Wendy & Steve McGough, DHS

Transforming Lives - One Person At A Time

About Us

Drs Wendy and Steve McGough, DHS are the co-founders of Women and Couples Wellness and creators of the hi® massage system.

Over the past 13 years, they've worked with several thousand women and couples researching pelvic health and intimacy.

They hold 6 patents on technologies related to women's pelvic health. As well they've published numerous books and programs on health, massage, and enhancing intimacy.

They speak both nationally and internationally on topics ranging from pelvic health to neuroscience.

Contact

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Our Story

hi® massage system was discovered accidentally - from a tragedy - where Wendy & Steve lost their son Luke.

After she recovered, Wendy suffered from serious tissue adhesions from the emergency c-section surgery. hi® was created as a way to try to help relieve pain from the adhesions.

Later it was found to have tremendous potential for women's (and men's) pelvic health.

However, it's "Side Effect" made it very controversial.

This led to a development process that is more bizarre than anyone could imagine.

You can learn more about the history here.

Social Statistics

>6K
Newsletter Subscribers / Customers

5.6K
Linkedin Followers

5K
Facebook Followers

4.2K
YouTube Subscribers
(One video had 1.6M views)

Watch Dr. Stork's Thoughts On The hi® Massage System.

Customers/Followers Represent Upper Income Educated Women & Men (Ages 25-60) With Strong Interest In Health/Wellness Plus History Of Higher Ticket Purchases

Solutions

Public Speaking and Retreat Programs

Private / Group Coaching

The hi® massage system, plus standard programs focusing on:

- Womanhood 3.0 (Women's Pelvic Health Protocols)
- Why Some Women Look So Much Younger - (21 Day Natural Restoration Program)
- Bringing Excitement & Passion Back - (The hi® Couples 3-Step Method)
- First Step - (hi® Couples Fertility Program)

Training is available live or virtually, as well as via hybrid online courses with weekly live reviews.

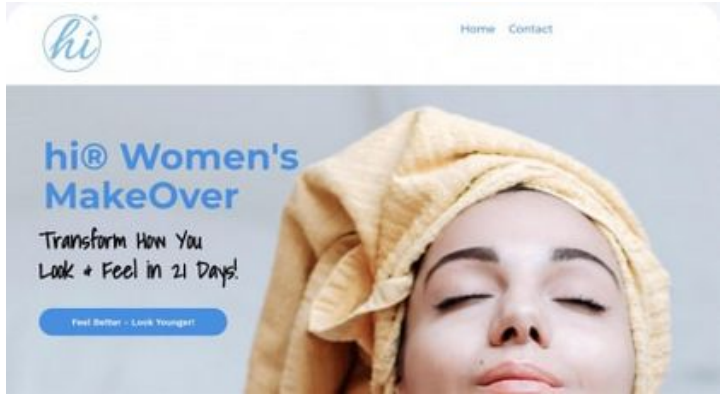
Specialized training can be created as needed.

Programs

Womanhood 3.0

Develop powerful confidence - while learning natural, non-medical approaches to help deal with challenges many women face, including:

- Premenstrual Syndrome
- Menstrual related headaches
- Stress Based Urinary Incontinence
- Chronic Urinary Tract Infections
- Anorgasmia
- Menopausal Symptoms
- Fertility Challenges



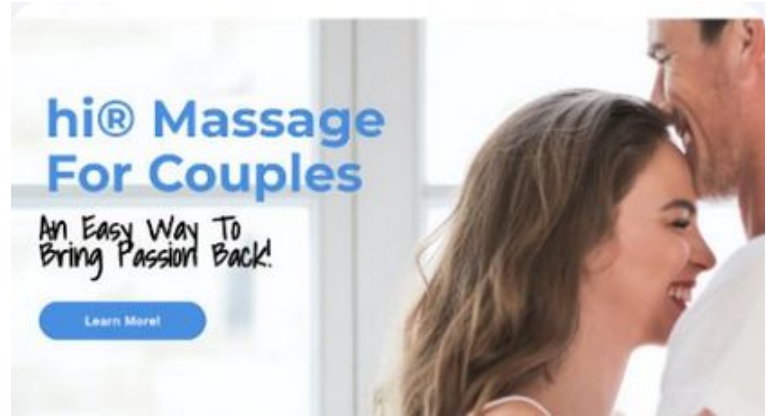
Why Some Women Look So Much Younger Than Others

Discover a shocking secret to looking younger that's been overlooked for decades.

Then learn a fun, easy method that helps restore your bodies healing processes.

Soon you'll radiate a natural glow - while developing new levels of self-confidence

Watch Video Intro of Program



Bringing Excitement & Passion Back The hi® 3 Step Method

A simple approach that takes care of BOTH partners needs - in a way that works for EACH of you.

This weekly ritual becomes the foundation to a relationship that continues to get more exciting as time goes by.

It's also the launch point for the hi® FIRST_STEP Fertility Method.

Meet hi®

hi® is like having a massage therapist at your home.

It is a professional grade massage system offering sports/recovery massage, full body massage, & women's health applications.

Specialized training programs are available for women, men, & couples applications (for both female & male anatomy).

hi® Includes:

- hi® massager
- DC power supply
- US & EU style power cables
- 3 sets of specialized percussive heads
- Nylon Canvas padded carrying bag
- One Year Manufacturer's Warranty

hi® is optimized to stimulate key areas related to nerves that help activate the "relaxation response" (parasympathetic nervous system).

It is the only professional grade massage system designed specifically for women's unique needs.

Experience

Wendy Fowler McGough

- Doctorate of Human Sexuality (Clinical Sexology Focus) IASHS
- MBA Marketing, UNC-Wilmington
- BA Psychology, (Honors) Ohio State
- Co-founded (2010 – present) Human Innovations, LLC
- Co-founded (2018 - present) Women and Couples Wellness, LLC
- 14+ Years Experience Managing Teams Of 8-16 People In Diverse roles
- Extensive experience working with Women who have issues with confidence & self-esteem, particularly from disabilities

Paul Stephen "Steve" McGough

- Doctorate of Human Sexuality (Clinical Sexology Focus) IASHS
- Assoc. Prof Clinical Sexology IASHS (2012-2019)
- Research & Graduate Study - Dept of Physiology/Pharmacology, Wake Forest School of Medicine (example publication)
- BS Biochemistry (nutritional biochem focus), UNC-Chapel Hill
- VP/Co-founded (1996-2010) Internet Technologies, Inc (exit 2010)
- Co-founded (2010 – present) Human Innovations, LLC
- Co-founded (2018 - present) Women and Couples Wellness, LLC
- 6 US/Int Utility Patents
- Over 40 Years experience with a variety of Asian Health Modalities

Wendy & Steve attended the IASHS to research & better understand the mechanism behind the hi® massage system. (While it was controversial, the IASHS was the only school in the USA that allowed real time testing/study of hi®.) As part of their graduate research they developed "Intimacy Massage" which integrated Masters & Johnson's "Sensate Focus" technique for female anorgasmia with a modern understanding of the nervous system. This technique has empowered thousands of couples to transform their experience together.

On a personal note, Wendy and Steve have been happily married for 21 years. Of course like all couples, they've had their ups and downs. They've worked together in high stress startups. As well endured the tragedy of losing their son, & being told they had no chance of ever getting pregnant again. However, 5 years later they were overjoyed to discover they were pregnant with a wonderful daughter! Through all this they've been able to keep things fun and exciting. In a world of "theory" Wendy and Steve live what they teach, and make it a point to enjoy every moment.

[Watch Elena's Experience with hi® on YouTube]

Testimonials

"That was AMAZING…
I just Had a Hysterectomy

& Things Were Numb
'Down There' & Now…

Everything is Working Fine!*"

— Elena, (after experiencing hi® at a conference)

*ALWAYS get medical approval for how long to wait after surgery to use hi®

Testimonials

"We were almost to our breaking point…

It's done wonders for our relationship in 2 days."

— Brittany & Trevor, (after our training program)

Watch to Brittany & Trevor share their experience on YouTube

Watch Kelly's Experience with hi® on YouTube

Testimonials

"I Would Recommend Any of My Friends & Colleagues To Try It Out"

— Kelly Rees, Clinical Sexologist (experience with hi® training)

Let’s Work Together

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