a different wavelengths, the red light stays a little more on the surface and really helps with skin problems. Producing more collagen helps with pigmentation, helps with fine lines and wrinkles. Helps to, get more power into the cells, into the mitochondria. So it's like a whole different, beautiful thing to do for your body, your system, but also for your skin. And the good thing is it doesn't have any, any side effects. You know, I for example, I have a huge red light bed in my house and I lie in there and it's infrared and red light. And I just had knee surgery and it helped me so much with healing, shooting more capillaries into this area of healing, of the, disturbance. And it just helps to take inflammation down, pain relief, everything. It's so great.

JVN How do people know, like how do doctors like study that it works? Like do they look at it under like some microscope or something? Or is it like anecdotal because, like, you're just like you look better afterwards. So it's like, well, messy working. You look better after, like, how do we know it works?

DR. BARBARA STURM So first of all, there's like a lot of studies out there. 2019, they you know, they released a study in the Journal of American Dermatology, and it really showed that the collagen production went up, the elastin production, hyaluronic acid. Then it improved skin laxity, pore size, texture, wrinkles. Everything got improved. So there are studies out there for those machines, but also people, report amazing results when using it.

And I have to say, with my knee injury, I was really diligent on this machine every day. It made such a difference.

JVN And now what is blue light? What's blue light? It is it is blue light therapy a thing or is blue light like always a no go?

DR. BARBARA STURM So blue light is, one third of the visible light, basically. And, the biggest source of blue light is the sun. But we look at our tablets and phones and TVs and there's a lot of blue light and it's very short wavelength, but it's super high energy. So even those can penetrate the skin quite rough and quite deep and can cause like pigmentation issues. It, decreases cell life. So it's causing aging. That's why, it helps, you know, it causes problems with your eyes. It damages the retina. There are lots of problems coming from from the blue light.

JVN But if you play a lot of Fortnite on your Xbox or your plays.

DR. BARBARA STURM And you have to use the anti-pollution drops, because I created a product which actually blocks out the HB light, the blue light from your tablets. So there's a hyaluronic serum, which is called anti-pollution drops that you put on and you keep reapplying it if you play Fortnite.

JVN Okay, that's fucking cool. So let's talk about your line. So how do you like how have you taken, like, your medical knowledge and infused that into the design of your line to treat inflammation specifically?

DR. BARBARA STURM So I'm a total nerd in science. I know many, many scientists. And, you know, when I'm with the scientists, we just talk for hours and hours and hours because I this is really what I love. And, so when I started creating the blood cream, my patients got all hooked on this blood cream. They asked me for more products, and then when I said, okay, I need to do more products now because they want a cleanser, they want a serum, they want like more products, whatever. Because I was happy with one cream at the time. I said, okay, obviously I kind of put the blood and I have to find ingredients which are mind blowing. And, I came across and that was at a time when telomerase activation was very interesting. 65 was a supplement at the time, and I found this name to be studied to be a very good telomerase activator. Besides being wound healing, anti-inflammatory, antioxidant, it's like a power herb and I what's it called. Tell the same person I telomerase activators. Telomeres activators. I also have this in my supplements. We send it to you. You should take. Those supplements 100% for anti-aging. But I also have a supplement which is highly and inflammatory. So this all will help with, psoriasis as well.

JVN Yes.

DR. BARBARA STURM But those kind of ingredients I found with bio fermented purslane, we did clinical studies on it. It's amazing. The, effect of this bio fermented purslane. It's, mind blowing. So this is one ingredient in my skincare line. But, you know, it's also important how you formulate products. Because, as I told you, I couldn't find a cream which could hydrate my skin. You know, if you have dry skin, put, like a rich cream on. It doesn't do anything to you. So the hydration matters a lot. And I cracked the code of hydration. So every product I

make is highly hydrating. So you will always have dewy, glowy, beautiful skin. And then you add the lipids for strengthening your skin barrier function. So everything I do highly anti-inflammatory. It's telomerase activating. It's, super hydrating, it's nutritious. It really helps to support the skin as an organ and doesn't targeted as a would ever, you know, enemy like lots of skincare brands do. They just put a lot of aggressive ingredients in like glycolic or retinol or hydroquinone or acid peels, and they really destroy your skin barrier to cause a lot of inflammation. They kill the cells. They're just like, it's it's the cause, you know, they cause, like emergency alarm in your system, you know, by putting that on your skin. So we go the opposite. We take ingredients science and we take inflammation down. We really help the skin to be the best skin it possibly could be.

JVN On like a molecular level. What is happening in our body when we're experiencing inflammation? And is there a difference in like inflammation in the skin versus like in the organs or something? Or is just inflammation? Inflammation.

DR. BARBARA STURM Inflammation is inflammation. It just depends. If the body is able to heal, the inflammation goes down. Again. If the if the inflammation, if the you know, what's ever going on in your system, doesn't heal, you become chronic inflammation. And, you know, on a molecular level, it's literally how the body signals the immune system to heal and repair damaged tissue and fight off any pathogens. So if you have an injury or a virus, for example, the body releases chemicals and the chemicals has the right, you know, they they attract the white blood cells, the loiters leukocytes to come to the side. And then the lighter side state, secretes cytokines and the cytokines. It's like an emergency signal signal to bring immune cells, to bring hormones, nutrients to fight the problem. Well, let's talk about that.

JVN What's in what? How can I adopt more of an anti-inflammatory lifestyle.

DR. BARBARA STURM So when you when you introduce me, you said, you know, I'm a doctor. Yes. And I, I really care about my patients, and I care about results, and I care about, efficacy. So I wasn't, you know, becoming a doctor to do a skincare line that can way later. So how I started was entered declamatory orthopedics and now pioneering a treatment where you take the patient's blood, process it in a certain way and create anti inflammatory proteins and healing proteins from your own blood, from your own white blood cells. And we inject those into the joints to bring down inflammation and stop the ongoing process of aging. So inflammation aging goes very close together. So my whole mindset is around you know, solving inflammatory culprits and helping to bring down inflammation. So this not just only a skincare product can do, but you have to do something from the inside and out. And that's why I'm also using red light for example. Yeah. But everything regarding your lifestyle, if you get enough sleep, how does your diet look like? Which skincare products do you use? What is your stress level? What do you do against high stress? What do you do? Do you go in the midday sun? Do you sit in front of the computer all day and have low light bombarding you? And you know, there's a lot of really bad inflammatory things coming at us. Even what we inhale, you know, our air, there's, a lot of pollution coming towards us, and we have to strengthen our immune system and that we have to do internally and externally.

JVN So is the thing with Retinols that we don't like just because, you know, like if you do use a retinol serum, like they always say, like you really got to make sure you put on SPF the next day. And just like you really need to protect your your skin extra if you use retinol. Is that

because you have just like, cleared off that whole layer of skin, like the healthy and the dead ones?

DR. BARBARA STURM Got it.

JVN So it's just your skin's really.

DR. BARBARA STURM You basically totally messed up your skin. You totally caused, like, vulnerability to your skin. You messed up your skin barrier function. And now what I just said would happen to sunglasses and would you be like, everything comes so you not only have to use the sunscreen, but you should also use an HV screen like the anti-pollution drops. And that's why, you know, in America it's like, in America it's like, use sunscreen. 24 724 over seven. You always need to use sunscreen. And, you know, there are new studies that show that sunscreen actually also causes skin cancer. It's not the best to put on your skin, especially in America. The sunscreen photos haven't changed for the last 20.

JVN Years, and but they're changing more in Europe.

DR. BARBARA STURM The filters in Europe are better, but, you know, in general, it's chemical filters. It's not the best skincare ingredient. You know, we use it, you know, we have to go, out in the sun and on the beach. But don't forget, the sun is also important for us. We need the sun for our vitamin D production. We need the sun for respiratory tract, for immune system, for mental health, for everything. Obviously, we're not sitting in the midday sun without sunscreen. That doesn't make sense, you know. But and it also you have to know is in your family may be, melanoma any form of skin cancer. What skin type are you? How many melanocytes do you have? You know, where is your your tolerance and where's your balance? You need to really know and understand how much sun can I tolerate?

JVN Because there has been a lot of news about this, I will give you that. I have seen a lot of news around the sunscreen and how, you know, some studies are saying like, hold up a minute. You know, everyone's kind of talking about this, but for people that are fearful or, you know, because like, I'm someone who has like a lot of freckles, my older brothers have a bunch of freckles. I'm always paranoid about it. How often would you say someone should go to the dermatologist to have like a, you know, to have their freckles moles checked.

DR. BARBARA STURM Twice a year? Once or twice a year? Once for sure, but twice they I'm like very rigorous. It's like really important to have it screenings.

JVN At any age. Or do you think it's a certain age? You should start.

DR. BARBARA STURM At any age, and especially when you are, especially when you are, you know, when you have a lot of moles and you have like a lot of freckles when you my daughter Charlie, for example, just lots of them. So we have to check them all the time, you know?

JVN But even if you don't have moles and freckles, you could still get it.

DR. BARBARA STURM But you also can check. You know what? If you don't have a lot and for some reason, something pops up on your foot or somewhere where you like, oh, that hasn't been there. Strange, you know? Then go and have it checked right away. So you have to check yourself a little bit as well. We have to be self aware. Look in the mirror, just, you know, be a little more alert.

JVN Being a pioneer in anti-inflammatory care and being a pioneer and beauty and being in this industry for over ten years just in beauty. But you've been in like the medical field for like weight, like decades at this point, right? So what is it like? Is there anything that we have or that I haven't asked you that you just would want us to know or thing that you learned or like life lesson, beauty lesson, anything that you could share with us that you just like has really helped shape you.

DR. BARBARA STURM I think in particular, we have to really take care of ourselves, not just with the end inflammatory lifestyle, but it starts. What are the three most important things of life? It's light, it's magnetism, it's oxygen. So we need to learn how to breathe properly, you know, to get oxygen into our system. Alkaline, our body. You know, we mostly breathe with the upper part of the lung. It's mostly CO₂, not so great. Alkaline. Learn how to really breathe. Take your breathing techniques in the morning, get oxygen and get it all going. Important sunlight. Obviously we don't want to walk around in the midday sun. The morning sun is very harmless for our skin. Very good for us. Take the morning light early bird. Get out. Yeah. And then if you can walk barefoot around the grass in the forest. Lie on the grass, watch to watch the clouds. Do things like that. It really helps with your health, with your basic, needs. And, you know, also definitely with your mental health.

JVN Get outside, touch grass.

DR. BARBARA STURM And just anything. You know, it's.

JVN Just not free. Yeah, I love a bargain. I need more bargains in my life. Last question before rapid fire. I swear to God, I promise. Is there any ingredient that you just fucking. Steer clear of. Like if it is in the formula, it is a no for you.

DR. BARBARA STURM I mean, they're like they're like a bunch of, you know, for me already is a no. When this fragrance in the formula is already like perfumes, fragrance have nothing to do in a skincare product just because it damages your skin barrier, barrier function, or big amount of alcohol. So, I would stay away from everything, which smells good. And you know, these products, which is which the kids love, but everything that smells, but it just looks so intense you would see when you, use my products. Nothing smell. It's nothing is fragrance. Nothing is like palm.

JVN So fragrance is a big one. If you if it's if it's super fragranced is there any. Is there, is there like a, Olympic podium, like a top three that you're like, I just like fragrances. Wine. Any other ones?

DR. BARBARA STURM Big, big amounts of alcohol. Definitely. Mineral oils shouldn't be in there. Mineral oils 100%. No. And then obviously everything from retinol, glycolic, acid peels, all of this stuff I highly recommend.

JVN Against you have seven spas and boutiques worldwide. Is it where can people come visit you? Like where if they want to get the Doctor Sturm treatment? Yeah.

DR. BARBARA STURM And this is actually really great. You know, if you never have tried the products, this is so great to get introduced to. And you will love it because everybody walks out of the facial with the most amazing glow. That's how the Sturm Glow got created because of that. And, spas are in Dallas Highland Park, which is amazing. Two in New York, one in L.A. London. Dusseldorf. Miami.

JVN Okay. I'm going to be in New York for like three weeks this summer. I, I would love to come. You need to.

DR. BARBARA STURM Come. Yes.

JVN Barbara. Rapid fire. What is your go to budget beauty recommendation under \$10.

DR. BARBARA STURM So I always love a good dry brush. Super cheap. You can get this everywhere you brush your arms, your legs.

JVN We've been doing dry brushing. I'm pretty curious.

DR. BARBARA STURM So good. Exfoliates, stimulates your fibroblasts. Does blood circulation, helps you with cellulite with new, tissue growth, collagen production. Amazing amazing, amazing. That's an easy one. Then what I love is, doing a good milk bath, you know, pour it in.

JVN A fucking milk bath.

DR. BARBARA STURM Take a bath and you pour a gallon of milk in it, you will get the most amazing, smooth, beautiful skin. I did it with my baby all the time.

JVN So just like 2% milk are like full milk.

DR. BARBARA STURM Full, full, full high, full fat milk fed Mac milk. Yeah.

JVN And just with your hot water.

DR. BARBARA STURM Yeah. What's also great. Do a handstand if you can, once in a while to get the blood circulation going in your skin. You face. Face massages. Really great. Not too strong. Don't do strong face massage, but nice placements. And there's so many nice tools. Super nice. Take a cold shower. Ice bath.

JVN What's your favorite splurge recommendation?

DR. BARBARA STURM You know, since we talked about exosomes, I think exosome magic is the future. And, you know, if you're like super into anti-aging, you have to have the XS, exorcism magics, serums for sure.

JVN What's a product you never leave home without?

DR. BARBARA STURM Like, even if I go shopping or something?

JVN Yeah, like you just going to the grocery store. It's always in your bag. Like you're never leaving home without it.

DR. BARBARA STURM You know what? I'm. So I mostly never take a bath anymore. I just have my phone with my Apple Pay. But, you know, I want to say I have these tiny little lip balms I always have in my pocket because this is what I love to have with me all the time.

JVN Lip balm. Okay. It's great. Is there a vintage beauty? Look, it could be like a magazine. It could be like, you know, someone in your life, like, is there, like a an iconic beauty memory that you think about that lives in your head rent free?

DR. BARBARA STURM You know, my mom was the most beautiful woman in my eyes. And she never wore makeup. Literally never. Maybe that's why I don't have makeup on or anything. You know, I actually really do not like it. I like eye makeup sometimes because it makes me look really cool. But, you know, my mom, she just had her freckles, and she was a little tanned and to just so beautiful, you know, so beautiful. And she was just loving a lot. And that to me is like a, you know, not just vintage, but, I always I always admired her being, like, so natural and don't give a shit about, you know, painting your.

JVN Face. That reminds me of. I don't know if you know Dennis Smith, but she's a she's a makeup artist, and she has an incredible line called Dennis American Beauty here in the US. And I just I'm a huge fan of hers. And one thing I was asking her is like, what do you think? Like is a trend that needs to be a trend that we haven't seen yet. And she was like, bare face, but with your eyes done, like let your skin texture come through with your eyes. So you guys realize.

DR. BARBARA STURM What I do. That's what I do. I do my skincare. So everything on my skin and then whether I already have somebody do my eye. Makeup and then a little contouring and lip balm and that's it. And this is how I do my photoshoots. This is how I do red carpets, is I do everything. And to me and to me that's that's the best.

JVN Okay. Okay. It's our last thing. Matte or major? You'll say matte if you think it's like, and you'll say major if you love it. And this is the last thing. Are you ready? Sustainable beauty.

DR. BARBARA STURM What does this mean?

JVN Actually, it's like, beauty. That would be like, you know, like, like aluminum cans, like non plastic, like, talking about, like where they source their ingredients from like.

DR. BARBARA STURM Oh major.

JVN Okay. Yeah. Sustainable beauty, anti-aging products. Major skin fasting.

DR. BARBARA STURM Major.

JVN I, I don't care. Fasting. Just like not putting anything on it for a little bit.

DR. BARBARA STURM I think it's just skin fasting. It's just that you reduce you know, reduce to the needs but not overdo it. And I probably should do, should say yes to both skin fasting and purging because I also like to layer on my stuff, like in between. So I do both. Yeah.

JVN It's like listening to your skin, like you don't do the same thing every day. Like listen to your body and do what it needs, like what you're feeling.

DR. BARBARA STURM But beauty junkies who do a lot and like 10,000 different steps and different brands and whatever, they get a lot of per or dermatitis. It's the beauty junkie disease. And then it's good to do skin fasting. So if you overdo it, just. Slow down for a moment. Micro-needling major, but done in the right way, so you cannot overdo it in a way that it's too deep. You do it at home. You don't have really cleanse your face. You are just make your skin bleed. And it really depends how you do it. And it should be done by a professional, not too deep. You should take hyaluronic serum by the way. We do it with exosomes, the microneedling.

JVN That's great. What about like, like, like aggressive pedicures? Like when you're getting like, like callus removal and shit at pedicures?

DR. BARBARA STURM I mean, color is dead skin, so you can remove stars, you know? But I don't know what aggressive pedicures. I think I would run away with aggressive, aggressive cutting.

JVN Okay. You're right, you're right. And then what about like. Oh. And then, what about, like, skin, like the order in which you put your skincare on, like, is that can you do any order or like, does it matter? Like the order.

DR. BARBARA STURM So what makes the most sense? You know, and I like to name products and we have a lot of serums. You always start with a light serum with a hyaluronic serum, for example, or super aging serum. Then you go, you move to your z matic serum. Then you go to the Milky Ones, to the calming serum or brightening serum, and then you go to your face creams. So you go from the lighter products to the more richer products. And this way you get all the ingredients in the best way, transported into deeper layers of your skin.

JVN And then what about finishing with oil to seal it in?

DR. BARBARA STURM So, I mean, like oil also needs to be used in the right way if you want to use a face or you need to use it on wet skin, or you use your hyaluronic serum first. So every lip, if you put lipids like oils on dry skin, it's a disconnect. And it won't ever get into your skin, so your skin will not have any benefit from it because it just will be washed away. It's not. It won't. You know how you how would you say it won't connect. So hyaluronic serum, wet skin and then the oil can do its magic. And for the shower. And I love a shower oil. Because, you know, on the wet skin you do a shower. It's actually beautiful.

JVN So what if I was doing, like, serum or, like, serum? Eye cream? Moisturizer, facial oil. Is that okay? Like, to end with your oil? Okay. Because that's what I've been doing here just to make sure I is doing it right. And I've been telling everyone to do that for years on *Queer Eye*. So thank God. That's right. Okay.

DR. BARBARA STURM Good thing I accepted as an expert.

JVN And I think we got that's all of it. Doctor Barbara Sturm, thank you so much for playing *Mat or Major*. Thank you for coming. I'm pretty curious. We love you. Thank you so much for your gift. You're so fucking kind. I'm smashing the follow button right now. I'm so honored that you slept this time with us. Thank you so much for coming. I'm pretty curious. And I got to head up the spa in New York. And when I'm in Europe, I got to come say hi.

DR. BARBARA STURM Please, please make sure you got my number two. When you are in New York, I'm going.

JVN To do it.

DR. BARBARA STURM To you. Yes, please, please, please, please let me know and I'll text if you have any questions. Anything. You need such an honor to be talking to you. Thank you for having me.

JVN We're getting red light therapy. We love you,

You've been listening to *Pretty Curious* with me, Jonathan Van Ness. You can learn more about this week's guest in the episode description and follow us on Instagram and TikTok @CuriousWithJVN. *Pretty Curious*, drops every Monday. Wherever you get your podcasts and make sure to tune in every Wednesday for *Getting Curious*. Still can't get enough? Honey! You're insatiable! Subscribe to *Extra Curious* on Apple Podcasts for commercial free listening and our subscription only show. Ask JVN, we we're talking all about sex, relationships or really just whatever's on my mind that week. Our theme music is composed by Nathanael McClure. Come on. Nathnael, our editor and engineer is also Nathanael McClure. Yes, *Getting Curious* is produced by me, Chris McClure and Julia Melfi, with production support from Julie Carrillo, Anne Currie and Chad Hall.