

THE LUXE LEDGER — VOL. 4 | AUGUST EDITION

Your monthly dose of fab, fun, and a little real talk straight from Queen Shan Shan

FOLLOW ME TO A BETTER PLACE! THE LUXE LEDGER



NEW EPISODE ALERT! STAY CALM AND GET STRAIGHT

— with Dr. Kushagra Verma

Hey Broads!

This month I sat down with the incredible Dr. Kushagra Verma, one of LA's top orthopedic spinal surgeons, and let me tell you—he spilled the tea on all things spine health. From back pain myths to surgical truths to what recovery really looks like, this episode is packed with gems.

More importantly we touched on something close to my heart: how crucial the **doctor-patient connection** is, especially when you're at your most vulnerable (and horizontal in a paper gown).

 [Listen in now - Episode 65 on YouTube](#)

Because honey, your back and your voice matter!!



FEATURE: WHAT SHOULD A BROAD DO WHEN YOUR DOCTOR'S DISPOSITION IS MORE PAINFUL THAN THE VISIT?

Well, have you ever gone into a doctor's office and felt more like a barcode than a human?

Same!!

Your girl has been there- straddled on an exam table with my royal treasure on display while the doc barely looked up from their tablet. **Not the vibe.**

Now, I get it. Doctors are busy. You can't have a heart-to-heart with every one of them and to be fair, not every visit needs a warm hug and a latte. But when you're already feeling nervous or in pain, a little empathy can go a long way.

So, my advice is- **Speak up.** Seriously.

Tell your doctor, "Hey, I need a bit more clarity on that," or "Can we slow down a second?" just to advocate for yourself. I even like to flip the script and ask them why they got into medicine. You'd be surprised how quickly someone opens up when they get to talk about themselves (relatable, right?).

Also, don't take it personally if the vibe is off. Doctors are human too and let's be honest, they're probably running on coffee, chart notes, and 4 hours of sleep. But if that disconnected energy becomes a pattern? Don't be afraid to find someone who fits your needs better.

You deserve care and connection.

TRAVEL HACKS FOR A HAPPY BACK

Because you deserves to travel pain-free

If you're jet-setting across the globe or hopping on a weekend getaway, your back deserves VIP treatment. After talking spine health with Dr. Verma, I have a few tips that will keep you cute, comfy, and crack-free (spinal crack, not fashion crack)



Stretch it out, babe
Long flights? Tight train seats? Get up, stretch, twist, repeat. Set a reminder on your phone if you have to.



Shoes matter- even if they're not sparkly
I love a stiletto moment, but when you're walking through cobblestone streets or chasing a gate change at LAX, go for arch support. Please be cute and kind to your spine



Hydration = spinal health
Did you know your spinal discs are like little water balloons? Dehydration shrinks them, which can lead to back pain. So sip that H2O like it's rosé.




Rest like royalty
Don't skip sleep to "make the most of the trip." Your body does major healing while you snooze- so make sure you get those **ZZZs**.



Pack light-ish
I know... easier said than done. But if you're lugging 60 pounds of "just in case" outfits, your back might quit before customs.

Travel like a queen, stand tall, and keep that crown steady!

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 www.abroadpodcasts.com

 [YouTube - A Broad Cast Podcast Channel](#)

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JOURNALS, JOURNEYS & AUGUST SKIES

Soul Care: Junk Journaling – The Therapy You Didn't Know You Needed

Feeling anxious, scattered, or just... over it?

Same. And that's exactly why I discovered junk journaling nine months ago and trust me, it's been a joyful way to manage anxiety, stress, and the everyday chaos of life.

And guess what? I am actually writing this newsletter from a junk journaling retreat in Seattle. *(Yes, it's that good!)*

Oh, and in case you're wondering- junk journaling is a creative outlet that's part scrapbook, part soul dump, part Pinterest board... but 100% healing.

So if you're looking for a fun way to reset and recharge- **'Try This'** Grab some old magazines, glitter glue, washi tape, or whatever sparks joy. Because there are no rules. Just expression. Just you.

"Because healing doesn't always happen in hospitals. Sometimes it looks like ink-stained fingers, mountain air, and a quiet moment to breathe."



SHAN SHAN'S PICKS

Your royal-approved recs for the month

Between flights, chill time, and all that back-friendly stretching, you need a good lineup of entertainment.

So, here's what I have been loving lately:

PODCAST PICKS (AKA: WHAT'S IN MY EARS)



Episode 65 – Stay Calm and Get Straight

My chat with Dr. Verma on spine health, real talk, and the care we all deserve.



Episode 63 – Travel, Food & Culture Vibes

I let loose on some of my favorite global eats, travel mishaps, and cultural discoveries.



Episode 50 – Beauty Breakdown: Skincare Across Cultures

We got personal- and beauty-savvy. Expect laughs, serious glow tips, and a heartfelt look at how different cultures define beauty.



Book on Tape

"Eat Pray Love" by Elizabeth Gilbert

A spiritual sojourn spilled across Italy, India, and Indonesia—equal parts wanderlust, self-discovery, and delicious indulgence. My go-to emotional vacation when I need to reset and recharge.



Binge-Worthy Watch

"Somebody Feed Phil" (Netflix)

Phil Rosenthal travels the globe, eats everything in sight, and spills kindness and heart in every episode. It's laughter, food nostalgia, and gentle world exploration wrapped up in one binge-worthy package.

These are my go-to's when I want to laugh, learn, and escape at 30,000 feet up or chilling on my couch with a glass of something sparkly.

CULTURE CALENDAR — AUGUST 2025 EVENTS IN LA

Date	Event Name	Location	Highlights
August 1–3	KCON LA 2025	Los Angeles Convention Center	A multi-day convention celebrating Korean pop music and culture, featuring concerts, fan meetups, panels, and merchandise.
August 2–3	HARD Summer Music Festival	Exposition Park	A large-scale electronic and hip-hop music festival with multiple stages and popular artists.
August 9–17	Nisei Week Japanese Festival	Little Tokyo	A week-long celebration of Japanese American culture with traditional food, performances, parades, and cultural exhibitions.
August 14	Kali Uchis: The Sincerely Tour	Kia Forum, Inglewood	A live concert featuring Latin pop and R&B artist Kali Uchis as part of her international tour.
August 24–30	Cyndi Lauper: Farewell Tour	Hollywood Bowl	A farewell performance from iconic pop artist Cyndi Lauper, performing her classic hits in an outdoor concert setting.

"Straighten your crown and your spine."

Take care of your back, your boundaries, and your whole royal self- because this summer, healing is the hottest accessory.

With Alignment, Advocacy, and a Whole Lotta Grace,

Queen ShanShan
@abroadpodcasts | @queenshanshan



THE LUXE CIRCLE — BRANDS THAT KEEP US GLOWING

ShanInsure – Life, health & travel coverage that protects your peace | shaninsure.com



Nappily Naturals – Herbal skincare & wellness rooted in nature | nappilynaturals.com



Exquisite Dentistry – Next-level smile glow-ups | exquitedentistryla.com



The PHYT Gym App – Workouts that go wherever you do | thephytgym.com



ShopDraya – Swimwear that slays, fits, and flatters | ShopDraya.com

