

HEATHER REILLY HIEMSTRA

ABOUT

MENOPAUSE COACH

PODCASTER

RESEARCHER & EDUCATOR

FOUNDER, ROCKSTAR BLENDS

Heather Reilly Hiemstra was thirty-seven years old when surgeons removed a fist-sized tumor from her colon, then referred her to chemotherapy, as with most cancer patients. Hearing this while holding her nine-month-old son for the first time after surgery, she declined.

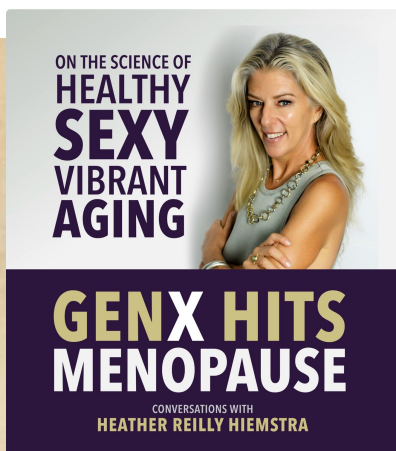
Coming from a family of doctors herself, she was determined to do the best thing for her son's health — continue breastfeeding.

This decision began her twenty-year journey through plant medicine, endocannabinoid research, certification as a menopause coach, speaking on women's health and the ECS, and founding of **Rockstar Blends**, 100% plant-based topicals that actually do give women another option to support their healthspan through menstruation, menopause and beyond.

On stage, Heather is a trained performer (NYU Tisch, National Shakespeare Conservatory) with a working actor's resume. She holds a room — funny, direct, science-forward, “the girlfriend you can talk to about anything.”

Really, anything. menopause, sex & intimacy, illness & recovery, hormones, habits and life changes; all the hard conversations we should have had a long time ago.

She delivers three signature talks — on pleasure as longevity medicine; on nurturing the body through menopause; and on the endocannabinoid system - the most important system in the body you've never heard of. She is the host of **Gen X Hits Menopause** on the Mission Matters podcast network.



“The endocannabinoid system is perhaps the ultimate in personalized medicine. It’s balancing your biology, your history, your particular combination of needs.”

“MEET YOUR ENDOCANNABINOID SYSTEM”



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SIGNATURE TALKS

LONGEVITY & ORGASM

WHITE-KNUCKLE MENOPAUSE

MEET YOUR ENDOCANNABINOID SYSTEM

Come For The Longevity, Stay For The Orgasms

Pleasure is not a lifestyle extra. It is longevity medicine. In this talk, Heather makes the case — with the receptor-level science and the plain-English translation — that libido, intimacy, and orgasms are mechanistically wired into how long, how well, and how joyfully we live.

She introduces audiences to 2-AG, the Rockstar Molecule, and explains why the body's own endocannabinoid system treats pleasure as biological maintenance, not indulgence. Perimenopausal women, menopausal women, their partners, and anyone who's ever been told their sex life is optional will leave with a completely new understanding of what pleasure is for.

You Don't Have To White-Knuckle Menopause

Menopause has been sold to a generation of women as something to endure. Heather suggests menopause can be nurtured, softened, and moved through with grace, self-knowledge & a little help from both modern & traditional plant medicine.

Heather walks audiences through the science of plant medicine at the receptor level, the role of the endocannabinoid system in the menopausal transition, and how topical botanical formulations — the ones actually built on peer-reviewed pharmacology, not marketing — can turn decades of struggle into a chapter women can genuinely live in.

Meet Your Endocannabinoid System

Every mammal on earth is running on the same master regulatory network and most humans have never heard it named. In this talk, Heather introduces the ECS as the missing framework underlying modern health, well being & longevity.

She lays out the ECS as the system quietly running homeostasis, pleasure, sleep, mood, inflammation, appetite, immune response, & the entire menopausal transition. She explains why nobody told you about it (the answer is more interesting than you think), what happens when it's dysregulated, and how nourishing this one system changes almost everything else.

“I was at Cannadelic Summer yesterday... you had me almost in tears listening to you speak... your product gives me hope.”

EMAIL AFTER FIRST-EVER SOLO TALK, 2023



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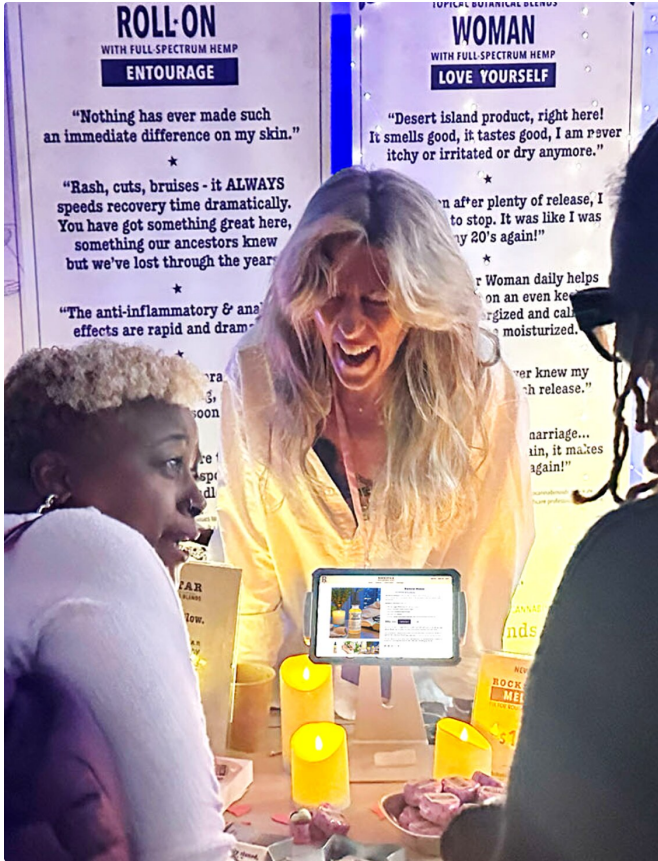
BOOK

LIVE EVENTS

PRIVATE GROUPS

ONLINE TALKS & INTERACTIVES

PODCASTS



Live Events

Keynotes, stage talks, panels discussions and exhibiting **Rockstar Blends** at conferences, summits, and expos.

Private Groups

Closed-room sessions and Q&A for teams, practices, and member communities.

Online Talks & Interactives

Virtual keynotes and interactive workshops for remote audiences.

Podcasts

Guest appearances on your show or featuring your mission on **GenX Hits Menopause**.

“The podcast is where we have the hard conversations that we all should have had a long time ago, about our bodies, ourselves and each other.”

“GENX HITS MENOPAUSE”

