

Christine Syrad: Subtitles, procrastination & fermentation

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SPEAKERS

Christine Syrad, Katy Weber



Christine Syrad 00:00

I think our attention is a bit like a river. So, sometimes you could do with a dam because you can't stop yourself from focusing on something. And sometimes you go through massive droughts, but most attempts to forcefully redirect rivers or mess with their float badly in the long run. So, I think we should actually honor the irregularities of the flow and go with it.



Katy Weber 00:31

Hello, and welcome to the women and ADHD podcast. I'm your host, Katy Weber. I was diagnosed with ADHD at the age of 45. And it completely turned my world upside down. I've been looking back at so much of my life, school, jobs, my relationships, all of it with this new lens, and it has been nothing short of overwhelming. I quickly discovered I was not the only woman to have this experience. And now I interview other women who like me discovered in adulthood they have ADHD and are finally feeling like they understand who they are and how to best lean into their strengths, both professionally and personally. Today I'm going to share with you two reviews from the Apple podcast platform, both of which directly referenced one of my favorite episodes, Episode 82 with Casey Davis of struggle care, she's beyond brilliant, and we talked about so many common struggles and pain points. If you're a fan of this podcast, and somehow you miss that episode, make sure to go listen to it after you listen to this episode, of course. Okay, the first review is from Chabot 123. It's entitled mind blown listening to your interview with Casey Davis. I feel like I have been hit with so much information in a good way, especially in the beginning. ADHD isn't about lack of attention. It is lack of ability to regulate your attention. I have had my suspicions for a while but in my heart, I always knew something was just different about me. I hopefully I'm meeting with a new doctor soon to get on the road to diagnosis and learning more about myself. Thank you so much. And the next one is from a listener called Betsy McKeon. It's entitled, Oh em gee, this isn't how other people operate. longtime subscriber first time reviewer. I'm listening to your interview with Casey Davis today in tears, I was struck so profoundly by your discussion with her around finally being able to acknowledge to yourselves how hard you had been working just to keep from forgetting things.

On a day to day basis. I was diagnosed at 36. And at nearly 42, this is something I still struggle with daily. But when Casey said, Now I have to choose am I going to go to the garage and get more toilet paper and forget what I was on my way to do? Or am I going to keep doing what I was doing and forget the toilet paper, and I will only remember it when I come across it in my visual field. The part that really sold me on having ADHD was realizing oh my god, this isn't how other people operate. This isn't how other people operate. And I'm crying again. You are such a gift. Thank you so much for this. Thank you. Thank you. Thank you. I'm taking this phrasing back to my MD to let her know my meds need to be adjusted again. Thank you Chava and Betsy Chava. I hope you had a good experience with your new doctor and that you've been finding help and support on your diagnosis journey. That's the I'm sorry, I keep making you cry. But thank you so much for taking the time out of your day for that lovely feedback and review Big hugs to both of you out there if you're listening. Okay, here we are at Episode 103, in which I interviewed Christine sirot. Christina is a gastronomy, yeast and fermentation enthusiast who also happens to speak five languages. She grew up between the UK, Japan and Italy and has spent the last decade or so in Switzerland where she now resides with her husband and daughter. She's also the face of fermentable, where she not only teaches workshops to other chefs about the art of fermentation, but also packages and sells her own fermented products. Christina and I talk all about her globe trotting childhood and mixed race heritage and how our ADHD contributed to her many varied career paths over the years as well as how she believes her hypersensitivity helped her learn so many languages over the years. We also talk about her years living in Japan and how ADHD is viewed in Japanese culture. Christine is an absolute delight and a wonderful storyteller. I truly hope you love this interview as much as I did. Enjoy. All right, well, Christina, thank you so much for joining me very excited to chat with you and hear a little bit more about your own crazy story. So why don't we just get started then? You know, I'm curious, you had mentioned in our correspondence that you were diagnosed when I had a kid, which I think just says so. You just like the chaos of a child entering your life. But what was what was going on at that time? How old were you and kind of what was what specifically was happening that made you start to look into ADHD or or think you know, I need to look into this.



Christine Syrad 04:56

Yeah, so it's a little bit long winded. I have to say



Katy Weber 04:59

It always is I especially.



Christine Syrad 05:05

So this was last year, my daughter's four and a half. They all came to a head last year when I was 34. And basically, I mean, her entrance into my life, to disrupt things. But to be fair, so did COVID. And the fact that I've moved to a new place in Switzerland, quite a rural place, whilst pregnant. You know, there were all these other things going on. And, you know, becoming a mother was definitely quite full on, but I think it would be remiss of me to say it was just simply motherhood. It was definitely the catalyst, but there's quite a big caveat. So my daughter was breech, which led to a few complications, she's perfectly healthy and fine, but she had hip


dysplasia, and she had a six Tau has nothing to do with her having breech but it did require an extra operation. And most importantly, she had congenital torticollis. And it was actually really severe like that I later, as in last year, right before my diagnosis, find that found out that it was sort of the severity is like one in 1000 in terms of how often it occurs. But I was not privy to that information for three and a half years. So basically, my struggling with trying to find a way to help her and feeling like I was failing, because all the physio we were doing the bill osteopathy, the Feldon price, which was, it started it started when she was two weeks old. And we were going weekly, sometimes bi weekly. And honestly, there was just no improvement. And I think this, I assume this is quite relatable. But when you've been living with ADHD, and you have no idea, you've probably spent a lot of your life being told that you've sort of got the wrong end of the stick, you haven't interpreted instructions properly, or that auditory processing, not going the way everyone else expects it to go. And also just feeling like genuine like generally feeling like you don't have the manual that everyone's been given right on life. So there I am, having been told by multiple medical professionals, that all I needed to do was continue with the stretching and the physio and you know, make asleep in a certain position, et cetera, et cetera. And it would all you know, clear itself up. And they're thinking, Oh, I am definitely doing something wrong, because it's really not getting any better. And I'd already I think I'd already come to terms with the fact that it wasn't my fault that she had it in the first place. I was really, I did a lot of self talk, let's say I kept I kept telling myself actively that there was nothing I could have done about her being breached. But I unsuccessful Yes, trying to push this voice to the back of my head that was telling me yet you know, since she was born, you haven't been doing enough or you you're unaware of something that you should know about. And, you know, then Clint COVID. I live in Switzerland, about my parents live in Japan. The rest of my family lives in the UK. So I didn't get to see them at all. My grandmother passed away during COVID. And I didn't get to see her. My My work is in gastronomy, and I'm freelance. So that completely dried up, basically two years here. So this whole cocktail led me to the initial diagnosis of severe depression. And luckily, I had the just gut feeling that my doctor wasn't quite right for me. And I switched to an American lady. Here in Brazil, I live in a relatively small town, but I have a wonderful American therapist, who, after a couple of sessions, I think, basically, she very cleverly, nudged me towards me asking, hang on a second. Could I have ADHD? To what she said? Well, if you didn't mention it, I was waiting for you to mention it today. And if you didn't, I was gonna bring it up next week. I was like, Oh, and you know, thanks to her. But just, you know, my world has changed. And I'm very fortunate to say that I'm off the antidepressants now, at least for now. And now that I've got to sort of the root cause of it, and I'm doing a lot better, but it wasn't easy. This whole you know, the feeling that everyone knows what's going on, and you don't it's just been going on for my whole life. So when it came to something as important as my daughter's health, it basically destroyed me. So obviously, becoming a mother in a foreign country as well. Is a lot and all the coping mechanisms that you've unknowingly built around, you tend to crumble. And that's what happened to me. And then you throw in COVID, etc, etc. And the fact that my daughter had health issues, and voila, there you have it, ADHD diagnosis.



Katy Weber 10:16

Wow, I want to give that mother a hug. It's so oh my goodness, it's, it's so relatable in just in terms of that the overwhelm of even just thinking about like the sleep deprivation, when you have a baby and the hormonal changes of your body, you know, your body is so foreign and, and to imagine, like just going back to the hospital over and over and over again. And then also, just knowing not even with illness of my children, but I remember when my mother was ill, you know, I was always keeping notes because every doctor was coming in and give just

peppering me with information. And so this was before my diagnosis as well. But like just always knowing that I was going to immediately forget everything they said, and desperately trying to like, cling to all of that information and feeling like somehow, that might give me some sense of control in a totally uncontrollable situation. Oh, my goodness. Well, I glad it led to a diagnosis. Because, you know, like you say, your world changes so drastically.


 Christine Syrad 11:25

Can What do you really, really, really?



Katy Weber 11:27

Yeah, what do you when you said, my world has changed? I took note of put wrote that down in my notes, what it what exactly does? How did it change for you?

 Christine Syrad 11:38

Oh, it's a manifold. I mean, first of all, I immediately recognize that I'm the only one that is officially diagnosed in my entire family, it's quite clear to me as a non professional, but someone who's lived with the conditions for 35 years now that my husband likely has it, different symptoms, but even he's warmed to the idea enough. And my father, and my grandfather, and my daughter, most likely. So first of all, it, it's taught me, you know, to be mindful of, of that with my, with my family members, you know, when they're acting in a less than agreeable way, I tried to remind myself that, well, they are probably struggling with the same things that I struggle with. And they're not, they're not as equipped as I am now. So there's that. And then, while my therapist put it really well, actually, last week, so it's been almost a year since my diagnosis, but she pointed out that I'm still grieving my neurotypical sense of self. And I think that's really true. And I look back on like, many, you know, many of the people who've been on your show, will look back on things from the past and go, Oh, my gosh, if only I'd known. And so I am so much more compassionate with myself. I'm still struggling with but learning to come now. Because I'm good at that. And to let myself off the hook when I've done something badly. But I guess most importantly, to not dwell on when I've done something badly. And to shift the focus, I think I spent a lot of my time trying to improve on the things that I was bad at, rather than further excelling at the things that came easily to me. And that, that was quite heartbreaking. When I look back, because actually, in my academic career, my professional career up to a certain point, it's definitely dictated by this whole need to prove that, my my flaws, they won't bring me down, you know, but it meant that many maintaining the things I was good at and kind of ignoring them. So that's, that's something I'm trying really hard now to sort of change. If I can't do something, you know, I weigh up whether it's worth, you know, what taxes and things like that. You've got to, but other things, like, you know, I've let my friends will know that I just can't do punctuality. It's a miracle. I'm here for this interview on time. So, you know, I've just told them, like, if you can't handle it, I'm really sorry, then with friends who are not that close with that to say, like, it's a huge source of stress for me. If I have to try really hard to be on time, and if you can't handle it, then it's okay. I respect that. Don't worry, but I'm not going to fix it for your benefit. It's not like I'm an hour late to meetings, it's usually five or 10 minutes, but for some people, that's really annoying. So, and I understand that so, you know, things like that. We've just said, Well, I may

lose a relationship over some of my habits, that I'm not really willing to spend a lot of energy and time on improving but You know, the people that really love me and I love to, aren't that bothered by it? So all these all these things basically have just made my life at least a smidgen easier.



Katy Weber 15:13

I know right, you have to kind of qualify that. Yeah, that's so well said. And I think you know there something about the diagnosis, just giving that language to who we are and is really the start of of those boundaries that you talked about right? And really setting ourselves up for like, what am I comfortable with? What? What can I ask for two, I think that's the other thing that sort of really opens up that understanding and that language really opens up like, what do I need to ask for right now in my life, whereas like, it feels so easy, when you say it out loud. And yet I think about, you know, the one of those things that I struggled the most with, which was just like, self actualization, and just sort of self realization and really like, what do I even need just always pushing forward? Pushing through, right? Absolutely, yeah. All right. Now you have such an interesting, unique childhood. So I want to just backtrack here and kind of go through this timeline, because you, your father's British, your mother is native to Japan. And they but they met in the UK, or did they meet in Japan, and then move to the UK.



Christine Syrad 16:25

They met in Japan, in a pub, because my mother had gone to the UK to learn English. And she found that playing darts with older men was the best way to learn sort of authentic English. So she continued going down to the pub that was full of foreigners at the time. In her hometown of Osaka. And just she you know, she continued to play darts and drink pints of beer. And my dad was intrigued. He was there. He spent some time in Italy first after finishing his studies. And then he thought you do somewhere more exotic or you know, I need to feel a little more active my day. So he went to Japan and purposely chose to go to Osaka, rather than Tokyo, where he knew there'd be fewer foreigners.



Katy Weber 17:08

Plus, it's an amazing city having been to both so I feel like I'm on a drug trip when I've been Osaka.



Christine Syrad 17:17

That's a really good description. Experience. Yeah. Yeah, definitely. So yeah, he chose to go there. He you know, he'd heard that people are funny, which I can attest to. And so they met, you know, in a pub in Japan. And when he decided he had to go back and get a real job back in the UK, he decided he couldn't live without her. So they had agreed that they weren't even going to bring up marriage. But, you know, that happened. And then my mum was dragged back to the UK. Her time in the UK when she was 18 was miraculous, because, you know, it was not miraculous, it was more like a she, she really thoroughly enjoyed it because it was temporary. But when she went back, she realized the food choices were really difficult for her.

So when I was three, my dad said, Okay, I'm going to try and placate my wife, because I care about her. We're going to move to Italy, where you know, there's at least more sunshine and the food is good. So they did that when I was three, and I went to the local sort of kindergarten, typing there. And then when I was six, my parents realized I'd actually missed the first year of school in the UK, cuz they stuck at five over then they visit. Okay, we should probably move back now. And we should probably send Christine back with her grandparents so she can start school. And then we'll make our way over later. Which is quite significant, actually. Because through therapy, I've realized that's one of the reasons I have a really hard time asking for help. I was supposed to be quite independent age six. And then that tangled with the ADHD has led to some interesting outcomes there in life. But yeah, we made it back to the UK and we were there till I was 10. And then my mum basically said, you know, what, if we don't move to Japan now, it's going to be really difficult for Christine to catch up, culturally and linguistically. So they did that basically for my sister and I was benefit. And they've lived there ever since that was in 1987. And I came back to Europe when I was 18, because I chose to study English and Italian literature. Very useful for my dad.



Katy Weber 19:40

And had you held on to Italian that whole



Christine Syrad 19:42

time? Yes, well, I spoke children's attending, okay, because my parents would read it. They would ferry us back to the UK and Italy every summer and I spent time with our family friends. But academically speaking, it was my Italian was really II, lopsided, let's say. So that's also well, basically, I didn't know what the heck to do. I thought, well, I like Italian a lot, and English. It's my best subject. So I just, it didn't even occur to me to think of what I would do. Later. I just went with what I liked, which is not easy, though. It's nice to get that naive, I suppose. Luckily, it has served me well in the long run. But I did finish my studies during the recession, that hit in 2009. So that's how I got that's why people do things like economic, maths and engineering. But hey, it brought me to Switzerland, because they were no jobs in in, in London at the time. And



Katy Weber 20:50

it was a banking job, was it not? sort of it was in the genre.



Christine Syrad 20:55

It became one yes. Yeah. So I had done an internship at an investment bank, when I was studying, and it was a Japanese investment bank. So basically, by virtue of speaking Japanese, they took me on and actually really liked it. I was really surprised because it was so varied day to day, you know, you had to keep up with current events. And that would impact you know, had like, a domino effect on multiple things. And I, you know, it's perfect for someone with ADHD. But they have to withdraw the offer of taking me on after graduation, streetfighter their entire second floor. At which point I was like, Well, I'm not going to compete with all the other

people who have studied the relevant subject for a handful of jobs. And out of the blue, I got sort of quasi headhunted for a position in marketing, actually, in Switzerland. And they wanted a Japanese speaker, but they also wanted an Italian speaker, and I was cheap. So they took me I didn't even really know what marketing was. I'm not gonna lie. I basically, I basically had no clue. But I was like, I need a job. How hard could it be? Exactly. It was the worst possible job for someone with ADHD. It was Google ads. So basically, I had to everyday I had to monitor how much each keyword had cost a campaign. So that's a lot of Excel files. A lot of looking at micro movements, no big banks, nothing. For two years, moved into another team within the company realized. It's just not my thing. And I really wanted to improve my German. So I thought, let's try back. And again, I'm in Switzerland, you know, why not? And I'm wormed my way into a job I was not at all qualified for ironically, I had been rejected for all the, the appropriate jobs, like communications, it's their reply there. But I ended up in private banking for Japanese clients. And little did I know I was going to like, but even less. But it was it felt like an achievement to kind of weasel my way into a world that I really didn't belong in. I think a lot of people that I've met who have ADHD, we have the same kind of effect on people, we managed to convince people that, you know, we're fast learners, we'll get the job done. Don't worry. So that's yeah, that's how I got the job. But it didn't last long. Two years later, I was out there. As soon as I got my residency breakfast.



Katy Weber 23:42

I think about so many jobs I applied for where the qualifications I said I had, and then the night before, I would just be cramming learning as much as I possibly could fake it about that software. Absolutely. Oh, my gosh, yeah. Yeah. file that under the signs. Were there all along?



Christine Syrad 23:59

Yeah. Yeah. But it's, you know, it's a blessing and a curse, isn't it being quick on our feet? Until I think, until I get severely burned by that, by the procrastination, the, you know, waiting till the last minute to prepare, or finding myself in a situation I don't belong, but they are, you know, I've convinced them. It hasn't burned me yet. So I just know, I'm going to continue to do it. But it's highly stressful.



Katy Weber 24:26

Well, I it was actually Tamar, Rosie's book, your brain has not broken that really sort of shifted my mentality around procrastination. I kind of enjoy it. Now. I feel like I'm trying to reframe it and kind of enjoy the ride a little bit more. And I feel like a lot of the downside of procrastination tends to be the anxiety leading up to it. So I like try to minimize the anxiety leading up to the procrastination and just accept that there is no other way but to leave it to the last one in order to sort of create the sense of urgency. So that's what I'm trying to do about that. You know, that it actually becomes a lot easier to just say, I'm going to do that last minute because that's how I do things. And just accept it.



Christine Syrad 25:08

I like that I like that a lot actually Yeah

I like that. I like that a lot, actually. Yeah.



Katy Weber 25:10

And so yeah, it's really helped me kind of feel to minimize some of the angst around that the process. I'd like to take a moment to thank better help for sponsoring this podcast. If you're a regular listener of this podcast, you know, I am a big proponent of therapy therapy provides me the best opportunity for verbal processing something that is so important for my kind of brain and my sense of self. What I love about better help is that it's not a crisis line. It's not self help. It is professional therapy that's done securely online from the comfort of your home. They assess your needs and match you with your own licensed professional therapist, and it's available for clients worldwide. So you get access to a broad range of expertise that might not be available to you locally. It also tends to be more affordable than traditional offline therapy and financial aid is available. If you visit their website and read their testimonials. There are actually quite a few reviews that specifically reference help with ADHD as a special offer for listeners of the women and ADHD podcast, you'll get 10% off your first month, simply sign up at [betterhelp.com/women ADHD](https://betterhelp.com/women-ADHD), that's BetterHelp help.com/women. ADHD. And there's a link in the show notes. This podcast is sponsored by BetterHelp. So how many languages do you speak?



Christine Syrad 26:27

Well, I function this is the thing I was, I was asked recently by a friend, if I had any advice on how to improve their French because French is the last language and I hesitate to use the word learned. Because I don't do learning. I do picking up you know, I picked it up really quickly. It helps to speak Italian, they're pretty close. It helps that I'm married to a Frenchman, and that we moved to a region where half the people speak French. I live I live near the only bilingual city in Switzerland. So you get both thrown at you on a daily basis, German and French. And I didn't know how to answer her. Basically, I'm a qualified English teacher. That's what I did. When I was bored at the bank, I got myself a CELTA diploma from my desk, under stimulated. So you know, despite being a teacher, having worked as a teacher, I didn't actually have concrete advice. And I actually, now that I've been diagnosed, I think it's due to the hypersensitivity. I always thought I had problems with my ears. Because I'm always saying like, what, what, and seemingly not hearing things, but I can't drown things out. Because what I've realized, is the case, if I if I can hear a clock ticking somewhere in the taps running, and someone's trying to talk to me forget it, I just can't, my brain won't prioritize their voice over all the other distractions. And I think while it annoys the people around me, sometimes because they have to repeat themselves, or they have to turn down the music just to talk to me, I think it's actually put me in good stead in terms of picking up languages because I just hear the the nuances, the little details, and they just go straight into my brain basically. And it may sound arrogant, but it's it's rather effortless. I mean, English and Japanese I grew up with. So there was a part of my heritage that was part of everyday life growing up. And then Italian was gifted to me, I'd say by my parents, but with German and French. Considering it's it's meant to be difficult to learn a language. Once you reach adulthood, it was relatively effortless. But you just you shouldn't look too closely at my grandma. You know, and I teach in French now, I get by in French. Pretty, pretty much. I feel quite quite at ease in French. But oh my gosh, when it I'm so grateful to translation, translation software and stuff for when I have to actually write an email. Because if you want to sit me down and get me to actually review conjugation and stuff like

that, then it's gonna take a lot of acidity. So, yeah, it's been an organic process. So there are massive holes, but you know, I can pass for someone who speaks the language and comprehend language. comprehend the language really well in in five languages.



Katy Weber 29:37

Wow. It's so fascinating about the your theory about sort of the difficulty, what's the word, the hypersensitivity, but that sort of difficulty in terms of filtering information exactly. And how that actually can, you know, sort of allows everything to be absorbed. I love that idea because we've got Boston talks in the podcasts about memory, and how there are certain things that I found interesting about, you know, I will have a really difficult time with so many, you know, with short term memory and so many things, you know, somebody will introduce themselves immediately forget their name, that kind of thing. But like, I never had a hard time with monologues, you know, memorizing monologues or when I was in theater, and so it would, you know, I was like, there's different parts of your brain where, where things just sit, and then when it's time to access it. You there's no, it's like you said, it's effortless. It just tumbles out of you. And I feel like language almost sort of falls into that, even though I mean, I grew up growing up in Canada, I spent probably at least 12 years learning French and I retained almost none of it. And that fascinates me too. You know, just grammar and vocabulary. Just the memory and vocabulary is impossible to me. I can conjugate no up no problem, but I have no vocabulary anymore.



Christine Syrad 31:01

Yeah, I think a lot of its context driven as well, isn't it? I think if you were really into the monologue, I can see how it would be easier. I mean, dopamine, right. Yeah, that's something that feels maybe inconsequential. In that moment, you know, I think I think it determines what I retain and what I don't retain, to be honest.



Katy Weber 31:23

Now do you? Do you require subtitles when you are watching TV or movies, because I feel like that's another one that we sort of think a lot about, which is like, Why the need for subtitles, sometimes I think it's to anchor my attention to a to a meat movie or a TV show. But I also have a really difficult time hearing it. You know, like, I had a really, really hard time when we were all wearing masks, I could not hear a thing. I really didn't realize how much I relied on mouth movements, and lip reading. And so I'm like when maybe subtitles has to do with that in terms of filtering it sound. So I'm curious, do you rely on subtitles? And what language do you use?



Christine Syrad 32:05

I absolutely do. But the thing is in Japan, there are subtitles on all TV shows, not you know, like, like a TV series. But a talk show, for example, always have sub has subtitles. And I, I wasn't sure why. Still not entirely sure why. But I think I definitely, you know, I come with this preconditioning. But well, as I get older, I definitely rely on them more. And I think it's the same as you I use it to anchor myself actually. And I usually have the subtitles on in the same

language. Actually, it's really that there's a language tip, if you if you watch a TV show in French, it's good to have the French subtitles there. Because actually, you know, they don't pronounce the words the way they've written half the time. So it's nice to have that cue. I found that depending on the sound system as well, I really need subtitles if the bass or I don't know something other than that the vocals come out strong. I have again, I think it's the filtering thing. I can't focus on what's being said. But now that you mentioned it, I do think I need subtitles in order to stay focused on watching the show. Because otherwise, I'll get up and go and do something else. And I actually met someone around the time I got my diagnosis. He was getting his diagnosis, too. And he's the only other person I've met who, who, who had to have that I've met in person. I've heard about the phenomenon that we had to have some sort of TV show on in the background in order to actually get our work done. So we're talking about academic work, but I always had something like Sex in the City or something that I'd already watched a few times on in the background. And we both realized, Oh, that was our anchor, we needed something that we could just sort of listen to, I don't know, corner of your ear, making a video. But you know, it was just on in the background. But you were paying just enough attention to it. To not feel the need to go up and I don't know, do the washing up or inventing your cocktail, you know. And, yeah, I realized I have two ways of consuming media. So if I don't have the subtitles on it usually means I'm doing something at the same time. And it's just this comforting thing that I have that glues me to what I'm doing. And if I actually want to consume the show, or whatever it is that I'm watching, I need the subtitles, or My mind wanders, but more likely my body wanders. I'll just leave the room. So yeah, I hadn't really thought about it. But yeah, now that you mentioned it, it's definitely it has a lot to do with that too.



Katy Weber 34:51

Right? It is that I'm so fascinated by that. And you're right it is it's very common to have a show you know to sort of reward Watch old shows over and over again in the habit of in the background as as almost like a form of body doubling to like just a form of company in the way that I might have used going to a coffee shop when I was studying the same way. And I'm like, is that just background noise? Or is there something about the company of other people? So, yeah, it's so fascinating. And also so validating when you hear other people are also doing these weird things, right? Definitely. Yeah. Okay, so now I have some more questions. I feel like I feel giddy because they're such silly questions, but I'm like, what do you what language do you dream in?



Christine Syrad 35:44

That was that was a question for me in a job interview, really. I had the weirdest interview at a bank in Zurich. And actually, the guy was like, Oh, my daughter's never lived in Japan. He was Japanese. He's never my daughter's never lived in Japan. And when she sleeps, she she sleep talks in English. And I'm really concerned, what language do you dream in? And like, what does this have to do with the job? And I told them, I don't remember. I never remember. To be honest. I have no idea. Wow, I do. From time to time, apparently. And it's what I say and do is apparently terrifying. And that's usually been in the language of whoever I have to share the room with. Yes, except for when you know, I'm saying, you know, my friend said was she, she woke up and I was crawling to the end of the bed. And I was saying she's coming. She's coming, you know, horrible things like that. It might have been better if I'd said that in Japanese. But actually, I don't know how that's that one. I never remember the language.



Katy Weber 36:53

But do you have like a default thinking language when you're by yourself? Considering we have the constant monologues in our head?



Christine Syrad 37:02

It's definitely context based, I'd say because it tends to be English, because my husband and I speak English together. And most of the close friendships I have here are sort of English based, let's say. So English is dominant. Now in my life. I'd say before when I got to Japan, it was jackfish. My friends in high school complete mix of the two. But oddly, sometimes, if I'm with my parents in law, I find myself thinking in French, even though I'm not that fragile in French, which is probably why by 9pm, I'm exhausted. So I'm quite heavily influenced by my surroundings, I think. Yeah, English, I'd say, yeah.



Katy Weber 37:47

So fascinating. I have my brother is a polyglot. And so it's always been one of those things where I'm like, I pretty sure he has ADHD. But I so I so deeply do not relate to multilingual. That talent that I'm like, How is it possible? And yet, there is a lot that feels like you said, like, that makes sense, in terms of, of being, you know, juggling these plates, but Metaphorically speaking, and then do you feel like, like, looking back at your, you know, over your life through this lens as one does after an ADHD diagnosis? Do you feel like I guess, you know, two part or what were some of those things growing up? You had mentioned growing up with your grandparents and sort of needing to be self sufficient, or at an early age, I think definitely rings true. Are there other things that you notice where you're just sort of like, oh, the signs were so clearly there all along? And does and? Okay, I'll just ask that question. Because the other one's a little too obtuse.



Christine Syrad 38:55

thing. I have prepared for that to that question. I mean, it just so many. I, I was actually talking to my mom, she was here. She celebrated her birthday. All together here last year, two weeks ago. So she was just here from Japan. And as she was leaving, I kind of told her that you know, I appreciate everything she did for me, but it must have been hard not knowing that I had ADHD for her as well. Because I took so many risks, I would jump off of furniture, sort of two meters high, at least when I was four, try and land on my bed and I missed in Italy. We had this like really hard tiling, you know, and silly me, I did it in front of a friend. So he told my mom what I did. But the thing is, I get into trouble. And I think that was just like a default reaction. I don't blame her for it. I think when you're concerned for your child, you tend to sort of it's outrage really, isn't it? That that you see from the kids point of view and so I did things like, I couldn't really roller skate very well, but there was a wall about 20 centimeters wide and a meter high. But I decided to rollerblade along and I felt, obviously without helmet on my head. And I was in so much pain that I hid under my parent's bed and was crying. And when I was asked what happened, I didn't dare say what it was. And when I look back on it, I'm like, Oh, my God, you know, I could have had probably did have concussion. But you know, I think children, I just think

it was really quite bad. And, you know, had it been just a little worse, me not telling my parents could have had, you know, really detrimental effect. And so there are things like that where I think, okay, to me, it's obvious, because I'm now equipped with way more information about all the symptoms and behaviors, you know, but to my parents, it wasn't. And those are just, you know, things in sort of early childhood. But if you fast forward to academic, you know, when my wife became more academic, it just, it just got so clear, like, I did the International Baccalaureate, and I would not wish that upon any young adult with ADHD, even my therapist has said, because she's an English speaking one, you know, working in Switzerland, a lot of her patients or, you know, clients, they are the ones that are going through the IB, really suffering. And I think that's where I really would have liked to have known actually, because until I turned 16, I was quite well, I was I was definitely a people pleaser already at that point, having been told numerous times, you know, it's this, this, this piece of work that you've done is nice, but it's not what we asked you to do. You know, I always got this like backhanded compliment. And then I, I really put a lot of pressure on myself to sort of get with the program, I suppose. And it was all going quite swimmingly until the IB and the IB is six subjects that you have to do three of which you're supposed to be very good at those higher level and three of which, you know, you have to do them. But they may not be your strongest subjects. It's just, you know, produce well rounded students, of course, and then there's theory of knowledge, which is basically philosophy. And that required an essay and some sort of dissertation like essay that was completely unrelated to any subject you're doing. And then creativity and action and service, 50 hours of each that you have to submit it was a lot to, you know, stay on top of. And I decided to go to university in the UK. So I was actually required to get a certain score, overall score in order to be accepted university, my first choice. And I was so jealous of my friends who were going to us because they just had to do the LSAT and get good grades. But they didn't have to get good marks and thinks they were absolutely crap. And I just I stayed awake till 4am Doing my physics like lab write ups, because I just couldn't get them right, I had so many readers. Because as soon as everything became sort of really rigid, I struggled all over again. And on top of that, I was taking flute lessons, and my mother would give me she would give me the money I was supposed to give to my flute teacher every month. And unless I was pocketed, which I never was, I just forgot, because I was playing the flute, but also thinking about what books I had to get from my locker, you know, in the 10 minutes I had before my next class. So I racked up about 800 I'd say \$800 equivalent worth in in fruitless and fees that I never gave her. And so she called my mom and my mom was mortified because I have the money. And I've been walking around, but all this cash in my bag, just forgetting to give it to her. And so my mom said, can you just remind her please? You know, she can be a bit sketchy. And my teacher was just like, No, no, she needs to learn, you know? And, you know, the thing is, I agreed with her. At the time I thought, you know, why can't I just remember but out of sight out of mind. I was already struggling with the the academic side of things. I just needed her to say Hey, can you you know, do you have the envelope. But she didn't want to. And so she didn't get them for a long time. So you know, there are all these moments looking back with, oh my gosh, if I'd known I would have been kinder to myself, I'm sure people would have made accommodations for me. I might have even actually informed at the university that I was applying to that I probably won't do as well as you know, we all hope in things like maths and physics. That would have been in my letter. But yeah, they all feel a little bit like missed opportunities. But I look back and think well, I made it despite all that. So there's like, a bit of heartbreak for all the struggles that I went through. But also, I think it's it's just good with adversity, for better and for worse. Yeah, I said, I have a hard time asking for help. And that's something I'm working on. And I think all of it sort of just combined has contributed to that. Deep down, I probably thought, even if I asked for help, I might not understand the help.



Katy Weber 45:30

Often times, I feel like it's hard to even articulate what help we need in the given mess, right? accident that, and that can be really difficult, which is like, I don't even know how to ask for help. And what I would even ask for, so I'm just going to remain in this state of chronic overwhelm. Until I. So now, what was your mother's reaction? Because I'm, you know, I'm curious, how is ADHD viewed in Japanese culture? You know, she just like, that's the English side of you. I do



Christine Syrad 46:03


think she has it to a certain degree as well. And I think, you know, that's how she and my dad have managed to stay married. So, you know, my dad's brilliant, He's so clever. But oh, my gosh, just the number of times he's lost credit cards and things, you know, started conversations with the people at the table next to us, rather than continuing the conversation, you know, at a restaurant, with his actual family, things like this, you know, that would drive most people mad. She seems to have a certain tolerance for it. So she, she was surprised, but not surprised, actually. She, she then did some research and told me that in Japan, you're considered a diversity, highest second quota in big companies, that companies have to adhere to a certain number of ADHD because I had no idea actually, because it's just not talked about. Yeah. I find it's not talked about much in Europe, in general, like, on the continent, either. It's definitely, to me, it seems to be an Anglophone centric cluster of information that's available at the moment. But I know another Japanese lady here. And she got diagnosed in Japan. So I guess, it's people are talking about it a little bit. But my mom was, she was very accepting. She, she now yeah, she's now trying to help me with managing how I relate to my daughter. I think, for her realizing that she's married to someone who's not diagnosed, but clearly has ADHD that has been eye opening for, I think, because she still spends pretty much every day with him. Whereas I'm kind of, out of sight out of mind, for the most part, to be honest, because I'm on the other side of the world. But it's it's changed our relationship for the better. Not that we had a bad relationship, but I think I was able to tell her some of the frustrations I felt when I was a teenager. And we just sort of said, you know, it's a bit of a shame. We didn't know because we would have handled them better. But it's nobody's fault.




Katy Weber 48:10

Yeah, I often feel like my mother is the person I want to most talk to about this, because I think she and I both struggled hand in hand when I was being growing up. Uh, you know, she has just as much confusion about why I was the way I was. Or, you know, I think and also, like you said, like, I made so many poor choices. You know, they poor maybe not, I don't know, they are where they are, but I was very impulsive. And I, you know, I dropped out of high school, I dropped out of university, you know, and, and so she saw me kind of always struggling or just lost, and I think she didn't know how to help me. And so I often felt like she would have been very relieved. You know, I don't think she would have you know, sometimes I talked to women whose parents are very defensive as though it's an it's an attack on their parenting. And I think she would have been really relieved to like, hear that. Oh, that's the okay that we have the answer finally? Because I think she didn't, you know, it was it was painful for her to watch me struggle. Was that's yet to be. Yeah. But it must be nice for your mom, like you said, like to sort of see the why behind some of these chronic behaviors to I think that's also so helpful. And I loved what you said earlier, just about how gracious you are with your family. I wish I need to


adopt some of that with some of my undiagnosed family members, with my armchair diagnosis to sort of having a little more compassion towards some of their behaviors to realize it's one thing to have ADHD, it's another thing entirely to have undiagnosed ADHD at the age of 80, right? You know, and to have been a completely different generation, that sort of thing. So I will take a page from your compassionate book.

 Christine Syrad 49:53


I try I try. I'm not I'm not perfect that no one is but like that there are moments where I do want to just say to my dad, your life would be so much easier if he went and talked about it. But you know, he's very busy. He, he's very excitable and he loves people. So he'll take on projects when he doesn't have the capacity. And he manages it, you know, but I don't think you'd ever find the time to go and find out more, not for his benefit. You know, maybe he does for his kids. But

 Katy Weber 50:28


right, that's a very ADHD thing to my ADHD gets in the way of me getting lots of different diagnosis.

 Christine Syrad 50:36


Absolutely, I

 Katy Weber 50:37

should really go see a doctor about that. Yeah, that's not gonna happen.


 Christine Syrad 50:42

But it's a very head in the sand. Yeah.

 Katy Weber 50:46

When I was diagnosed with ADHD, it completely turned my world upside down. I looked back at so much of my life, my grades in school, my multiple careers and hobbies, my friendships, my marriage, motherhood, my relationship with food and my body, like all of this with a new lens. And it was overwhelming to say the least, if you've been diagnosed with ADHD, and you're feeling blown away by this new insight into your brain and how it operates, I totally understand I can help you begin to sort through this chaos, explore who you are and how your brain operates. So you can finally start to lean into your strengths and begin to use them to your advantage moving forward. Together, we can work to identify what obstacles you've been facing, and create strategies to help you start living a more fulfilling, gratifying life, head over to [women in adhd.com/coaching](https://www.adhd.com/coaching), to book a 30 minute initial consult with me. So we can figure

out if my brand of one on one coaching is right for you. Again, that's women and adhd.com/coaching. And you can find that link in the episode show notes. So I, we haven't even talked about fermentation because I feel like that was interesting, too, in terms of just you're getting into that and just being such a, you know, chronic entrepreneur, but you've such such a fascinating story with Okay, before we talk about fermentation, I want to ask you, if you would Did you have another name for ADHD? If you could call it something else do I do.

 Christine Syrad 52:13

So I thought about this on quite long and hard. Because I think like most people who've been diagnosed, I don't like the name at all. I think it's a complete misnomer. And it's also very negative. So I think our attention is a bit like a river. So sometimes you could do with the dam, because you can't stop yourself from focusing on something. And sometimes you go through massive droughts, but most attempts to forcefully redirect rivers or mess with their flow. Yeah, the end badly in the long run. So I think we should actually honor the irregularities of the flow, and go with it. And I think you know, the name should reflect this. So. And I feel also this like concept applies to energy and motivation as well, not just our attention. Like I said, My issue with the current name is it draws too much attention to hyperactivity and deficit, attention. In playing, there's always too much or too little of one or the other. And it's just it's so much more multifaceted than that. But if you have to boil it down to, for lack of a better word, a culprit, it's, it's dopamine to me. So basically, it's not very catchy, but I call it dopamine driven, dopamine driven with a bit of a tongue twister, dopamine driven focus and attention. No, no focus and attention, focus and action. Dopamine driven focus and action. Because I think, I think, you know, if there's dopamine to be found in something I can focus for hours. Same with, you know, I love running. And I'm not I wasn't athletic. That wasn't very fit at all at school, but I derive. Yeah, I guess I don't have to mean from going out into the forest, you know, being alone and for assessing my thoughts. And I don't from other sports, people have tried to get me into other sports that are more sociable, and it just doesn't work. I love climbing as well. I basically like all these sports, where you have to sort of lose yourself. It's my form of meditation. And I like them because they feel good. And then a lot more peace with with my choices. When I sort of put it down to dopamine seeking, I realized I can't force myself to want to do something. I can't force myself to like something. If it's not happening, it's not happening. You know? That's why I like what you said about procrastination. Actually, I think I have kind of tried to embrace it more because you've got to wait till the moment if you try to do it earlier and there's no fire under your ass, you know, then there's gonna be no dopamine,



Katy Weber 54:53

right? Or even just, you know, how can I inject some dopamine into an otherwise uninteresting situation? ratio like gamifying something or you know, my, the example I always uses when people clean their kitchen and they use, they'll make a tick tock video and on you know time lapse to clean their kitchen. And then they post it as though you want to watch this. And I find that fascinating because I'm like, I'm not interested in you weren't watching you clean your kitchen, although I'm sure some people are, but like good for you for figuring out a very complicated way to get yourself to clean your kitchen. Which is like the task of cleaning my kitchen is boring. But if I set up my tripod and turn it into a video and post it and add music and all of that stuff, then it'll get me to do this. And I'm like, Well, alright, good for you, you figured out how to inject some dopamine into there. And I also think to the idea of the of chasing the

dopamine was very fascinating to me when I was reading ADHD 2.0 and Halliwell and rady we're talking about the DSM and the default mode network, and how we sort of tend to catastrophize, we tend to focus on the negative when it is more interesting, and how much that lends to our self concept, sort of, like you were saying earlier about, like, how much time we spent focusing on the things we're not able to do as opposed and just dismissing all of the wonderful things that we do, because they're effortless, and how that you know, so clearly lends to our negative self concept in adulthood. And I was like, I just remember just blow being blown away by like, yes, that is also seeking the dopamine. And how you know, all of that fretting and anxiety or just, you know, the anxiety around procrastination, right, all of that's time spent worrying. That is dopamine, you know, infused. So yeah, very fascinating.



Christine Syrad 56:48

I could now very nicely link what you've just said to my fermentation by talking about my day, actually perfect. So I'm at home now, but I was in my atelier. Yeah. And I have 35 kilos of jalapenos to process. And I'm turning them into this lemon jalapeno, tastes a bit like a Japanese condiment that's user based. But I happen to have access to spend two lemons. So lady I work next to she she does juice and I get to take the spent lemon and take off the zest and save that for you know, and well. Now, basically, local farmer group is jalapenos for me. And I'm there, I get to tell you. And I know I should get started. Because I've got to be home three, you know. But I noticed I have a bill that's, you know, appeared in my inbox and I say, Oh, I'm gonna forget about that. So I better pay that bill of three francs. 50, which is like \$3. I was like, Well, you know, this is clearly more important than getting started on this massive task. And I just did, I don't know, I spent an hour doing stuff like that, you know, keeping I bought a new Sodastream. I don't know if you have those over there. But the thing that makes, you know, fizzy water, and I was like, oh, I should take off the ugly stickers that are on it. And like, and like the whole time, it's a case of just get on with it, you know? And then of course, I get into it, and then I'm really into it. And yeah, I have another 15 kilos of jalapenos, but I need to go back. And Brian, you know, and I was just like, if I had been clever, not clever enough, that's the wrong way to put it. But you know, if I had sat down and faced my ADHD, and said, You know what, you're going to want to do all these, like irrelevant things first, but you're going to have to really be strict and just get on with the task at hand, or you're gonna have to go back later in the evening and finish what you didn't do. I didn't give myself that moment. And it's fine. You know, luckily, I like my job. So going back, it's 10 minute drive, it's nothing going back there and finishing up there's no problem. But you know, the alternative would have been finished up with this interview, relax a little bit before my daughter gets home but never passed. And being self employed and like in you know, the food business where you plan your own time. It's time sensitive in terms of you know, you got to work with the ingredients while they're fresh. Oh my gosh, it's great for but dopamine, but it's also equally terrifying sometimes because you've got to be really organized. So on one hand, I can't work for anyone. I clearly don't belong in an office I can't do you know the nine to five I made for entrepreneurship, but my gosh, like, you know, I'm my boss. And sometimes I don't like my boss.



Katy Weber 59:35

I know I feel like whenever I talk to clients or any women who are complaining about their boss and administration and I feel for them because I struggled so much and I highly doubt I could ever work for somebody again. It and uh, you know, listening to them talk about administrative

bullshit and just being like, and then and then them saying like, maybe I should go into business for myself and I'm always like, But that's not the answer.


 Christine Syrad 1:00:03

So painful, isn't it to hear what's being said out loud, you're like, Oh my God. Yeah.



Katy Weber 1:00:10

Because yeah, like you're just gonna trade all of that stuff for a whole other load of trouble. But yeah, so So tell me a little bit more about fermentable. And you work with chefs are what do you? What do you what are you doing right now?

 Christine Syrad 1:00:25


Well, I had to create my own job, essentially, eight years ago, I decided with banking and sitting in an office basically, it wasn't for me, I, I can't handle arbitrary orders or tasks. I was always mouthy. I think I pissed off every manager I had. But in my defense, the last job, I was like, I need more work. Can you give me one more work because I'm not asking for a raise, I will die if I don't have any work. And they were just like, well, you know, you haven't been here very long, etc. And it was soul crushing. So I knew I wanted to work with food. I love food, I love that it brings people together. I knew I didn't want to be a chef, because I have so many other interests. And it's just so full on. So I saved up some money. I did this English teaching qualification is like, Okay, I'm going to quit. And I'm going to teach English and try and build up something to do with food. And at the time I was I was getting ill, a lot I had, I basically had mono that kept coming back. It's not supposed to, but I think I was really unhappy in my job. And so my immune system was not cooperating. So I was looking into fermented foods, because that's I had a lot of it. You know, I had a lot of miso, fermented veggies, etc, back in Japan. And that's something that I definitely wasn't keeping up with. I didn't know I needed to when I came to Europe, so I just slowly started cooking with more fermented foods. And then I thought, well, actually, there's a lot of, there are a lot of chemicals and preservatives in the things that I'm buying or importing, you know, bring it back with me from Japan. That can't be good. So I decided I'm going to try new things myself, and be passionate about organic food, whether it's labeled organic, or just incidentally, organic. Yeah, all things food related. When it comes to sustainability, seasonality, fairness, that kind of thing has been important to me, since I did my year abroad in Italy. I was in Turin, which is the birthplace of Slow Food. And their motto is, you know, cleaning, good and fair. So I definitely, I think a seed was planted, then. And I decided I need to work with this concept somehow. But I don't want to go to culinary school, and I don't want to be a chef. So I did work in a restaurant for six months just to brush up on knife skills and things like this. And then I thought, You know what, fermentation is pretty cool. At the time, it's exploded, but at the time, no one was talking about it. So I just decided to start giving workshops. You know, I was learning at the same time, to be honest, but to motivate myself to keep learning I had to, I was gonna say I was terrified myself.



Katy Weber 1:03:15

Workshop is such a great excuse to learn what you need to know for the workshop. Yeah

workshop is such a great excuse to learn what you need to know for the workshop. Yeah, absolutely.

 Christine Syrad 1:03:22

Exactly. You know, I mean, again, the signs are always there. And so that's how I've, I've ended up giving workshops. I now work in a restaurant once a week, which suits me really well, because I get the camaraderie I have, like colleagues. And I do like restaurant work once a week is the dream scene as I have a family. And I'm now pivoting towards giving workshops to Chefs for the most part, as much as I like teaching the layman, there are now plenty of other people doing fermentation workshops. And I think I've got to the point now, I finally shed the imposter syndrome. And I realized, thanks to all my cultural input, you know, basically, throughout my life, I have quite a unique take on it. So I tried to help chefs, because I know they'll use it. as well. I do have a lot of satisfaction, knowing that what I teach them is going to have a ripple effect. And it'll help them reduce waste in the kitchen to help them stay seasonal. So I've moved towards focusing on teaching chefs, I still teach private events, I host private events in my atelier, and somehow I've ended up producing and selling products, which was never on my radar because it sounded like a lot of admin and it is to be honest. But, you know, people kept, they've come to my classes and then asked, yeah, but I just want to buy what you've what you've made. I'm a sucker for a compliment, I guess. You know, I'll be very modest about it. Oh, no, you know, anyone can do that. But I'd like to be patted on the back, I suppose. So. I was like, All right, then. I'll make it so you can buy it. So You know, I have this very ADHD friendly mishmash thing going on, where no day is the same as another. Essentially, that's what's good about fermentation as well, because you're not always in control. It's the microbes. It's the seasons, it's what's available. So you kind of you think you're in charge, but you're not. So the outcome is always fun, because you're like, Well, I didn't go as I want to do, but how can I pivot? You know? So it's, it has a lot of leeway, as well. So it suits me really well. And yeah, I've just kind of created this non job job for myself, and

 Katy Weber 1:05:43

I love that. Oh, yeah. And yeah, what a wonderful ADHD perspective to have on kind of how you know what mishmash that our lives are. And then, and I, you know, I feel like I can finally have gratitude for all of the unfinished projects, and different career paths and certifications, and all of the random kind of way in which we learn in this chaotic patchwork quilt kind of way that that leads me to sort of have this, you know, we just have interesting perspectives on you know, bringing you I can see you bring your marketing background, and probably some of the banking industry background and all of this, right, yeah,

 Christine Syrad 1:06:24

sure, yeah. Oh, thank you, it's been eye opening for me too. And thank you for what you've been doing. I mean, your podcast really helped me, especially at the beginning. Now, I have so many podcasts, it's always, you know, but I keep coming back to your podcast, I keep coming back. And you know, when I'm having a moment of doubt, it lifts me up. I just want to kind of add one last thing, because I think it will help mothers. One thing that I just, you know, when I think about what led to the depression, and the diagnosis, I had, my doctors, my daughter's doctor told me at the very beginning, there is no way that you can fix this, it has to be surgery

on nothing, I wouldn't have been diagnosed Probably so, you know, that would have been far from ideal. But I would have also probably just been, you know, I would have saved a lot of anguish for three and a half years. And so I think that's something I've learned. Now, when I go and talk to medical professional, I actually tell them, Look, I have ADHD, I need help, but sort of grasping the severity of the situation, I need, otherwise, my mind will just run in 3000 different directions. And at the end of the day, I'll blame myself. And it's just something that we are so used to doing that, you know, it can easily be avoided, you know, all of that self loathing could have been avoided. So, whether it be in a medical context or any other context, I do feel like sometimes, if you're able to, and you feel comfortable, it's good to just be upfront and say, Look, I need, you need to spell it out for me, you know, that would have changed a lot for me over the last four years. And it's something I'm quite passionate about, getting people to speak up.



Katy Weber 1:08:10

Exactly right. And I think advocacy around ADHD is something that a lot of us gravitate towards, for that same reason, which is, which is like, you know, a way to normalize it and to normalize the expression and develop the language that we were talking about, of how to explain in a situation like that what your needs are. But also, you know, that feeling of like, if I can help one new mother get through that time, or, you know, a parent struggling with a child, or like all of those moments, if I could just like, I just want to hug the wall. Just, you know, because of that feeling of like, no. Yeah, so very well said, well, thank you, Christine. And so I will have in the show notes, link to fermentable. But is there any other way people can reach out to you and



Christine Syrad 1:09:01

I'm very slow on Instagram, but I am there at fermentable. But yeah, I mean, if anyone's curious. Just you know, I love connecting people, they can just drop me a message to my website and if they have any questions about segmentation, anything else I've said on the past podcast, and yeah,



Katy Weber 1:09:22

it's a gorgeous website. Thank you, my husband, beautiful website and all three languages. Oh, it's wonderful. Yes. So don't don't look into the grammar of the other two languages. Wonderful. All right. Well, thank you again.



Christine Syrad 1:09:40

Thank you. Thank you, and enjoy your day



Katy Weber 1:09:48

and there you have it. Thank you for listening and I really hope you enjoyed this episode of the women and ADHD podcast also you know, we ADHD care group feedback, and I would really

women and ADHD podcast also you know, we ADHD ears crave feedback, and I would really appreciate hearing from you You the listener, if you're a fan of the podcast, please take a moment to leave me a review on Apple podcasts or audible. And if that feels like too much, and I get it, then just take a few seconds right now to give me a five star rating, or share this episode on your own social media to help reach more women who maybe you have yet to discover and lean into this gift of neuro divergence. And they may still be struggling and don't even know why. And if you'd like to find out more about me and my one on one coaching for women with ADHD, head over to [women and adhd.com/coaching](https://www.womenandadhd.com/coaching) and you can always find that link in the show notes. I'll see you next week when I interview another amazing woman who discovered that she is not lazy or crazy or broken. But she has ADHD and she is now on the path to understanding her neurodiversity and finally using this gift to her advantage. Take care till then