



# Celebrate Woman Today + AM Coffee

05 - 12 / 2017

In partnership with Celebrate Woman Today, Damiva's CEO, Chia Chia Sun, conducts regular coffee chats live with women 30 to 60 across the U.S. The life-affirming and life-changing information helps us remove the stigma and taboos around women's health.

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## AM Coffee

What personal is on your mind?  
CELEBRATEWOMANCONVERSATIONS™

AM COFFEE BRANDS WE CELEBRATE GIVEAWAYS HEART PLAN THE UNDIET PROJECT

"Real" vs "Fake" Natural And Living Vibrant Life After 40 #AMCoffee  
MAY 15, 2017 BY LAURA, CELEBRATE WOMAN TODAY 89 COMMENTS

5 Tweets 0 Pins 0 Facebook Shares 1 Share 2 Share 2

Turning 40: Hormonal Changes  
Ovaries, Adrenal Glands pH & More  
HASHTAG: #AMCoffee

Dear Chia Chia,

These morning coffees with you as our lead professional have been a blessing in disguise for many.

The posts become a night magnet for women to come after the day is over and read and go over all the comments we made during the day. I predict these AM Coffee posts with menopause information will become some of our best evergreen content.

I believe that it's important to have as much "natural" in our lives as possible because, these days and especially for women, our projected life expectancy is well into our 80s and also possibly 90s. So that means we spend more than half of our lives in perimenopause and menopause! The fewer toxins we have especially in our 40s and 50s, will help contribute to a better old age.

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Kirby Malcott Retweeted  
Celebrate Woman @DiscoverSelf  
Insightful, Educational, Colorful #BomInChina Activity Pack 4 Kids, Homeschoolers, #Teachers #HeartThis #CaroEvent bit.ly/gn\_KWXX1

**karen hinkle says:**  
May 19, 2017 at 10:51 am

i cant were many perfumes and deodorant i get migraines i can only use the baby powder ones and some of the when i go out to places i can not go to many places with all the perfumes smells are so strong i end up sick and coughing gasping to breath

[Reply](#)

**Chia Chia Sun says:**  
May 19, 2017 at 10:55 am

It's actually the "parabens" that are in the perfumes that are bothering us so much. Parabens are everywhere; a study of women's urine found that the majority of women (over 90%) have excess parabens. We breathe them in our homes, when we go out, pretty much everywhere.

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Chia Chia Sun answers real questions about women's health during Women's Health Week

The screenshot shows the top of the damiva website. At the top left is the 'damiva' logo. To its right are links for 'Signup for our newsletter', 'Contact Us & FAQ', and 'Shopping Bag (2)'. Below the navigation is a large banner image of three women sitting at a table with coffee cups. Overlaid on the banner is the text 'Celebrate Women AM Coffee Chat' in pink and 'MAY 15 - 20' in black. Below the banner is a section titled 'Today's AM Coffee Chat'. Inside this section is a smaller image of a woman smiling, with text that reads 'MONDAY LIVE CHAT WITH CHIA CHIA SUN MAY 15 10:30 AM EST' and 'Why is Age 40 A Turning Point?'. A teal button labeled 'LEARN MORE' is positioned below the text. At the bottom of the section is the text 'Past and Future AM Coffee Chats'.

Advised on both damiva.com and celebratowomantoday.com

